

SETTING INTENTION

ACTIVITY 4 - HAPPINESS = MIND + CIRCUMSTANCES



What you need:

Shining clip original & Shining clip altered

Happiness = life + circumstances slide

Rationale:

This short exploration illustrates the importance of our mind to our experience of life. It shows in a visceral way - through the use of two video clips - how our mind affects our life, thus showing that it is not just circumstances that impact our happiness. The principal purpose of this activity is to give a strong rationale for why we would want to engage in practices that train our mind.



Instructions:

We're going to explore this question of happiness and where it comes from a little more deeply now. I'm going to show you a clip and I want you to notice what you feel as you watch it, or at the very least, notice how the director wants you to feel...

Play the Shining clip with the original music...



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Paired and then shared discussion. *How did you feel?*

OK, now I'm going to show you another clip. Just one thing has been changed in this clip. I want you to again notice how you feel watching it...

Play the Shining clip with the Eye of the Tiger music...

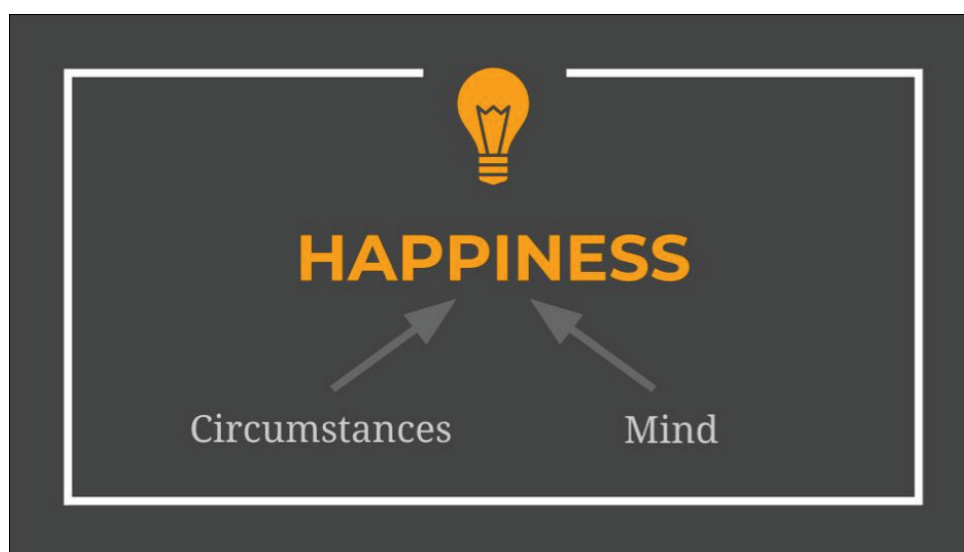


Paired and then shared discussion. *How did you feel?*

So what we see is exactly the same clip but with different music. The only thing that has changed is the music - the circumstances... what's happening... is exactly the same - and yet the whole experience is different. This time we see him on his tricycle and think he's pumped up and on a mission. This is similar to life. The music in this clip represents our mind. The circumstances of our life could be very difficult - like Manoj Singh's - and yet we can still experience a lot of happiness if we have a happy mind. Similarly, if we have wonderful circumstances, but a miserable mind, we're likely to feel miserable.

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So we can see that happiness is the result of two things - the circumstances of our life, but also the mind that we bring to life. Most of the time in life, we focus on the circumstances, we think - "I'll be happy when I get the degree I want; I'll be happy when I get the perfect job; i'll be happy when I'm rich; I'll be happy when I find the perfect partner," etc. etc. And that's OK - circumstances do have an impact. But we rarely spend time looking at the other side of the equation. That's what this course is about. Training our mind to become happier. In fact, it's not just about being happier, it's about training our mind so we can be the best version of ourselves, to realise our potential and to have the best life we can have.

Of course, when we train our mind to be at its best - improving our focus, confidence, optimism - we're better able to do our best in all areas of life and so over time our circumstances change for the better too.