

## The Approach on Happiness by Western and Eastern Philosophers\*

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### Abstract

**Background:** *By nature, human beings desire happiness and try to avoid suffering. They search for answers to the origin, goal, and method to attain true happiness. The answers that explain it best come from that of Eastern and Western philosophers who have overflow of doubts and systematic approaches to finding such answers. Therefore, we should conduct studies and synthesize the body of knowledge related to happiness and apply them in our daily lives to ultimately bring us true and long-lasting happiness.*

**Objective:** *Synthetic and interpretation as well as explanation of concept, philosophy and principles related to origins, ultimate goals and methods of attaining happiness of Eastern and Western philosophers.*

**Result:** *The research shows that the origin of happiness according to the Eastern and Western philosophers can be divided into 2 concepts. The first concept is God as the origin of happiness; the ultimate goal is that believers of God shall be accepted into heaven, a place of eternal happiness; the method to attain happiness is to adhere to God. The second concept is happiness originated from nature. The ultimate goal is to be aware of the principles of nature; the method to attain happiness is through applying scientific knowledge and technology as tools to bring happiness to mankind. Apart from being aware of nature, one must also be aware of the nature of human beings that is filled with defilements thus necessary for eradication in order to attain true and long-lasting happiness.*

**Discussion and Conclusions:** *Research has shown that apart from the differences in the origin of happiness from the 2 concepts, The first concept is God and another is nature. There are similarities found in the methods of attaining happiness. For both concepts, application of knowledge is necessary to examine existence as how it really is, and both concepts touched upon the eradication of defilements and the search for knowledge. Such necessities are beneficial for humans to live life correctly, especially life within the moral and ethical scope which would bring about peace and long-lasting happiness of human society.*

**Keywords:** Synthesis, Happiness, Philosophy

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## Introduction

The purpose of this dissertation is to produce research findings and synthetic analysis on the theory of Happiness in conjunction with its origins, ultimate goals and methods to attain Happiness, and key concepts by Western and Eastern philosophers, in hopes to subsequently enables further adaptations appropriate and consistent to respective adapters' livelihoods. It is also to open up grounds for debate on the concept of Happiness, and to blanket any contrasting ideas in the future.

During the process of the synthetic analysis many philosophers had presented dynamic perspectives and concepts that were profoundly detailed and complicated. To grasp the main idea, only philosophers with the most succinct details on the origins, ultimate goals, and methods to attain Happiness were selected.

The presentation on philosophers' theories of Happiness will be divided into 3 parts: The first part concerns synthetic analysis on concepts proposed by Eastern philosophers namely Chinese philosophers and the Buddha, and by Western philosophers, principally dividing into 4 periods: Eozoic era, Greek era, Middle Age, and Modern Age, while taking on 3 aspects: origin, ultimate goals, and methods to attain Happiness;

Part 2: 5-Section Charts Presentation:

Chart 1: God as Origin Chart according to the concept by Western and Eastern philosophers

Chart 2: Nature as Origin Chart according to the concept by Western and Eastern philosophers

Chart 3: Nature and Ultimate Goal Chart according to the concept by Western and Eastern philosophers

Chart 4: Methods to attain Happiness Chart according to the concept by Western and Eastern philosophers;

Part 3: Table Presentation: Table 1: Eastern Philosophers' Concept on Happiness; and Table 2: Western Philosophers' Concept on Happiness.

## Eastern and Western Philosophers' Concept of Happiness

Despite technological advancement, economic prosperity, and sufficiency of natural resources, modern society failed to bring true and lasting happiness to its people. Scientific based philosophies that had been written and the concept of modern materialism neglect to question what the true meaning of life really is. Furthermore, the sanctity of raising such question has also been rejected (E.F. Schumacher, 1998:6).

If the objective of human beings is absolute happiness and social happiness, a certain course must be taken to be able to manage life and society, and that is by understanding certain essential and valuable principles. These principles include body of knowledge based upon concepts written by philosophers. Philosophers are leaders and are those who raise humans' souls out of suffering, oblivion and chaos. "The subject of philosophy is in fact a debate among humans on how to live happily. The debate on what is knowledge, what is the truth, how to attain the truth, are there any extraterrestrial beings and so on are

simply a negation to the debate of how human beings can live happily" (Thirayuth Boonmi: 2004:14).

