

**In Pursuit of Happiness with Reference to
Mistress of Spices by Chitra Banerjee Divakurni**

Dr. Madhavi Lata Agrawal
Govt. E.V.P.G.College
Korba

What is happiness? Happiness like virtue is neither a thing to be sought after nor a thing to be invited. The truth of happiness will come to one and all only if he learns how to listen to the suffering, for when one can listen to the suffering, and then only will he get attuned to happiness.

In philosophy, happiness is translated from the Greek concept of *eudemonia* and refers to good life or flourishing as opposed to an emotion. Psychology calls it a mental state or emotional state of well being which can be defined as positive or pleasant emotions ranging from contentment to intense joy.

The mind is capable of listening to the voice which is beyond suffering. Only when the mind is not running away from it into some futile imagination or illusion or some desire of satisfaction then do we reach a conclusion. We want satisfaction which the mind seeks, either in a relationship or in ideas. Awareness requires enormous attention, without judgment, just to observe and listen. In this there is happiness which is not measured by time and by the mind. When you see a beautiful thing there is immediate joy. You see the sunset and a reaction of joy which later becomes a memory. Is this joy a living thing? No they are dead imprints and only memories. Memory has no joy; it is only a remembrance of something which created joy. Hence there is a constant perception of beauty without the accumulation of joy everlasting. When a person wants more of this joy he has viewed the process of disintegration which has just begun.

Joy is not pleasure. You can think about it and reduce it to pleasure but the things called joy and ecstasy are not the product of thought.

