

Notes from the Philosophy Meeting Wednesday 21st May 2015

Topic: "Happiness is not an ideal of reason but of imagination". Immanuel Kant

Leader, Christopher Langdon, recommended a book by Roger Scruton - Kant: A Very Short Introduction

Kant read Hume's "Reason" and wrote "A Critique of Reason" Having had a sheltered life in Königsberg, he said Hume had woken him up.

Thoughts about Happiness: -

Most people would like to be happy

Is Happiness something we pursue, or is it the result?

Happiness is something that happens to you, when you get things right

Happiness is like an epiphany

Happiness is due to the chemical balance in the brain

Is happiness sometimes confused with safety?

Happiness is different for everyone

The pursuit of happiness was written into the US constitution as a right

We need to be happy, to be secure and to be free from illness

Seligman - Happiness in Acquisition, Happiness in Achievement and Authentic Happiness

Some people have deep rooted contentedness and don't need acquisitions or achievements

Happiness comes in transient moments, blips along the way

Can you be happy if you haven't been sad?



Schulz

Thoughts on ways to obtain Happiness: -

Can we make ourselves happy?

The Hari Krishna movement believe repeating a mantra concentrates the mind on one thing

Some people find happiness in a belief and give up everything else to follow it.

Many religions offer hope of happiness in an afterlife

Security may bring happiness to some, but some are dare devils and happy with risk

Some find happiness in relationships, children, peace in the country

Love makes some happy, with shared experiences

Eating at the cinema may make us happy, as it replicates gazing at mother whilst feeding

Happiness depends on what we are conditioned to expect from life

For our Grandmothers, marrying young and raising children brought happiness

There is a psychological explanation for singing making us happy

Dancing makes some people happy

Exercise can make you feel good, not necessarily happy

As we spend most time at work, we need to enjoy our work
Flexibility is needed for happiness
We must play to our strengths
Both the individual and the state have a responsibility for happiness
People need meaning and purpose in their lives
Some much happier retired than working
Focusing on three reasons to be happy can make you happier
Look at people who are happy and model their behaviour
It's not what happens, but how you deal with what happens that creates happiness

“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.” — Seneca