In consequence, it is imperative to undertake research on such philosophical concepts and principles regarding Happiness. This dissertation shall synthesize, interpret, and search for explanations by western and eastern philosophers whose accumulated facts are deeply analyzed and pondered to the point where a body of knowledge is created and systematically passed on. The theories on the origin, the ultimate goal, and ways to attain happiness acquired from the aforementioned endeavors shall then be adaptable as a guideline on living with a true and lasting happiness. This synthetic analysis shall begin with Part 1:

### **Part 1 Eastern and Western Philosophers' Concept of Happiness**

#### **1.1 Eastern Philosophers' Concept of Happiness**

##### **(1) Chinese Philosophers' Concept of Happiness**

**a. Origin of Happiness:** There are two separated viewpoints on this concept:

**First Viewpoint:** Most Chinese philosophers believed that Nature is the origin of happiness. Nature, in this context, refers to

physical phenomenon (i.e. life) that serves as scope of study ranging from atom to the universe. Nature is the creator of all every living things in this world. Sun Tzu<sup>1</sup> viewed that earth and all living things existed by biological causation and that there are no creators; after birth, they undergo the process of evolution (Fuen Dokbua, 1992:161).

**Second Viewpoint:** Happiness originated in heavens by gods or deities. According to Confucius, human beings must understand that the heaven's commands determine the path for humans. Commoners and kings alike are bounded by the forces of heaven, their happiness and sufferings are all bounded by the rules of heaven. (Panthip Supanakorn, 2009:5).

#### **b. Ultimate goal of Happiness**

**First Viewpoint:** Some philosophers believed that the ultimate goal of happiness is through integration with nature and Tao.

**Second Viewpoint:** Heavens determine or create the ultimate happiness for humans, and such authority can't be defied.

#### **c. Ways to Attain Happiness**

**First Viewpoint:** Concepts on ways to attain happiness by most Chinese philosophers emphasize the happiness of the human souls and the peace of mind. Lao Tzu<sup>2</sup> suggested

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<sup>1</sup> Sun Tzu: Sun Tzu's philosophy eulogizes nature as an ideal and promotes individual's independency. His philosophy opposes all man-made creations and all man-made institutions. Sun Tzu's perception divides into 3 parts: metaphysics, ethics, and theory of knowledge. Sun Tzu also divides happiness into 2 levels: worldly level namely happiness rooted from satisfaction and desire (e.g. healthy, fame and fortune, etc) and dharma level namely happiness rooted from peaceful mind, being aware of the truth, based not on allurement; a perfect happiness.

<sup>2</sup> Lao Tzu Academy is the origin of Taoism. Lao Tzu's philosophies profoundly influence the people of China. Lao Tzu emphasized the path of nature as the path to happiness. Nature, in his sense, is all universal existence, the purity of natural state devoid of fictitious conditions. Consequently, when all existence be at the mercy of nature, those existence will eventually shift into a perfect condition.

that a peaceful mind is the most important as it leads to Tao. If the mind attains Tao, they possessed a special ability to see things beyond the capability of normal people without much effort. By understanding Tao, one could tear down the barrier of sufferings and torment of living (Sakol Nilawan, 1980:180).

**Second Viewpoint:** Most Chinese philosopher view that to attain happiness effort must be put in to eradicating defilements and desires. According to Sun Tzu, true happiness must not root from materialistic pleasures or fame or wealth. Humans should be aware of the truth and be free from deceptions and delusions (Sathien Pothinanda, 1989:188).

**Third Viewpoint:** Morality is one of the greatest ways to attain absolute happiness. Confucius advocates adhering to morality as a way to living life, as the act of virtue will result in peaceful mind without competition or chaos in both mental and practical sense.

**Fourth Viewpoint:** Another way to attain happiness, according to many Chinese philosophers, is to live with nature and adhere to its laws. Sun Tzu stated that humans should live in accordance with nature, undergo austere livelihood, and uphold nature as superiority. Humans should also relinquish administrations and legalities as well as traditional and ceremonial disciplinary and in turn, live in accordance with nature (Puen Dokbua, 1992:185).

**Fifth Viewpoint:** Another excellent way to attain happiness is by employing wisdom to examine the truth to acquire the essence or core of any existence. Confucius viewed that a moral being with enriched mind and great wisdom sees the truth. Likewise, Sun Tzu stated that individuals who know the truth shall

realize that perfect happiness is the happiness that is propitious, peaceful and detach (Sathien Pothinanda, 1989 :219).

**(2) Buddha's Concept of Happiness**

**a. Origin of Happiness:** Buddha's concept on origin of happiness is that it arises from the law of nature that acts as the process where all living existence has mutual dependence. Therefore happiness is created by karma or consequential actions of an individual.

**b. Ultimate goal of Happiness:**

Nirvana breaks the cycle of existence and liberates sufferings. It is a condition whereby Samsara is eradicated, wisdom arise to realize the nature of the universe.

**c. Ways of Attain Happiness:**

**First Viewpoint:** Humans must understand the truth of existence as inexistence and impermanent. Humans shall perceive all existence as simply combined elements without a core substance; nothing exists after it is disintegrated. Inexistence isn't simply used for explaining objective existence but also subjective or emotional existence of humans namely feeling of happiness is simply formulated and is not permanent and lasting. Happiness and sorrow is merely an alternating cycle.

