

## Chapter 2

### Levels of Happiness

~~Happiness is not the same~~

~~to all people~~

~~the same as not all~~ May all

~~the surrounding conditions~~ like

Therefore, happiness is not the same

not all it means the same

for all people.

### Differences in Capacity

The happiness that ~~may be~~ a person may

attain depends first on the

inborn capacity or nature of

the individual. ~~Just as there~~

~~differences in intelligence~~

~~person intelligence which~~ less

~~to the intelligence quotient~~

another for a more satisfactory arrangement.

nature influence for attitude spirit.

character. The nature is formed by

to build and build the happiness

proper choice which is

the body and mind set up

the nature and condition of

~~the condition of the body~~

equipment of the individual.

depends just upon the nature

# The capacity for happiness

~~the capacity for happiness~~

people. ~~the capacity for happiness~~

the way to happiness for all

must arise gradually as showing

as it may be in the future, it

could this be determined,

has his happiness quotient

intelligence quotient, so the

just as every person has his

~~organisms~~ ~~are~~ ~~not~~ ~~affected~~ ~~by~~ ~~the~~ ~~same~~ ~~factors~~ ~~as~~ ~~plants~~ ~~and~~ ~~animals~~.  
They are under mechanical, rigid  
limitations. Indeed, <sup>in large measure</sup> at all  
during time it may be considered  
according to our ways.

may participate together in outdoor sports. <sup>the</sup> the tumour

~~the artist may learn the joys of~~  
the study! and the scholar

~~workload or multi-tasking. It is not enough to have many computers, servers and things~~

However, the power with which volume has endow<sup>ed</sup> may be

one is of the creature, another of the  
reflector turn of mind. Such  
modern equipment determines  
measurably the degree and kind  
of happiness a person may  
find in life.

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DATE 11/19/01 BY 60322 UCBAW~~

*(Faint handwritten notes)*

one of our  
best friends!  
one of our  
best friends!  
one of our  
best friends!



is essential to happiness growth.

### Differences in Man

Another determining factor in

the search for happiness is the strength

of desire. Some, perhaps from within

conditions, are strongest in their desire,

and make no effort, and remain always

on a low happiness level. To

factor is ~~not~~ important to the man

active, a strong desire for

may be content with the shadow

of the larger happiness. ~~Actually, they~~

are few know ~~that~~ this

They do not find happiness

happiness to their true capacity.

~~that was their capacity, may be,~~

~~the same amount of only by the~~

~~the strength of his desire to the~~

~~amount of his happiness.~~

Indicates an upward curve; this

happened can not be attained.

Brain true in the beginning of

happened.

## Variable Nature of Happiness

~~born when desire is satisfied~~

There is a steady increase of desire,

the nature of the happiness attained

is not the same. ~~the happiness~~

~~age the happiness~~ the happiness

of the child ~~the happiness~~ and the man

after growth, yet both may be

happy to full capacity. ~~It is~~ has

remained the ~~middle~~ condition with

age of energy, skill and experience,

all factors in the happiness energy

is high in youth, low in age. Still is

low in youth, high in middle age.

experience is low in youth, high in age.



of the physical world is  
straight. ~~It is~~ It is an ugly death,  
fratricidal of the human  
in the lowest version of that love,  
Self-indulgence in ~~the~~ <sup>the</sup> outstanding  
characteristic. Whether it be generous  
of food, or money or power, it  
is much the same.  
Expenditure in ~~the~~ <sup>the</sup> ~~an~~ other  
direction of this love. ~~The~~ <sup>the</sup> ~~what~~  
of the narrow system into a state  
of election. For that purpose  
dumps are most commonly used.  
This sets the story of a death  
between, cotton and the more  
dangerous drugs. ~~It is~~ <sup>the</sup> ~~the~~  
also an many types of ~~the~~  
~~not~~ "Thriller" found in ~~the~~  
culture, art and literature are not  
far from such literature appears.

of the phosphate mineral is  
straight. ~~There~~ It is an ugly fossil.

Pleasure in the highest division

of the pleasure level. ~~It~~ It is also

distinctly different. Pleasure and

happiness are not ~~the same~~

identical in meaning despite ~~the~~

common usage. Pleasure has

its proper place only in connection

with the enjoyment on the higher

pleasure level.

The pleasure level is not a real happiness level, note that it

is always  
in progress.

### pleasure level

Being above the purely pleasure

~~level~~ ~~the~~ the pleasure level. They

are characterized by ~~the~~ state

condition. They are inactive.

