



Differences in Physical Bodies

In our exploration of the human experience, we often notice the striking differences that exist among us. On a surface level, we see diverse physical bodies: some are tall, others short; some are thick, while others are slender. Our faces, skin tones, and hair colors all vary widely. However, when we dive deeper, beyond these physical differences, we uncover a common ground. Inside, beneath our skin, the fundamental structure of our bodies is remarkably similar. Every human has a heart, lungs, liver,

bones, and other organs that function in much the same way. This understanding serves as a reminder that, despite our outward appearances, we are more alike than we are different at the biological level.

Differences in Psychological Aspects

Similarly, when we examine our psychological aspects, we see even more pronounced differences. Our thoughts, feelings, likes, and dislikes are unique to each individual. No two people think exactly alike; even identical twins, who share the same genetics, will have their own distinct perspectives and preferences. Yet, when we look deeper into these psychological differences, we can identify a fundamental similarity: every human being is ultimately seeking happiness. Regardless of our individual circumstances or experiences, the pursuit of happiness is a universal drive. We strive to find contentment, often believing it lies outside ourselves.

The Illusion of External Happiness

This search can lead us in the wrong direction. We may look for happiness in external factors—a new job, a relationship, or material possessions—thinking these will bring us lasting satisfaction. However, true contentment is not found in these external circumstances; it resides within us. Our happiness is a feeling that emerges from within our minds and bodies. For instance, when we receive a gift, we might feel joy and gratitude, thinking the gift itself has brought us happiness. In reality, the joy we experience does not originate from the gift but rather arises from our internal state. The present may evoke a feeling, but it is not the source of our happiness.

When someone says something kind or uplifting, we often credit that person for our happiness, believing they have transferred a feeling to us. Conversely, if someone says something hurtful, we may feel as though they have taken our happiness away. Yet, upon closer inspection, we realize that happiness does not move from one person to another; it is a quality that exists within us, generated by our own perceptions and reactions. Understanding this allows us to recognize that we are the true sources of our happiness.

Finding the Unchanging Aspect of Awareness

As we continue to explore our inner landscape, we may analyze the changing aspects

of ourselves—our thoughts, feelings, and emotions. These are often like clouds, constantly shifting and elusive, making it difficult to grasp and hold onto them. By questioning what changes and recognizing that we cannot hold onto these fleeting experiences, we embark on a journey to discover something more tangible and enduring. This exploration ultimately leads us to our awareness, which remains unchanging amidst the chaos of our thoughts and emotions. It serves as the foundation for our true selves, allowing us to recognize our unchanging aspect throughout time.

The Nature of Awareness and Happiness

As we cultivate awareness and rest in that state, we begin to manifest heart qualities such as openness, kindness, and calmness. These qualities emerge naturally when we allow ourselves to be present. In moments of meditation or reflection, as we connect with our inner awareness, we become less judgmental and more accepting of ourselves and others. This non-judgmental state fosters a deep sense of understanding and connection to the common ground shared by all humanity.

Conclusion

In conclusion, while we may appear different on the surface, both physically and psychologically, our common pursuit of happiness unites us. Happiness arises from within and is not contingent upon external circumstances. By recognizing that we are the source of our contentment, we can learn to look inward rather than outward in our quest for joy. This understanding empowers us to embrace our inherent happiness, which exists regardless of the challenges we face. Ultimately, we realize that happiness is not something to be sought after in the world around us; it is a state of being that is ever-present within us, waiting to be acknowledged and embraced.