

RAGUNATH

P. Ribes,s.j.

Where Happiness?

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Purpose of this story.

- ✓ *To realize that all of us are born to be happy.*
- ✓ *To learn that happiness is within us though most of us search for it outside.*
- ✓ *To be aware that happiness does not depend on what we have, but on what we are.*
- ✓ *To understand that happiness is the daughter of contentment.*
- ✓ *Quality of life brings happiness within, not external quantity of possessions and wealth*
- ✓ *To become aware of the hype of our consumerist society that wants us to believe that the more we consume, the happier we shall be.*

THE STORY

His majesty, King Ragunath, was feeling very sad. Wealth, mistresses, drinks, power, and popularity he had in abundance. Happiness, Joy and Peace he never had!

Sitting on his royal throne disgustedly, he kept saying: “My heart is empty. I feel sad and nauseated. Nobody, nothing can satisfy me!”

On one occasion, the King confided in his attendants. “I am mortally unhappy. I am feeling alone and lonely. All the pleasures and wealth around me torment me. Kindly, give me a remedy, less I die.”

After a long pause, one of his attendants suggested: ‘I can think of only one remedy. Find a truly happy man in your kingdom. Once you find him, live with him in his house; share his meals, even his clothing. Then, only then, your majesty will find happiness and peace.’

Next day, the King dispatched his servants to the four corners of his kingdom in search of a happy man. One of them interviewed a very rich merchant: ‘Kindly tell me – being such a rich and successful businessman – are you really happy?’

The rich man growled: Well, yes. I have plenty of money, houses, a large family, lots of pleasures and comforts. But... there is still so much I do not have. How can I be happy without having got that?’

Another servant met the most popular singer of the kingdom, the idol of the crowds. He told him: ‘You are wanted and liked by all, everybody goes mad after you. Tell me; are you truly happy and satisfied?’

He moaned: ‘I am not! How can I be happy when there are many other singers and actors competing with me for the applause and popularity of the crowds?’

Days went by. The search was a failure. The envoys kept interviewed big professors, writers, bankers, politicians, doctors, generals, artists; but, for all their efforts, they could not find one ‘truly happy man’ in the entire kingdom!.

On their journey back to the Palace, tired and disappointed, already near the King's residence, they sat under a tree on a riverbank. There, close by, they chanced to see a poor and simple man happily resting under the shadow of a tree merrily whistling and singing away his time..

They explained to him their plight. "The King sent us to his entire kingdom in search of happy man and we found none! Now, we are afraid to meet him. How can we tell him that we found none?"

'How is it possible?' That simple man replied. 'Of course, there are truly happy people in our land! I am one of them. I am very happy and babbling with joy!'

Surprised, they blurted out: "What? You! You a happy person! But you are such poor and an ordinary man! How could we think of that?"

The King's men begged of him: "If you are truly happy, please, come with us to the palace of the King. The King needs you!"

"The King?" Asked the poor man, "needs me? I am a destitute and an illiterate man!"
 "Yes:" the ministers said, "Please, come with us to the palace."

The King asked the poor man: "Are you truly happy, really happy?"

"Yes, your Majesty, Happy, very happy!"

"Then, please help me!" said the King, "Only you, can help me!"

In surprise the man stuttered:

"I... Your Majesty, help you, the King? I can do nothing!"

"Yes, you can", the King said. "Please, I beg of you, allow me for a time to live in your house, share your clothing, partake your meals, that's all I ask of you. "

"I ... I. am so sorry your Majesty!" He replied. "I can't do this for you. I assure you; I never had a house, not even a hut. I have no other clothes than these I wear. I have no other meals than the crumbs of bread. I beg by the roadside!"

FOOD FOR REFLECTION.

Proverbs.

- Is not he who has more who feels satisfied, but he who wants less
- Happiness is a mind set, not a set of circumstances.
- Happiness is found 'nowhere', it's right here and there.
- Happiness is not outside there, but inside here.
- Happiness is the daughter of contentment.
- Happiness is not proportionate to what we have, but to what we are satisfied with. .
- Happiness is based not on 'quantity' but on 'quality' of life
- Happiness is a shadow, if you run after it, it vanishes, if you do not, it follows you.
- We are prisoners in the cages our greed fabricated.
- Pleasure satiates, happiness delights

Thoughts

- One thing is 'pleasure', another joy.
- Happiness' can coexist with pain.
- We are fooled into believe that we can find happy outside ourselves, that the cause of happiness lies in external possessions, honours and fame.
- Going out in search of happiness is like a fish going out of the water to seeking for it.
- By searching happiness outside us, we close the door to it.
- All men are born to be happy and can be happy.
- 'Quality' of life gives satisfaction; 'quantity' causes boredom.
- Our consumerist society goads us to strive for 'quantity', not for quality, thus pushes us to unhappiness.
- The values of modern society are contrary to happiness. The more we have, the more we want. Consequently, the less happy we are.
- Consumerism is the enemy number one of today's man's happiness.
- Consumerist propaganda creates needs it cannot satisfy, makes promises it cannot honour.
- Advertising spoils man's happiness.
- Christ our Lord never promised us 'pleasures' but joy and happiness.