Fundamentals of happiness

BY SADHGURU

Questioner: All through life we are constantly being compared with others. Why are comparisons made? Why are we not appreciated for who we are?

Comparison becomes a necessity because without it you might think you have done something great when actually what you have done is silly. It is okay to compare, because it is not about you; it is about what you can do. In activity, all of us are differently capable. If we do not have benchmarks, we cannot improve. Not everyone is driven by passion to do what they are doing, where they will anyway do their best. They need benchmarks. There is nothing wrong with this.

Comparison is only a problem if you have a problem knowing someone is doing better than you. You should not have a problem if someone is doing better than you. I am always seeking someone who can do things better than me because then my life will become easy. I don’t want to live with dumb people who cannot do things as well as me. If they can do things better than me, my life gets easier, better, and more beautiful. But if you are a horrible tyrant, you do not want anyone to do better than you. This is a silly way to exist. This foolishness has come into you because you are always trying to measure the person, “Am I bigger than him? Am I smaller than him?” because your whole effort is somehow to sit on top of the heap.

This problem arises because you have a sense of insecurity. Your life is invested in looking a little better than someone else. This is a wasteful life because most probably you will not succeed and definitely you will not explore the full potential of who you are. You will be miserable – when you succeed and even when you don’t, because constantly trying to stay ahead of someone is a miserable way to exist. The insecurity that someone may pull you down and exceed you is a horrible way to exist.

The most fundamental thing is to fix your way of experiencing life. If you are joyful by nature, no matter what you do you will not get into this unhealthy state of life within yourself. You are already blissful so you will do your best. Even if you come last, it is still beautiful because you have done your best. You will know the joy of action only when you are blissful by your own nature. If you are doing action to squeeze happiness out of life then you will be happy only when there is a flash of success, else you will be miserable.

We plunge into life without this fundamental foundation for a healthy life.

(Sadhguru is a prominent spiritual leader)