Pleasure in the lowest

division of the pleasure level, but in

~~happier~~ ~~out~~ ~~they~~ out, and

assigned to them as they are, no

attempt is made to change or improve

conditions. After ~~the~~ such negotiation  
leads to apathy - a real dislike  
for change.

Satisfaction in the company

division. One is satisfied with

things as they are. It is gone to

let, and just is available.

Why needs further? The tendency

has to adjust itself ~~unconsciously~~

to desires ~~to~~ unconsciously, to

nothing conscious.

Contentment is closely allied

with ~~the~~ negotiation and adaptation.

It is really a ~~very~~ lower one

a given position are content.

This division is really a ~~normal~~

if only to our environment.

~~that the phase of the~~

Negotiation, satisfaction and

contentment are ~~all~~ all machine.

They are indifferent to criticism.

State: They therefore fail to break the level of the happiness.

### Expectation level.

~~These levels, above,~~

On these levels alone, the

happiness be found. They are active.

The forces for ~~happiness~~ pursuit of

man are grasped by the business

men, and made to ~~the~~

some people the desire for happiness.

Happiness, itself, as later

defined in the first dimension of the

expectation level. It is active, vibrant,

bragging, ~~it~~ lifting man's spirit into

harmonizing with the forces of the universe.

It is active, ~~it~~ struggling, and conquering.

It is the ultimate aim of life.

Joy, the next dimension of the

active level is greater than happiness

different levels of topography in a

Professor Arthur H. Hays

Gifts for Ruth

As related to them  
and nature!

• *more more more*

and for me friend, may never

but for short periods, but as happens

It is no interest that it induces

importance of the post and pre-post.

*[Handwritten notes:]*

- But no
- women yet

performed the work, ~~it is~~ it is the

a burning fire starting at the bottom

are in full fruit. It is like

~~months~~ the happiness and joy

~~CONFIDENTIAL~~

7/11/47

from the other

it is difficult to separate one

~~happened as so information that~~

out of them. It is impossible.

~~the~~ course of the river.

is made active in proof of

To be able to measure human happiness would contribute much to the winning of happiness. Often a person is deceived

# The Happiness Chart

manage both man and nature. These four classes may be arranged in almost any community.

4. Scientists (live in the large houses). They not nature.

3. Intellectuals. They manage man but not nature.

2. Artisans. They manage nature, but not nature well.

1. Savages. They manage neither man

nor manage nature, but not man nor nature

or without both but savages

1. ~~Savages~~ - neither manage man

nor manage nature. They ~~also~~

structure greatly, as to the  
issue of his happiness. Based  
upon many tests of the last  
two decades, a chart has  
been evolved, by the use of  
which the happiness of an individual  
may be estimated. This instrument  
has been called the Euphorometer.  
While yet in its early, imperfect  
stages of development, it is extremely  
valuable. It will be described in chapter

# Happiness Defined

Happiness has no known form

firmly and clearly defined. It is

hard to find in a ~~transient~~ <sup>effort</sup>

usually and vaguely ~~understood~~ <sup>felt</sup>. The ~~many~~

old laws of feeling ~~do not~~ <sup>are</sup> the

~~present~~ <sup>present</sup> state have all at one time

or another been called states of

the too old to mark

happiness. ~~There is no such thing as~~ <sup>There is no such thing as</sup>

happiness in the ~~transient~~ <sup>transient</sup> of happiness.

Happiness is a state of

will bring. It is the peace that permits

understanding. <sup>some</sup> ~~and~~ a sense of

nothing can ~~be~~ <sup>be</sup> only when ~~it~~ <sup>it</sup>

all the power of ~~the~~ <sup>the</sup> ~~power~~ <sup>power</sup> of

man are in the ~~transient~~ <sup>transient</sup> state

~~transient~~ <sup>transient</sup> ~~state~~ <sup>state</sup> ~~of~~ <sup>of</sup> ~~the~~ <sup>the</sup> ~~power~~ <sup>power</sup> of

~~happens to the result of the~~  
~~operation of the parts~~

we are in full harmony and functioning

normally. ~~to the~~ happiness

then becomes a state of being

mind and spirit. It is a

activity of every activity of

the, and condition of the man.

no one thing happens about happiness,

with more, more or power,

not being, ~~the~~ goods or learning,

but a harmony of all these, and

action, because the product called

happiness

is that the full integration

of the individual gives the sense of

well being known as happiness. ~~the~~

~~is a state of being~~

~~complete, measure the things~~

of happiness achieved, however, modern, such action is the goal expression of personality. This happiness and personality ~~is~~ an intimate relationship with between happiness and personality, but is to large extent a reflection of the other.