**Second Viewpoint:** Humans must relinquish defilements and desires. Defilements exist within humans due to human endless desires. Therefore, when desires and lusts are relinquished, there will no longer be any frustrations, fear, and doubts but only the true state of liberation, purity, and peace.

## **1.2 Western Philosophers' Concept of Happiness**

### **(1) Concept of Happiness by Prehistoric Western Philosophers**

**a. Origin of Happiness:** Prehistoric thinkers believed that all living things are God's creation, and living in peace was seen as God's blessing. On the contrary, all sufferings were believed to be the wrath of God.

**b. Ultimate goal of Happiness:** Happiness without suffering by the blessings of God.

**c. Ways to Attain Happiness:** Humans must live with utmost effort to satisfy God in order to receive blessing of peaceful life without sufferings from natural disasters or diseases.

### **(2) Concept of Happiness by Western Philosophers in Greek Era**

Western philosophical concepts in Greek era were considered one of the most prosperous times for philosophy. Many philosophers discovered significant and valuable principles. They were able to explain and present the facts behind the truth, and especially able to expand the knowledge boundaries of different

fields namely science and philosophy. Philosophers in Greek era also have profound and intriguing perspective on happiness (Brooke Noel and Kenneth Bruder, 2004:64). Their concepts were:

#### **a. Origin of Happiness**

**First Viewpoint:** In the Greek era, many concepts on the origin of happiness arose. Although, the common believe among most philosophers was that God was the creator of the universe and laid all the rules of nature and all living things in this earth including happiness and suffering of humans. According to Heraclitus<sup>3</sup>, God is the creator of all things and organize the structure of the universe and this planet in an orderly fashion.

**Second Viewpoint:** Some philosophers denied that God creates the universe, the earth, and every living thing but believed instead that everything on earth originated from nature. According to Epicurus<sup>4</sup>, God was not the creator of the earth. Likewise, Democritus<sup>5</sup> stated that the earth was formed from combined atoms rather than supernatural power. Happiness and suffering is human emotions that originated from nature.

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<sup>3</sup> Heraclitus (535-475 B.C.): The first Greek philosopher to cogitate on the concept of change. The problem lies not on how the first element or the essence changes any existence. His main point is "does change exists?", and confirms that change is the true form of existence; all existence is impermanent including happiness and suffering of human beings.

<sup>4</sup> Epicurus (341-270 B.C.): Epicurus's philosophy is categorized as hedonism as happiness is the great objective and the most important in life. Epicurus thus engrossed himself in searching for the essence of truth of happiness as well as methods in attaining happiness. In his standpoint, lives of human beings should be meant for the search of happiness.

<sup>5</sup> Democritus (460-370 B.C.): One of the most important Greek philosopher whose writings received as much critical acclaimed as that of Plato's. Democritus is materialist as he believed that the ultimate truth; souls are also atom

### b. Ultimate goal of Happiness

**First Viewpoint:** Becoming one with God is human's ultimate goal of happiness. According to Stoicism<sup>6</sup>, God is the highest entity. He has a delicate plan and determines human fate, their happiness and suffering.

**Second Viewpoint:** Supreme happiness is when the mind is delicate, exquisite and at peace. Epicurus stated that true contentment consist of the state without suffering and having good health and a happy mind. Being healthy mentally and physically should go hand in hand.

### c. Ways to Attain Happiness

**First Viewpoint:** Some philosophers believed that humans should use intelligence as a tool to attain true and lasting happiness. As Anaxagoras<sup>7</sup> mentioned, humans are the most intelligent beings as they possessed pure and great minds filled with wisdom and knowable of various phenomenon impossible for average living things to achieve so.

**Second Viewpoint:** Most philosophers believe that humans attain true happiness by living by moral codes. Aristotle viewed that a happy person is a person of morality. He believed that the end path of human behavior is happiness. Any humans searching for virtue means they are searching for happiness which is the ultimate goal of life; Virtue and happiness is one (Phra Ratchavoramunee, 1999:250).

### Third Viewpoint:

Most philosophers believed attaining happiness is through the mind rather than the body. Epicurus stated that mental pleasure is valuable than physical pressure as the latter is temporary, despite being in happiness or suffering state.

### Fourth Viewpoint:

Humans can attain true happiness by implementing the law of nature to their daily lives. Stoicism explained that nature is the core of human beings thus should acknowledge the importance of the laws of nature and always prepare to follow them. Furthermore, human lives are not always in a happy state as the world is, in nature, constantly changing, so happiness and suffering always switching and taking each other's places.

### Fifth Viewpoint:

Humans can attain true happiness through a flawless society whereby everyone is always selflessly tend to others, always sincere to each other, commit to common benefit. Stoicism suggested that humans must practice moral and valuable traditions of the society which subsequently leads them to individual and societal happiness.

