

Gross National Happiness: a Tribute

Thakur S. Powdyel
Sherubtse College, Kanglung

led to the rock of truth, grafted into the tree of knowledge, C I James left us a little tale of wisdom.

A big dog saw a little dog chasing its tail and asked, 'why are you chasing your tail so?' Said the puppy, 'I have mastered philosophy and have solved the problems of the universe which no dog has before I have lived; I have learned that the best thing for a dog is happiness and that happiness is in my tail. Therefore, I am chasing it; and when I catch it, I shall have happiness.'

Said the old dog, 'My son, I, too, have paid attention to the problem of the universe, and I have formed some opinions. I, too, have found that happiness is a fine thing for a dog, and that happiness is in my tail. But I have noticed that when I chase after it, it keeps running away from me, but when I go about my business, it comes after me.'

Without appearing to glorify the barking quadruped, had the word been added to the counsel of the senior dog, the lot of the Homo sapiens might have been far happier than the predicament of a 'feverish litany of ailments and grievances, complaining that the world will run itself to making you happy'. They would else have been a mendacious 'force of nature' as imagined by Bernard Shaw.

The world indeed went about its business, but like the junior dog, in a Christian transaction bartering its soul for the gratification of material and immediate desires. Human beings court happiness in myriad ways, and the faster they follow it, the swifter it flies from them. Almost everything promises happiness to us at a distance, but when we come nearer, either we fall short of it, or it falls short of our expectations.

if we can all do a little - we can begin gradually to work towards a better way of life and the way of life we believe would be the right way, rather than following blindly along a path of development that we fear incapable of responding to the profound needs of human beings. The creation of a society in which gross national happiness is equal to or greater than gross national product presupposes a change in our values. As I am, so is my nation.

Thinking about general happiness is not a question of adapting to a life of sacrifice, which we constantly have to sacrifice our pleasures for the sake of others. This would hardly be possible for most of us. Arriving at a realization of gross national happiness is not a substitution of a life of sacrifice and renunciation by the Bhutanese.

His Majesty the King has dreamt for us a Bhutan where our success will not necessarily be measured by economics or statistics, but by the level of happiness and contentment that the Bhutanese are able to enjoy - from Sibsoo to Sakten, from Lunana to Lalai.

"The success or failure of our five-year plans will be measured by the level of happiness and contentment of the Bhutanese people" said His Majesty in an audience he granted us once. This concern is a reflection of His Majesty's belief that the goal of life cannot be to overindulge and consume as much as possible, because our dependence on material things is destructive of real joy and an intense experience of the celebration of living. Happiness is not available in a condition of passivity or emptiness, nor is it found in an escape from the process of life.

He stated that the basic conditions of happiness - security against fear, security against want, security against indignities - must be fulfilled. However, the real foundations of happiness are built in our attitudes and actions. So said Helen Keller:

Our success and happiness lie in you. External conditions are t

the whole of the Bhutanese society, our entire way of thinking, must gradually be changed, through a change in the individual. The way of education is today, an attitude that is built on ideals that every one can follow is easily spread. If at least the enlightened or educated Bhutanese could begin by being a little more responsible - with an understanding that everything we do is bound to have an impact on other Bhutanese - we will already have accomplished a lot.

Gross National Happiness cannot be brought about cheaply. We must include every Bhutanese - man, woman and child. They must be able to tell apart the genuine from the artificial; they should learn that consideration for others is more important than carving a career for themselves, that the worth of people is measured not by what they have, but by what they are.

What we are called upon to renounce are our false values and fictions of success - which actually obstruct our appreciation of life's pleasures. We need to understand that the pleasure of enjoyment is chasteningly enhanced if it is accompanied by a spirit of sharing. We fulfil ourselves more fully in relationships. 'It is the way of sympathy that flows and recoils that really determines our lives', as in the language of D.H. Lawrence in 'Lady Chatterley's Lover'.

Teaching ourselves how to live more simply, more harmoniously, a little more genuinely is a real step towards working for greater national happiness. A Bhutan of gross national happiness has to be created in the heart of every Bhutanese before it can be lived in.