### Complete theory

~~First step is to state of a~~

~~known being is not nothing~~

~~more than the~~

~~To state a human being~~

~~in the last interpretation is~~

~~that~~

mean any part of man function fully, it is because it is a thing like organic function the otherworldly.

that integration ~~therefore~~ means  
 complete fusion. ~~the~~ happiness,  
 as which results from the full  
 integration of the power of man,  
 becomes a product of the  
 a healthy man in a happy  
 one. The whole search for happiness  
 is reduced to the maintenance of  
 health.

This doctrine is <sup>primarily</sup> ~~to~~ refer to man  
 physical health, <sup>primarily</sup> ~~important~~ at that  
 it may be ~~the~~ <sup>the</sup> ~~point~~ <sup>point</sup> ~~of~~ <sup>of</sup> ~~view~~ <sup>view</sup> ~~concerning~~ <sup>concerning</sup> the  
 desired sense of well being. The  
 mind must be given regard —

care, physical, emotional health  
 must be secured and guarded.  
 And this part of human health  
 must be held together by a  
~~spirit which~~ ~~healthy~~ ~~spirit~~ ~~which~~  
~~aspirational~~ ~~body~~

There must be an integration

of body, mind and spirit to  
and harmonious functioning, a whole

yield full health, which is

complete happiness.

~~It is from~~ from these

individuals form communities,

social health and happiness

are secured.

Happiness proportional to health

Since health is the measure

of happiness. To the extent that a person

possesses ~~the~~ health, of body, mind

and spirit, to that degree is he happy.

If he is in perfect health he is completely

happy. As he gets short of health, he fails

to realize full happiness.

~~Realizing the full intelligibility of~~

~~the person & the world~~

True, life is rhythmic. Night follows  
sleep follows the waking hours.  
however, is but an expression of ~~the~~  
all living. It does not follow that  
happy and happy moments must  
nate in the normal life. In the  
turn of life lies a test of happiness:  
rest follows striving we have found  
piness; when unrest follows striving  
re on the way to unhappiness.

Moreover, personality, though  
is an expression of the integration  
of the heart of the individual,  
and very intimate relationship exists  
between happiness and personality.  
One is largely the reflection of  
the other.

It is not the continuous  
The highest happiness is  
continuous. The person who is  
happy to-day and unhappy  
to-morrow, is not truly happy.

It is such intermittent states of  
happiness as follows: unstable  
happiness. When life is so brief

that the normal functioning of  
the parts of man is continuous,  
life may be said to be happy.

## The happy life on maturing life

The happy life must have  
an upward trend. When the  
positive continuous force starts,  
happiness must increase. ~~The~~

experience is added to experience;

the reason is enlarged; the power

to do more; life way to live

more richly. Happiness which is

of product of life can not be

static; it has its very life and

being in change, ~~and~~ upward,

maturing change.

This means for example

that ~~the~~ <sup>as the</sup> power for happiness

grows, the individual must respond

by corresponding changes. ~~the~~

there must be ~~readjustment~~

the very manner of life altered.

The happy man does not  
 live the life of the happy  
 boy, though he may have  
 found happiness. It follows  
 that measuring life should  
 be on a wider, more  
 more extensive happiness.  
 The doctrine that suffering  
 is necessary for happiness  
 is a misapprehension of thought. It is  
 true that very often a person, long  
 ill, perhaps through accident or  
~~unpleasant~~ inseparable suffering  
 of spirit, to which all nature  
 it is not, however, the reason that  
 causes the ~~happiness~~ of the angelic  
 state. It is rather the opposite

The happy man does not  
 live the life of the happy  
 boy, though he may have  
 found happiness. It follows  
 that measuring life should  
 be on a wider, more  
 more extensive happiness.

Happiness is  
 growth and  
 progress in  
 the life of happiness

the period over which and  
surrounding forces which have  
brought about the early changes  
in him.

"By suffering we rise" if we  
rise despite the suffering.

"I will rise", if we fail to  
rise. It is the winning,  
triumph of natural forces that

gives strength, and opens the  
way to happiness.

The happiness issue is always  
suffering to do the things that

will lead to health, and therefore

is happiness, ~~but it is not~~  
~~always~~ ~~happiness~~ ~~is~~

if bodily health is beyond

reaching, the larger health of

the mind and the spirit may be

reached, for happiness requires

However, however, all conquest

in all other great things are in

produced by desire. The other

may be suffering, therefore, the

strong desire may be led to

do things that lift his spirit

above the bondage of sin.