## (3) Concept of Happiness by Western Philosophers of the Middle Age

**a. Origin of Happiness:** Western philosophers of the Middle Age believed that origin of human happiness was from God.

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<sup>6</sup> Stoic (300 B.C.): A school of philosophy in the Greek Era, teaching mainly under its core principle: to be peaceful is to live in agreement with nature of the universe through act of morality, righteousness, and self-composed of worldly occurrences.

<sup>7</sup> Anaxagorus (500-428 B.C.): The first Greek philosopher to elaborate on the concept of mind via separate of mind and matter, and was also the first to introduce such philosophy to people of Athens, consequently turning the city into the main hub for philosophy for centuries onwards.

Bonaventura<sup>8</sup> stated that God is the creator of all things. God does not possess senses but He knows everything in the Logos whether it's the singularities or any sort of human emotions.

**b. Absolute Goal of Happiness:**

Philosophers of the Middle Age believed that heavens provide the ultimate happiness and humans will never experience it on earth as earth is imperfect; True and permanent happiness occurs only in the afterlife. Justinus<sup>9</sup> confirmed this concept that followers of God shall be accepted into heaven, live as God, and be eternally happy.

**c. Ways to Attain Happiness**

**First Viewpoint:** Philosophers of the Middle Age believed that humans must have faith in God to attain the ultimate happiness. They believed that no science can explain the truth of all existence as better as religious teachings as the teachings detailed the universe

thoroughly and provided humankind with the body of knowledge on the universe and the earth (Louis P. Pojman, 1997:68). Paulus<sup>10</sup> proposed that the principles of Christianity are so sublime and profound that humankind should convert into religious believers. Jesus Christ reincarnated as a human to prove God's love towards humans and demanded the feeling be reciprocated via faith in the principles (Forrest E. Baird and Walter Kaufmann, 2000:75).

**Second Viewpoint:** Humans must live by moral and ethic conduct, and follow religious teachings to attain true happiness. Aquinas<sup>11</sup> explained that we may define moral virtue as means to achieve the ultimate goal of human which is witnessing the presence of God.

**Third Viewpoint:** Happiness can be attained via spiritual connections. Augustine<sup>12</sup> claimed that "In God that I loved and cherished.

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<sup>8</sup> St. Bonaventura (A.D. 1221-1274): Responsible for proposing a concept on human souls: God created each individual soul uniquely. He believed that each soul consists of mind-like matter that integrates with the soul; each soul produced fitting character of a human being's body. Furthermore, a human being's soul possessed unique ability: staying in an eternal state in which the soul will reside in human being's body before returning to heaven as all human beings desire perfect and lasting happiness.

<sup>9</sup> St. Flavius Justinus (A.D. 100-164): A philosopher that brought about change in the field of philosophy and religion. In his ideology, philosophy-religion is difference from religion in the same manner that philosophy-science is difference from general science. The objective of philosophy-religion is not praying but rather the comprehension of human civilization that proves the only path to happiness.

<sup>10</sup> St. Paulus (A.D. 64): The first of whom to be claimed direct pupil of Jesus Christ. Due to his extraordinary capability of expanding religion he was commended as one of the Apostles, as the person who elucidated God's divine code via revelation that emphasized the relationship between God and human beings. The heart of the revelation was: Those who believed in God, who are supposedly one with God, those who have faith in God, shall be free from defilements and be accepted into heaven among those who consume eternal happiness.

<sup>11</sup> St. Thomas Aquinas (A.D. 1225-1274): He believed universal phenomenon as systematic and purposeful possible so by anonymous manipulator; any illogical occurrence thus irrelevant, any being incapable of happiness or suffering thus irrelevant. Furthermore, with practice of discretion, one will realized that logic is behind all outcomes; nothing occurs spontaneously.

<sup>12</sup> St. Augustine (A.D. 354-430): Augustine was responsible for systemizing religious teachings for clearer understanding. He put greater interest on the teachings itself rather than the teacher thus apply Jesus Christ's teachings to the problems on Truth. Greek philosopher must comprehend nature of Truth so as to find the most appropriate way of life and to systemized society. He seek to understand nature of Truth through relations with God in order to discover human being's ultimate goal.

He resided within my spirit and I am able to reach him through my spirit and recognized the energy vested in me" (Stanley Rosen, 2003:127).

**Fourth Viewpoint:** Some philosophers suggested that defilements and desires must be eradicated to attain happiness. As so in Augustine's teachings, the purpose of human is happiness. The true happiness can be found when the state of desire is eradicated.

#### **(4) Concept of Happiness by Modern Philosophers**

##### **a. Origin of Happiness**

**First Viewpoint:** Some modern philosophers believe that God is the origin of happiness. Descartes<sup>13</sup>, a strong believer in God, viewed that He is omnipotent, immortal and permanent. He is the creator of the universe, the earth, and human beings. Not just a creator, He understands how everything operates and able to bless human begins to make virtuous decisions that affects their own happiness.