The Bhutan of gross national happiness may not be born in our time. We ourselves may not reach the Promised Land, but we will help create it. Little by little, and perhaps, faster than we think, since a new attitude has emerged, we will have created a new Bhutan through our own conscious efforts.

Once the idea of gross national happiness grips the national psyche

s enough'. Such a nation 'will pattern a new social and economic order for this and all future generations'. One could echo the spirit of Frank Buchman.

Let us take one step, only one step, and be more imaginative, a little more genuine. Let us be more human again. Perhaps we will one day be able to invite the world to a marriage of gross national happiness and the results of physical enterprise. This is the only Bhutan we desire. Come, let us crown her with the fruits of His Majesty's dreams.

References

- Compton, Paul (1971) *The Art of Remaking Men*, Himmat Publications Trust, Bombay.
- Frankl, Victor E. (1984) *Man's Search for Meaning*, Washington Square Press, New York.
- Wangchuk, J. (1994) *A Source Book of Inspiration*, Better Yourself Books, Bombay.
- Wangchuk, T.S. (1988) Gross National Happiness, a Tribute, *Kuensel*, July 30, Thimphu. The current paper is based mainly on this article.
- Wangchuk, T.S. (1981) Personal Diaries.

When you dream of an angry dog it is a sign from your subconscious that you should examine your most important close relationships or your internal desires regarding who and how these relationships play out. Angry dogs = hurt or angry companions or possibly that you are the one hurting or angry. Sometimes it is not the actual relationship but the emotions or feelings around them. So, dogs bite out of desperation whether its from anger or fear or being provoked.Â Not a lot happened but I woke up feeling very strange. It felt powerful. I also woke up before my body so that was a whole separate feeling haha. If anyone can interpret this dream for me I would love to hear what your thoughts are: I am walking my dog on our old street. The sun is shining. I feel happy. After all, lifeâ€™s better when weâ€™re happy, healthy, and successful. So to help you on your journey, please enjoy these feel-good quotes about happiness and being happy to help you find joy and satisfaction in life. Happiness Quotes. â€œHappiness is a direction, not a place.â€ â€œHow simple it is to see that we can only be happy now, and there will never be a time when it is not now.â€ â€œ Gerald Jampolsky. â€œHappiness is a by-product of an effort to make someone else happy.â€â€ The dog kept watch over the house. The donkey carried the bread and the cakes that the baker made.Â I was thinking about my family when, suddenly, there was an energetic knock at the door. I opened the door wondering who was there knocking D_____ loudly. To my surprise I saw a group of kids, dressed up as ghosts, witches, queens and cowboys. Two of them were carrying a E_____ with cut out eyes, a nose and a mouth. There was a candle inside, and the holes were shining.Â The lawn chair goes up. For a few minutes everything is fine. The view from the lawn chair is beautiful. Larry can D_____ houses and trees below him. I went out of the house, but I did not know where to go and how to get the three dollars. For an hour I was walking along the streets of Washington and was very tired. At last I came to a big hotel. "I shall go in and have a rest," I thought.Â I was sitting there when a beautiful small dog ran into the hall. It was looking for somebody. The dog was nice and I had nothing to do, so I called it and began to play with it. I was playing with the dog, when a man came into the hall. He wore a beautiful uniform and I knew at once that he was General Miles.Â You asked me how much I wanted for the dog, and I said that I wanted three dollars. But I never told you that it was my dog." General Miles was very angry now. "Give me back my three dollars and take the dog," he shouted. 3 When he offered me only Â£3, I was too taken to say a word. 4 He has already run . . . the money his father left him two years ago. 5 Now he is running . . . bills all over the town.Â 23 I ran an old school friend in the tube today. 24 I canâ€™t go more than 50 k.p.h. as this is a new car and I am still running it. . . . 25 People often take me . . . my sister. We are very like each other. 26 My neighbour is always running bread and borrowing some from me. 27 He always takes his false teeth before he goes to bed. 28 I took