But, ~~it is not~~ <sup>every person</sup>

may be said to be in a state of

suffering. There are always things

beyond the reach. But, that are

reached by the great knowledge

may be overcome. If he can not have,

the rest of things, either, if he can

perform or participate in the leading,

to many degrees of the results from

others. ~~It~~ He who is free, though

humble, may put up with what

he desires. Certainly, not in a

with a magnitude for happiness.

Happiness is defined  
Happiness is health, looking  
back over the long history of the  
race of man, it is ~~the~~ <sup>the</sup> ~~most~~ <sup>most</sup> ~~important~~ <sup>important</sup>  
with the connection between  
health and happiness there is  
very evident. The spiritual world  
are more or less closely connected  
with general health or are  
the more tangible, physical world.

## Chapter 4

### The Way to Happiness

~~Happiness may be attained~~

~~the happiness is health - health~~

all the path of man. By that he

the first concern ~~path~~ of the

after health is the establishment

and maintenance of health. To find

and preserve health intelligent knowledge

is needed and the will to use it. In

these latter days there has been a

large increase in ~~the~~ health

knowledge ~~which~~ concerning man

body and mind. ~~There is~~ This

new knowledge has been made so early

available to the common man. To day

~~there~~ above all other times in man may

control his health.

Amount of the  
amount of the  
fair also

Positive Health Factors  
The positive health factors, they  
that fight disease and ~~prevent~~ the  
to health, should be maintained  
by every person. X

~~The first is proper food. The~~  
nutrition of the body is of  
prime importance in the coming  
of happiness. This is one of the  
great findings of modern biochemistry.  
The ~~whole subject~~ of food of  
nutrition has of recent years  
been so extensively explored as  
to promise a new ~~era~~ era of  
physiological health.

The mind must also be  
fed. There is to-day a clearer  
understanding of ~~the~~ mental body  
and the way to achieving its education.

is to the mind what nutrition is  
to the body. Consequently, education  
is not and more to attain the  
materially happy man.  
The spirit of man, however, is  
to be fed ~~it~~ of spiritual  
truth and happiness as to be  
achieved. That also is what  
education, and writing, the  
part of the spirit, is that  
more ritally necessary ~~it~~ for  
the happy life.  
Nutrition of the body, education  
of the mind, means for the spirit  
are the foremost ~~to~~ to health -  
the ~~most~~ ~~important~~ ~~factor~~ of life.  
~~the~~ ~~most~~ ~~important~~ ~~factor~~ ~~of~~ ~~life~~  
~~life~~. Through exercise, the good

~~the~~ of man is made  
apparently. ~~the~~ The gods  
of life is found only when  
the parts of man are brought  
into ~~the~~ intelligent action.  
Thus, labor for the body, effort  
for the mind, contemplation  
for the spirit, drama daily  
needed, if full health is to  
be won.

The necessary basis of  
life <sup>is more important than</sup> ~~is~~ ~~more~~ ~~important~~ ~~than~~  
life, ~~is~~ ~~more~~ ~~important~~ ~~than~~ ~~life~~  
is no replacement to normal duties  
or obligating occupations. Exertion  
within ~~the~~ limits is measured,  
necessarily, however, whatever  
exercise must be used. Thus  
engagement, during the whole day,

to our set of observations data  
 not advance the cause of happiness  
 factor is eliminated. The body  
 must throw off the waste materials  
 accumulating after food has been  
 used. The mind must let go of  
 useless ~~thoughts~~ <sup>thoughts</sup>, flights and  
 fantasies. The spirit of man  
 must retain only that which roots  
 in truth. Sinner's habit ~~the~~  
 of all kinds must be cast off.  
~~Rest is the purpose~~  
 Rest must also be a part  
 of the regimen program of all nations  
 after happiness - health. ~~the~~  
 education should follow exertion.  
 change of activity should replace  
 monotonous occupations. In

every life there must be periods  
 of complete surrender to the sub-  
 conscious of ~~the~~ functions,  
 such as sleep. There can not  
 persist without due work.

Phases of normal living  
 (1) Periods of normal living

~~There~~ The position of the heart position

larger definite results. ~~There~~

~~without doubt there is a definite~~

~~definite definite purpose. The~~

The to ~~in a physiological division. It is~~

that is, happiness is not ~~content~~

unless some essential goal is

approached. ~~It~~ The result is

growth, progress.

Since no man is alone, the normal,

healthy, happy man, dreams with the

when  
 over  
 from  
 out  
 that  
 as

in his fallen man. He says

that the full truth that

he desired in that act had

in a unity of feeling with

social harmony, cooperation, man

creating man to a common goal

a common objective, becomes a

major element of the happiness

actor.