**Second Viewpoint:** Philosophers who believed in the scientific principles and laws of nature believed that senses and mind structure is the origin of happiness. Humes stated that happiness originated from the five senses, and humans collect data into the brain which is converted into a memory or mental images.

##### **b. Absolute Goal of Happiness**

**First Viewpoint:** Certain modern philosophers believed that human soul will be

accepted to heaven, the ultimate and eternal happiness, by having deep faith in God and become one with Him. As Barkley said "The only way to enter the realm of happiness is by following the path of God. God is omnipotent, a wise entity and permanent. He has a perfect body of knowledge and is the creator of the universe and the world. Apart from the creator, He also knows how everything operates. He is capable of letting humans make decisions. Therefore, humans must have faith and believe in God" (Richard Francks. 2003:27).

**Second Viewpoint:** Philosophers who believed in body of knowledge and scientific principles also believed that the ultimate goal of humans is using scientific knowledge to create a society that benefits humankind and attain greatest happiness.

##### **c. Ways to Attain Happiness**

**First Viewpoint:** Philosophers who believed in the law of nature will combine the scientific knowledge to bring happiness to mankind. Descartes stated that scientists have undergone research and accumulated data until scientific body of knowledge arises. Through use of scientific principles to facilitate and solve problems, mankind is able to live in peace.

**Second Viewpoint:** Another group of modern philosophers believed that intelligence lead to happiness. Of Kant's idea, humans have the cognitive potential that should not be neglected. They must employ the potential to

<sup>13</sup> Rene Descartes (A.D. 1596-1650): Considered one of the greatest thinkers of the modern Western world. His ideas on Rationalism, a major philosophical idea of the 17<sup>th</sup>-18<sup>th</sup> Century, profoundly impacted next generation's contemporary thinkers.

search for the truth by raising questions concerning the origin of reasons in order to achieve the ultimate truth that will benefit humankind (Dermot Moram, 2010:151).

**Third Viewpoint:** Some philosophers believed that humans attain happiness through accumulating knowledge. The body of knowledge is advantageous in helping humans learn how to live in the correct path which will bring them peace. The component of knowledge derived from human minds (Timothy Williamson, 2007:277). Descartes pointed out that the perfect knowledge achievable by humans is tools for discovering various arts and to fulfill the facts of life. Therefore, we can attain happiness by using our knowledge to interpret philosophy and implement those philosophical concepts to experience happiness in life. Philosophers must raise questions as means to expand one's body of knowledge on life and the universe. By then humans are able to live with guidance and happiness (Honer Hunt Okholm, 1999:26). The answers to those questions must also be revealed by accumulating knowledge daily (Thomas A. Shipka and Arthur J. Minton, 2003:114).

**Fourth Viewpoint:** Many philosophers viewed that humans can attain happiness by eradicating defilements and desires. As Kant stated, human emotions motivate them to seek happiness. The more human devoted to happiness, they less they are satisfied. This is because the desire within them intensifies endlessly. In consequence, they have to endure

suffering. Therefore, humans should adhere to morality as it is the basis of virtue.

**Fifth Viewpoint:** Some philosophers believed the practice of intuition provide insight on truth or true happiness directly without the need of human senses. Schopenhauer<sup>14</sup> noted interestingly that humans naturally cannot comprehend truth in the exterior world and in happiness as their minds are distorted from reality. Furthermore, they are controlled by the purpose of life and possessed physically and mentally. Therefore, humans are unable to understand or reason with the purpose of life. Human beings must instead employ their intelligence to acknowledge individual's goal and step over to the exterior world where there is peace and balance of mind, and true and lasting happiness.

**Sixth Viewpoint:** Many philosophers believed that social and religious laws are guidance that is appropriate with human livelihood. Humans also benefited from adhering to the guidance as the facts and reasons of society, and the religious teachings, create fewer mistakes in our actions. Furthermore, the consequences reflect our actions. Likewise, Hobbes viewed that the limited resources on earth is insufficient for every human being thus competitiveness arose. A social contract is required for society to follow the laws and live together peacefully.

**Seventh Viewpoint:** Some philosophers believed that living by moral and ethical conduct is the only way to attain happiness. Mill did

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<sup>14</sup> Arthur Schopenhauer (A.D. 1788-1860): Schopenhauer was an important and well-known German philosopher. His work on pessimism and the idea that God doesn't exist brought him fame. He was the first to question: is logic sufficient for all answers of the world?

not believe in human minds being able to recall virtue since birth but believed that morality and internal motivation are derived from collective experiences and perception of the surroundings. These qualities then became the person's characteristic. Whenever the human state of mind integrated, individually and socially, the society will then be preserved in a selfless and flawless state. Individuals will commit to common benefits and step away

