

~ The Causes of Happiness ~

By Mingyur Rinpoche

One time, when I was in Zurich, there was a big conference, and the subject of this conference was, “Compassion in Economy.” There were great scientists and business leaders there who had all done a lot of research for many years. One of the scientists said they have a study or research about how to develop happiness through giving to others and how that becomes the cause of happiness.

For their experiment, they gave some people money or other things. They even gave the salary of three months’ work, or something like that, in order to do different experiments. Once they got the money, they were free to spend it. They received it and spent it. When they measured their brains, those who received money and just kept it, experienced less happiness. But those who were spending money on others, when they measured their brains, the happiness levels increased in the brain. Those who received the money and kept it, they had less happiness; but those who were spending money on others, it became a cause of happiness for them.

Therefore, helping others, or having the wish to help others, also becomes a cause of happiness.