A further step is again taken. The

~~deeper~~ ~~with the meaning~~ spirit of man, ~~deeper~~ ~~with the meaning~~

looking for the meaning of life.

of life, discovers the meaning of

~~existence~~ limitation of man and

of transcendental powers

an ~~unlimited~~ universal faith

becomes the foundation of spiritual

happiness. The brotherhood of man

is ~~the~~ comprehended. Religion is

set up as the guide for man's action.

and is found. Love is found to

permissible the <sup>now</sup> world. Love of truth,  
of man for ~~good~~, of man for good,  
becomes the directing force of life.

### Negative Health Factor

in direct opposition to  
health and happiness are a set  
of <sup>formative</sup> negative health factors. ~~These~~  
is not against good. That is the  
normal use of man, of body, mind  
or spirit, are not impaired. ~~Intelligence~~  
appears as error. Such ~~is~~ ~~the~~  
there may ~~not~~ come from  
the failure of desire for the happiness,  
or it may the failure of the will  
to pay the price for happiness.  
Attracted in life's activities are  
regiment destroyers of health. They  
show themselves at first in fatigue,



is certain or dependable. No  
higher intelligence guides the  
action of the world. Such a  
power even though impossible  
imagining. The world and  
all its contents are independent  
and against time. The greatest  
enemy to health - happiness  
has always been, and always  
will be spiritual emptiness.

### Sinking of Intelligence

In the mountain of health,  
the intelligence of man is a  
permanent consideration. The quest  
for happiness must be intelligent  
done. ~~The~~ At first comes the  
hope referred by an unending  
intelligence. Born a willing, ready

ready intelligence, it must be

remembered that not all persons

in some degree of intelligence.

Intelligence that must be

cultivated. The problem that

must be solved, the obligation

to know, by those who seek

answers are not clearly answered

by the student or investigator.

That may be true. But <sup>there is no</sup> ~~when they~~

after we understand <sup>how to</sup> ~~what~~ them

action.

Butler has not told us what

patterns resulting from the use

of intelligence!

Intelligence - some people think it

is only a word; some people - some

making, some education! Education -

conforming in some to ~~the~~ the situation.

of the  
The 'Kopman' actor, in the  
position of waiting.

### Simple Natural Repetition

usually speaking, repetition  
is now most fully when the words

of life are simple. The main elements  
of an individual life should be

three immediately adjacent lines.  
~~the village or more important than~~

in which he lives, in the end in the  
repetition of the country, of which repetition

another repeats to his major surface  
on a few interests. He naturally

refers to "work for the women". He is  
practical. He knows that health, happiness

is that present with the few words  
general interest, with few special

interests. He did say, "I know  
if the man who knows our best."

# Chapter 5

## Drive and Ideals

The ~~driving~~ <sup>driving</sup> force of happiness is ~~not~~ a drive for happiness, <sup>from which we</sup> inherent desire, happiness can not be attained. ~~The drive~~ The achievement of happiness ~~is~~ is made possible by the possession of suitable ideals. Both drive and ideals must continue for enduring happiness.

## and Happiness Organ of Man

Man is defined as something which lives for or works for something. It is a <sup>often</sup> ~~and it is~~ clearly related to ~~happiness~~ <sup>happiness</sup>. It originates in the ~~settling~~ <sup>settling</sup> of the body or mind or spirit, such for example as ~~the~~ <sup>the</sup> feeding hunger. The natural appetite

of man. There are, however, higher

sources, surrounded not by the opposite

but by mountain knowledge. For example,

a person lives in a position with the threat

coming, or in a valley surrounded by mountains.

From the threat is lifted, a man's nature

comes into view, grass and

flowers, houses and fields; or if the

the mountain top is reached, then

the distance reveals other

valleys and other. From this new knowledge and larger vision

comes new ideas; to enjoy the things

outside of the room or beyond the valley.

There may be called the higher domain.

## Health and Home

When a man is not in a

normal condition, when there is not

a full integration of the parts of man?

that is, ~~at least~~ in the health,  
private device often arises. Such  
premises may show itself in a device  
for something actually injurious, as  
toilet-bagging drops, or for something  
harmful or poisonous that cannot be  
attained, or if obtained would not be  
to happiness, ~~and private device~~  
~~cost for private operation~~. People  
with private devices can pay  
quick adaptations. The state may  
make immediate action from the  
use of drops; the various means  
falls back upon adaptation. It  
is to be noted that good  
health is deliberate; it does not  
expect results from efforts at  
once, normal devices, however,  
are willing to wait for adaptation.