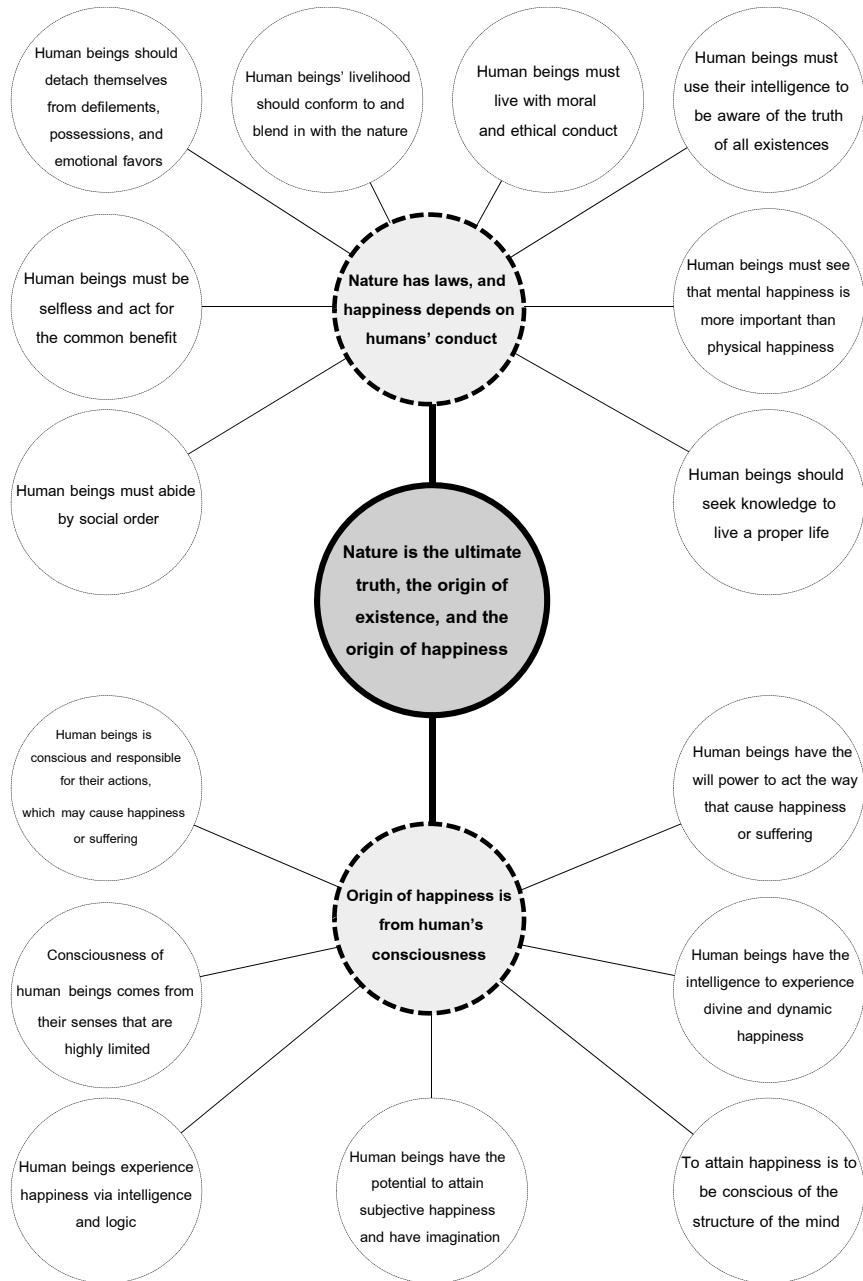
from their natural barbarian survival instinct and selfishness, and eventually the society will become a peaceful civilization.

The viewpoints on Happiness by Western and Eastern philosophers aforementioned can be summarized into a chart and table format as follows: Origin, ultimate goals, methods to attain Happiness in accordance to the philosophers' concepts:

