

Happiness

Do you know what makes you happy? I think many people imagine eating delicious food and such. However, I think a few people don't like it. Then, I became interested in what makes all people happy. This paper focuses on what universal happiness is by examining a lot of religions and their way of thinking about happiness.

Religions have a lot of interesting features. "Shinto" is most famous Japanese religion. It put stress on being kind to others around you and assimilating into nature and so on. Don't you think former is similar to Japanese culture? In fact, religion influence ways of thinking people has who live in a place where it is spread. Therefore, I thought I would be able to solve my question "What is a universal happiness?" by examining a lot of religions in the world. Let me show you peculiar features of other religions. A Zoroastrian respects fire and believes that Ahura Mazda that is a god of justice fight against Ahriman that is an evil god and that fight effects this world and finally evil will disappear. On the contrary, Buddhism put stress on being realistic. Don't you think it is interesting? As I explained, the ways of thinking of each religion differ greatly. However, we found that most of the religions we examined have a common characteristics. It is you have to do asceticism to be happy. Then, I thought that happiness lies in contentment that is brought from endeavor that is conducted because you believed something is right. For example, passing a university entrance exam will make you happy because you believe that you should enter a university and you may make efforts to do that. In short, you can be happy if you achieve what you think is