To secure and maintain internal

harmony, good health must be sought

for and kept. There must be education

to show the possibilities of life,

and the power that man may acquire

by a natural manner of life.

### Need and Nature of Schools

Man must always have an

objective. That objective may be

specimen of an ideal. The ideal

arises not only from the desire for

up by natural appetite, it comes

into right, as data from, as knowledge

increases. In the end, the ideal of

~~the ideal, the ideal, the ideal~~

to the ideal

life becomes that which we should

live to be.

~~The ideal then becomes the motivation~~

~~power of the human being~~

~~the human condition by itself~~

The ideal becomes a mental image

of perfection, a perfect type, or a

standard of perfection. ~~It is~~

It is that which we really desire. It

becomes the pattern idea upon

which the ideal of good living

human behavior ~~is~~ is established

by ideals. They determine human actions.

Therefore they give power to man. In

fact they may be the measure of

a man, whether it is right to start from

clearly, ideals come from within

whether a man is forced or free to do

in life ~~the~~ in different way as

inward conflict a spiritual ideal.

a rock man  
in a solid way  
the ideal will  
by the imagination  
thing. The single  
know the double  
standard of morality  
is the one  
ideal man  
condition

Testing Goals

~~There are many goals~~

During human history, many

goals have been proposed to make

the two commandments, the beatitudes

and groups of ideas, for the right

that determine ethics

~~Testing Goals~~

~~many goals of ethics, and that~~

the codes of ethics are many.

The two commandments, and the beatitudes

are well known, but there are many

others of varying value. It becomes

important to know how to value

an ideal that is worthy a purpose

ideal is right or wrong, this

within the field of ethics and

religion, but adds one of ethical

or religious value, if they are

worthy of human ideas

some of the tests that may

be applied to postural ideata

are very simple for example:

that is right which conforms to

the test in human experience.

that that is related to the conventional

moder of the ages, and is very trustworthy.

# That is right also which one would

do by eye alone. Having a person

is normal, in great fact that is an

excellent test of ideata. The data coming

not dual of distance, and all about

data.

that is right which you are

finding that all men may do.

That is right that is one of the

most desirable in judging ideata

that is usually right which you

do from the individual nature. When

These ideas (dreams) are acquired  
in already stated, many ideas  
come from various, products of the  
nature of man, others are handed

significance in high technical  
with ideal movements.  
That is right which is dangerous  
in respect of ideas. Like the  
proceeding that it contains multiplication  
and what is more, even the ideal  
annihilated by pure may always be  
fructified.  
The highest and most satisfying  
that of our ideal is whether it  
accords with God's will. Under this  
that, the law of economy and  
the fructification take place  
among codes of ideas.

handed down as traditions of  
the race, yet others are collected  
or chosen by the individual  
from the many offerings from  
many sources. Some of the most  
important are created from human  
experience, feelings as to what  
by the more humane.  
However obtained, ideals are  
valued in the world for  
happiness unless approached  
out right after and attained  
by man.  
The way to happiness is  
~~through ideals as a~~  
quest adults

## Chapter 7.

### The Habit of Happiness

The search for happiness should not be an aim in itself. The better mind or all things. The better way is to ~~not~~ do the things not lead to happiness as frequently, that ~~the~~ it is then, and then only that happiness seems to come without effort.

Definition and Origin of Habit  
A habit is a mental tendency of behavior. It is performed apparently without conscious effort. It arises

with habits are not consistent  
freedom.

into an awkward dance, with  
freedom. So, the habit, clearly, lies  
repeatedly, the same repetition will  
act. Let the same stimulus occur  
frequent repetitions of the same

of ~~the~~ habits as the product of  
is impossible to say if not. ~~that~~  
habit has been established. It  
evidence to the habit. There a  
also shows that in manner

has been established. It  
more likely it is not a habit

The better we do a thing, the  
the habit. ~~It also shows that~~  
operations are connected with  
of performance of whatever  
that in, we are finally

to physical tasks, to manual operations. They may be situated as opportunity in the face of thought, but the major idea of life, good or bad, wrong or right to establish it before of body, mind or spirit; ~~the~~ the foundation has tremendous power in shaping the course of life.

In the happiness find it  
~~wrongly if it is~~

important to practice ~~wisdom~~  
and accepting the report frequently. The practices that lead to the happy life. To make certain that happiness ~~may~~ develop a life, the "daily drops" of

happiness should be practical.  
There must be a continuous  
interaction upon ~~the~~  
to win happiness.

### Causes of habits.

All manner of habits are within  
the reach of man, good and  
bad, effective and ineffective.