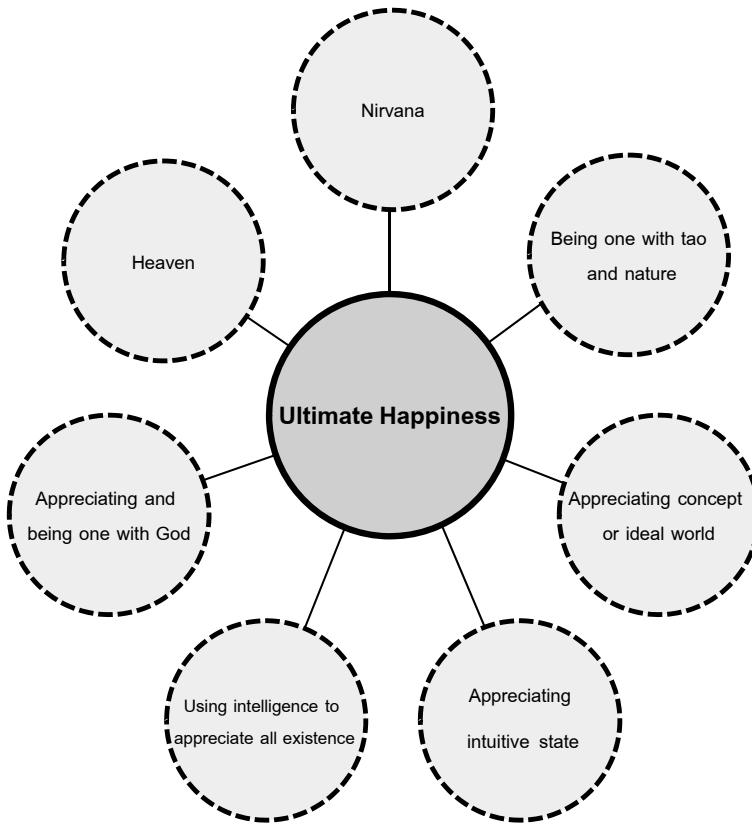
**Part 2 Section charts Presentation**



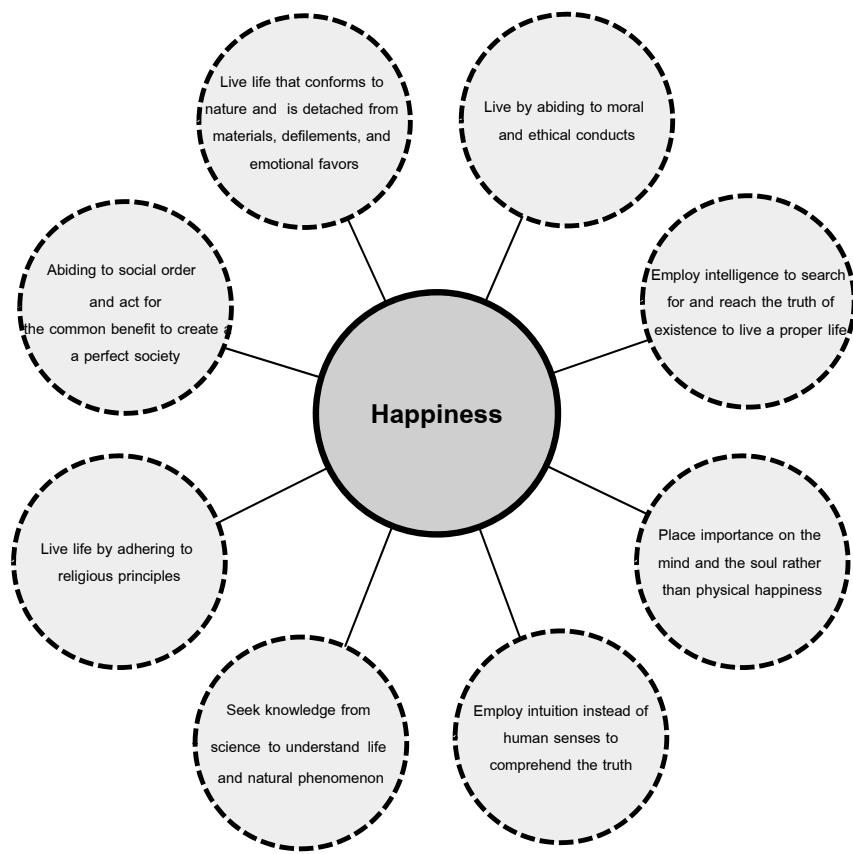
**Figure 1:** Diagram of God: Origin of Happiness based on Concepts by Western and Eastern Philosophers



**Figure 2:** Diagram of Nature: Origin of Happiness based on Concepts by Western and Eastern Philosophers



**Figure 3:** Diagram of Ultimate Goal of Happiness based on Concepts by Western and Eastern Philosophers



**Figure 4:** Diagram of Attaining Happiness based on Concepts by Western and Eastern Philosophers

**Table 1:** Eastern Philosophers' Concept of Happiness

Philosopher	Origin	Ultimate Goal	Methods to Attain Happiness	Main Concepts
Eastern	First Viewpoint: Origin of Happiness is nature; ate and be aware of nature create all existence include happiness and suffering of human beings	First Viewpoint: Appreciate the nature of mind and soul	First Viewpoint: Peace and purity of life with nature, and not attached to fame, fortune, and defilements which are merely fictitious	Most Eastern philosophers believed that Happiness comes from living a peaceful life, living with nature, and not attached to fame, fortune, and defilements which are merely fictitious
	Second Viewpoint: Happiness is fated by heavens, by God or deities	Second Viewpoint: Happiness blessed by heaven is the utmost sublimity	Second Viewpoint: Eradicating defilements, desires, and attachments from earthly deceptions	
			Third Viewpoint: Human beings should live by adhering to moral and ethical conduct, endeavor to committing decencies, and commit to common benefit	
				Fourth Viewpoint: Living an austere life with nature; adjusting to human being's nature state
				Fifth Viewpoint: Employ wisdom to be aware of nature of all earthly existence

