
THE CONNECTION BETWEEN HAPPINESS AND PRACTICE IN BUDDHISM AND ARISTOTELIAN PHILOSOPHY

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ABSTRACT

This explores what happiness means according to the Buddhist and Aristotelian perspectives. Both view happiness as kind of practice which can be cultivated, not a gift that good fortune bestows upon humans. People often neglect this insight of the importance of creating their happiness by their own actions. Practicing morality, knowledge, and wisdom are important for cultivating a happy and well-lived life. This research investigates how the Buddha and Aristotle developed special practices which develop the virtues essential for obtaining happiness.

Keywords: Happiness; Buddhism; Aristotle; Practice

Introduction

Happiness is understood differently across various communities, religions, and social groups. There is often times a temptation to see happiness as a momentary state bestowed by fortune. But there are approaches to happiness that see it as a kind of virtue which is developed through effort. This is what we find in both Buddhism and Aristotelian philosophy. While they differ considerably, they share the idea that happiness is something to be cultivated through practice and action. In