Habits may stimulate to a person  
to noble deeds, or they may lead  
to crime and reduce life.

to intellect and art. For that

reason it said that we are  
manner of habits. It would be

rather to go to the root of the  
matter, and admit that we

are creators of habits. Habits  
after all come about by the human

operating things, desire to attain  
and an ideal. ~~man~~ in human  
man is always the builder of  
his habits.

Education, whether at home  
or in school, plays a prominent  
role in the formation of habits. ~~It~~  
Understandable habits are often  
acquired from ignorance. From

children ~~of~~ every person  
should be taught to do the things  
~~that~~ which are ~~valuable~~

good habits. Formal school  
education should inculcate  
good habits. He gets the  
teaching and inculcation  
of ~~habits~~ habits ~~at~~

as a major foundation of  
education.

## Chapter 8:

### Five Factors of Happiness

~~What is happiness?~~

Happiness is a product

of many conditions. ~~Everything~~

~~that~~ ~~we~~ ~~have~~ ~~to~~ ~~live~~

add to or take from human

happiness. The factors stand

out as of a ~~single~~ special

importance in the measuring

of happiness. They are 1. Self-expression;

2. Adjustment to Environment; 3. Self-fulfillment;

4. Abstinence to love; 5. The spiritual life.

### Self-Expression

The opportunity of self-expression

determines largely the happiness of

the day. Every person has been  
understand by nature with certain  
sources - good or bad. It is only  
as that ~~person~~ we are made, that a  
person with self-education,  
~~with the help of the good~~  
is a basic factor of happiness.  
~~The opportunity~~  
to act freely, without outside  
restraint, in ~~the~~ air  
unrestricted during ~~it~~  
expressed or unexpressed, of  
every human being. This desire  
lies so deep in every human  
that it is almost worth  
of anything, ~~would be up to~~  
by freedom of action, the  
absence of repression, lead to  
creative impulses, which in  
turn trigger the great discoveries.

by which man is moved

forward, ~~that~~ then man

~~out~~ placed in harmony

with their natural gifts - they

labor joyfully, love their

play, industry is ~~not~~

~~and not to work~~

and with its counterpart

social relations in progress.

~~through the community~~

At the right and opportunity

of self-expression are given

man, so the human welfare

in every direction will progress.

In fact, the above progress of

man may well be regarded

to the future to provide means

for individual self-expression

in every community, under

~~and~~ the existing system, than

forced him, going to the grave  
unknowingly, because of the  
failure to ~~accept the~~

~~assume that a person~~

They have been unable to do in life

that which they could that

do, and ~~that is the~~ <sup>They are taking in</sup>

self-criticism and self

negotiation. The ignoring

of the factor of responsibility

accounts for much of the

world's sorrow

## Adjustment to Environment

~~to the world~~

Every person is born into an

environment, not of his making.

In the effort of life he finds

himself shifted from the environ-

ment to another. The

conditions of our way in  
conform to self expression,  
another way, be in direct opposition

to it. The people about him may  
not be of his manner of living, of

his class, ~~their~~ ~~with~~ ~~the~~ Their

~~just~~ ~~outlook~~ in life, that

fact may be wholly different.

or in the material realm, despite

his best endeavor, he is under

severe economic pressure, with

an inadequate income, though

all about him is the wealth

of the day, some of which he

needs and eagerly desires.

To ~~live~~ ~~with~~ ~~conditions~~, the

man who seeks happiness,

adapts himself. That is, he

~~does not~~ ~~not~~ ~~not~~

separate himself, in conformity

opposition, from his environment,  
it makes the test of a situation  
beyond his immediate control  
in ~~the~~ not about, quality and quantity  
to him from the environment by  
teaching and action. Finding its  
fault is negative; teaching its  
better way, its practice, happens  
always from the positive  
side. A person who acts about  
to improve on ~~impossible~~ one

environment, undesirable to himself,  
acquired at once a practice,  
a direction of activity, and  
he receives a measure of  
self-satisfaction in the  
attempt.

Failure to learn to adjust  
oneself to one's environment  
is another cause of error.

Such a person is much like

the bird who beats its wings

against his cage in

its raging impotence, then

at last a failure to adjust

to ever environment also

comes, frequently, from the

~~the~~ desire beyond immediate

realization, "hitting the

mean in a fruitless enterprise.

It is better in an unfortunate

environment to outgrow

ourselves, and then wisely fit

ourselves, as far as possible,

personally, into the existing

scheme of things, with the steady

vision to seek to improve - unobtrusively

conditions.

