



HAPPINESS IS SERENDIPITY

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

Yes, almost always happiness is serendipity in our lives. I bet you will agree with me when I say that happiness is all around us. It's everywhere! But amidst our very busy lives, we are still able to appreciate how it is to be happy! All we've got to do is to take time out to look for it and we can learn to appreciate the things around us! Do not be too wrapped up with what problems you are faced with but instead we must learn to have an "eye" on the things that surround us which makes us a happy person.

We can be happy in a very simple way; just plain kisses from our loved ones mean a lot to us that we find so much happiness in it! The mere fact that we spend quality time with them makes us very happy too! A hug or an embrace from our dear ones explicitly spells out that word which gives us that exhilarating feeling! These bits of simple bliss can brighten your day and lead to creating happiness in its real thing. Apparently, happiness is more about internal qualities rather than the external stuff. It is not something that we search for and go after.

Sowe come to think of what really makes a person happy. If an individual is not contented on what he has or possess and what is the state or condition he is in right now, then he is far from being happy. If money, fame, possessions and status make a person happy then Michael Jackson, Marilyn Monroe, Amy Winehouse would have been very happy in the world where they became popular but I don't think that's the real thing that happened in their lives. Maybe they would still be doing their craft that gave them happiness and contentment in life and as it is they would still be here with us today. We could therefore say that "Happiness is a combination of meaning and pleasure."

In whatever we are experiencing or going through, we need to put meaning to all of these things to make us happy. In that case, anyone can become a happier person for happiness begets happiness. Why don't we eliminate all our negative emotions...anything that creates bad feelings, anything that distracts us so we could experience life at its fullness! It's a moment by moment decision we make that will make us happy. Let us associate the things around us to lead us to happiness.

We could also find time and learn that happiness can also be found in unexpected places. So, why don't we take even just a minute break and allow ourselves to escape into happiness leading us to serendipity! Most of all we should always learn to appreciate the things that God has given us especially this life that He bestowed upon us. It's about time to stop whining about our life and try to see even just one happy aspect of what we are doing every single day. Then you will find out that happiness is serendipity!

Questions for discussion:

1. Are you an optimistic kind of person who always associates happiness in every moment of your life? Justify your answer.
2. Cite an instance or instances when you felt you were so happy that nothing mattered to you except the fact that you are in a state of bliss.
3. Do you get so distracted by the circumstances that happen in your life that made it hard for you to appreciate life and be just a happy person?
4. Are you willing to give up anything just for you to attain happiness in the real sense of it? Why or why not?
5. Do you agree in the statement that, "Happiness is serendipity"? Explain further.