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N/A The illusion that I am happy is better than no happiness at all. - Osho I have this fantasy that if I'm busy, then I can avoid being unhappy. - Jane Austen (referring to a quote from a friend) We're never so vulnerable as when we love. We teach people how to treat us. - Dr Wayne Dyer

A quote from Osho: "The illusion that I am happy is better than no happiness at all." It's an interesting perspective because it shows what lengths people will go to in order to be happy, even if it's an illusion. It shows a level of dissatisfaction in its own right, therefore with being contented. In Jane Austen's quote the lady herself has the fantasy of being occupied so that she is not vulnerable to unhappiness. In a sense she is saying, "I don't want to be unhappy therefore I will do my utmost not to be". In this way too we can see how unhappy people will go great lengths to avoid their unhappiness. Why would they want to be unhappy? We also see that we're more vulnerable when we love and that we teach people how to treat us. This idea was later on built upon by Dr Wayne Dyer in his quote where he says that "when we love, we teach people how to treat us". Osho is not saying that we should seek to be unhappy. To make sense of this quote, we need to look at the context. He says: "The illusion that I am happy is better than no happiness at all" and therefore it has to be seen in context with his previous comment "there is nothing that can destroy happiness; there is only the mood of unhappiness". To understand Osho's thoughts on unhappiness, it's important to look at the different meanings of happiness. In Indian culture, 'HAPPINESS', also known as 'SWEDHA', was what people looked for in life. It represented contentment and prosperity or wealth and prosperity. The meaning of happiness changed during the 1960s and 70s when people started to look at western culture and wanted more out of life. "HAPPINESS" became "Pleasure". Osho's view on unhappiness is perhaps the reason why so many people find themselves unhappy. If someone is very rich, they can be happy because they have money but unhappiness will come into their life when they realise that their happiness was all based on that little swedha or material wealth. They're not necessarily unhappy if they're still alive and breathing but this kind of happiness can't give them any kind of security and wealth in life because it is just a temporary thing. It can be lost so easily. What they have to realise is that if they have a family and a home and some wealth, they have the potential to be very, very happy because it's not dependent on anything else except who they are as a person. But if they're dependent on this kind of happiness, then being rich doesn't give them security because on some level even if they lose their money or possessions, on some level they will still have that "unhappy" feeling of not feeling fulfilled. Thus the saying of "the rich get richer and the poor get poorer." When we become dependent of anything else to make us happy apart from our own self-contentment, we are setting ourselves up for unhappiness.

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