## Self-Forgetfulness of Self.

~~It is~~ the achievement of a person

acquires mastery of oneself. When

the will is weak, happiness remains

elusive and weak. Self-forgetfulness

is but a phase of the self-mastery.

There must be a mastery in life;

and the attention must be fixed

upon the realization of that

mastery rather than upon itself.

~~It is then that it is a great reality.~~

~~It is then that it is a great reality.~~

who loses himself in a worthy

purpose soon discovers hidden

energy, within himself and

without himself, with which

to achieve his goal. No

how easily one can find his

power, unless he is

forgetful of himself, unless

the surroundings to the objective  
of his life.

It is through self-sacrifice  
that love for others is fostered.  
And it is only as we follow  
man rises to our own stature

that happiness ~~is~~ is attainable.  
~~The~~ danger, real and  
often terrible, ~~is~~ that those  
who scatter their attention upon

themselves, self-concernment  
with its attendant enervation, and  
social enervation, not its  
critical attitude, are ever present  
with the man who can not

forget himself. The business  
concern of every day in terms  
of his own aggrandizement.

Obedience to Law

~~Free for happiness cannot~~

~~be with respect~~

We live under a rule of law.

~~The purpose of law is to serve~~

~~The law~~

The moral principle of nature

are expressions of law. ~~of things~~

who measure law and things, that is, are in harmony with it.

~~are expressions of law~~ To express ends

law usually means any-determination.

~~To compare to law is to compare~~

conformity to law is a requisite

~~for happiness. If happiness is to be obtained.~~

~~Obedience to law means~~

~~law of truth.~~

Law rests in truth. There

who seek to obey law, must live

truth, else they may be misled.

The question must always be asked: Is this law for human good?

The law that leads to human happiness!

And law may be interpreted that the prime rule of law is to serve the happiness of the individual.

Such law of life is necessary

by changed ~~the~~ as against

the current thinking, ~~the~~ ~~the~~ ~~the~~

of fact ~~the~~ ~~the~~ ~~the~~

number of fact ~~the~~ ~~the~~ ~~the~~

that war, great crime and the like

are but notation of law ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

Regiment.  $\rightarrow$

to render obedience to laws

law of fact must be ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

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~~the~~ ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

~~the~~ ~~the~~ ~~the~~ ~~the~~

for example

by ~~the~~ ~~the~~ ~~the~~

for human

for human

for human

for human

for human

for human

for human

despite the knowledge that  
things, body or mind or spirit  
is injured, necessarily depart  
happiness, but to be in pain  
accord with the laws of nature,  
stop in the large amount  
already discussed, is to  
insist to make certain  
of happiness.

## The Spiritual Life

~~It~~ To live the spiritual life is the most important of all our tasks. One who properly engages spiritually finds it easy to use the power of this greatest of resources. The spiritual life begins with faith in the indwelling presence of life. ~~It~~ Thus follows the truth that all things on earth and beyond are for man's good, and that it is in the destiny of man to control all forces for human good. ~~It~~ Out of such a conception of man's personality and destiny of

the earth and its atmosphere  
gift, since the courage to do  
what may be necessary  
to win happiness in life.  
naturally, wherever there  
is one faith in the one that  
in the gift of earth, power  
to secure an understanding of  
man's place in the universe, that  
last directly into the face of  
religion - ~~man's philosophy~~  
the philosophy of life, not  
just for man by the  
the matter of all things - that  
they who have faith in  
God, and in the goodness to  
man, are given such strength  
in the approach to happiness  
their conduct will be shaped  
by the principles of their

with the  
religion & law of God and man  
manually in their hearts.  
The ~~first~~ it is that people  
shall testify of all kinds  
of sinners, whose sin is  
abomination, whose sin is  
to the cause of righteousness  
maple not who dreams  
the ideal of our lives.  
The results of the spiritual  
life are the foundation  
of happiness. Such persons  
never contentment to wealth,  
power to understanding, and  
leave to power. They who  
have made such exchanges  
have entered, at last, into  
the palace of happiness.  
There is no true happiness  
without a religious faith in  
God, and in His truth.

and the religious life of God and man  
measures in their hearts.  
~~the effect~~ It is their people  
whose beauty of life renders  
admiration, whose devotion  
to the cause of righteousness  
inspires us, who draw  
the souls of our lives.  
The beauty of the spiritual  
life and of the foundation  
of happiness. Such persons  
prefer contentment to wealth,  
fame to understanding, and  
love to power. They who  
have made such sacrifices  
have entered, at last, into  
the palace of happiness.  
There is no true happiness  
without a religious faith in  
God, and in His truth.