**Table 2:** Western Philosophers' Concept of Happiness

Philosopher	Origin	Ultimate Goal	Methods to Attain Happiness	Main Concepts
Western	First Viewpoint: God is the origin of Happiness who have faith in God and creator of all living will be accepted into things; God bring forth souls into human beings to be able to acknowledge happiness and suffering	First Viewpoint: Those who have faith in God heaven, a place of supreme and eternal happiness	First Viewpoint: Human beings must develop cognitive potential to be free from evil	Happiness is based on 2 main concepts: Concept 1: Attain true and lasting Happiness via God
	Second Viewpoint: Laws of nature is the origin of happiness as a result of senses and structure of mind	Second Viewpoint: Ultimate goal of Happiness is applying scientific and technological knowledge invented by human beings to fulfill a peaceful life and for resolving problems	Second Viewpoint: Applying scientific body of knowledge to construct facilitations for human beings to construct a peaceful society	Concept 2: Applying scientific and technological principles as way for human beings to live peacefully, be able to liberate from sufferings both at individual societal level

Table 2: Western Philosophers' Concept of Happiness (cont'd)

Philosopher	Origin	Ultimate Goal	Methods to Attain Happiness	Main Concepts
Western			Third Viewpoint: Human beings are able to attain Happiness through the search for body of knowledge beneficial for living properly and deal with lesser decision-making problems as opposed to living without knowledge	
			Fourth Viewpoint: By eradicating defilements and desires, human beings can attain happiness; the more human beings devoted themselves to happiness, the less they become complacent	
			Fifth Viewpoint: Human beings must employ transcendental intuition to attain happiness; it is done so by frequent cultivation until they are knowable of all existence and of the core of happiness	
			Sixth Viewpoint: Human beings should adhere to religious principles; by disregarding religious principles, society will be in utter ruins and the lives of human beings will be meaningless and invaluable	

**Table 2:** Western Philosophers' Concept of Happiness (cont'd)

<b>Philosopher</b>	<b>Origin</b>	<b>Ultimate Goal</b>	<b>Methods to Attain Happiness</b>	<b>Main Concepts</b>
Western		Seventh Viewpoint: Human beings should incorporate each of their abilities and body of knowledge so as they could create and live in a decent environment and, ultimately, a peaceful society	Eighth Viewpoint: Human beings should live by ethical and moral conduct, enrich their souls, for a peaceful society	

## Research Results and Analysis

Results from analysis on the origin of Happiness by Western and Eastern philosophers revealed two main aspects: nature as the origin and the creator of all existence; God or heaven as the origin. Both aspects coincide with the viewpoint on ultimate happiness, which is to be free from defilements and return to heaven, the realm of God and the place of ultimate and eternal happiness.

The following are the methods to attain happiness by eastern and western philosophers:

1. Human beings should adhere to the moral and ethical codes, conducts ourselves away from the endless defilements and desires, and practice the act of virtue and devotion to common benefits whilst enriched our soul to enable ourselves to live in a harmonic society and civilization of lasting peace.
2. Human beings should employ wisdom to search and appreciate the truth of worldly existence to live in awareness, and eventually conducted true and lasting happiness.
3. Human beings should place importance on mental happiness rather than physical happiness as the former is more profound multi-dimensional, and should seek ways to reach purity, illustrious, and peaceful soul.
4. Human beings should attain happiness through seeking knowledge beneficial for living properly and deal with lesser decision-making problems as compared to living without knowledge.
5. Human beings should learn and apply transcendental intuition to attain happiness possible through practicing comprehending truth and true happiness whilst avoiding human senses which may cause distortion in attain the truth of existence and of the core of happiness.
6. Human beings should follow religious laws as guidance for it creates fewer mistakes in our actions. By living astray from religious principles, our lives would become meaningless; we would be living in an isolated, confused, and suffering state.
7. Human beings should adhere to social laws and incorporate each of their abilities, on the while developing their minds, virtues and commit to social benefits, and body of knowledge so as they could create and live in a decent environment and, ultimately, a lastingly peaceful society.
8. Human beings are part of nature thus should live in harmony with nature, detached themselves from materialism and human desires namely wealth, fame and fortune, and in turn conduct themselves to be free from attachments to the outside world subsequently attaining true and lasting happiness.

Therefore it is clear that philosophical framework is not merely an intellectual activity

but also practical in our livelihood. It is by adhering to the moral and ethical codes, conducts ourselves away from the endless defilements and desires, and practices the act of virtue and devotion to the benefits of others whilst enriched our soul to enable ourselves

to live in a harmonic society and civilization of lasting peace.

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