

How to Be Happy

The world keeps turning. Even without laws, technology and humans. The world will keep turning. Humans form a community and think to live. People think and they feel happiness and pain, so they started to want more and better. For the more and better, they made better choices.

Long ago, humans' purpose was to survive.

Like a beast.

Time passed and they realized that community helped them to survive longer and keep a stable life. They started with hunting and gathering with a nomadic lifestyle. Time passed, and they learned how to farm, so they started the settlement life. It was safer and more stable. Until these years, there were no laws; they just helped each other survive. It was a small community, so even though there were no laws, they lived by each other's conscience. Time passed, the leader of the community needed more land and more people to make more profits. So they started warring with their neighboring communities, forming a country (Awad 1959). Also, religions developed and helped unite people. By this history, we are brought to the present. Countries and technologies. Law was created so that we may live together, but no one knows if the law is right or wrong. So why do people follow the law and give meaning to a piece of paper only to feel sadness, pain, happiness?

This is because they have been brainwashed, which can be explained by constructed emotion theory, the idea that emotions are concepts that are constructed by the brain (Forte 2020).

It is not the brainwashing that is bad, it's just that people are born into a virtual world, so they just follow it without doubt. People live for happiness, but where does the happiness come from, and why are people putting so much effort into it?

Antidepressants make people happy. In order to feel the feeling of happiness, one has to do certain things according to their own values in order to feel the feeling. People study hard and want to be promoted to be happy, but drugs can make people happy without such effort. When people give value to green paper, it becomes money and they like it. When they collect stones and trees, it becomes a building and they like it. When they draw a line on the surface of the earth, and call it a country, patriotism develops. On the other hand, if you lose green paper, burn stones and trees, or something bad happens on the earth's surface, real biological people feel real pain (Bary 2017). Joy, sadness and all the feelings come from events and no one can make up feelings by themselves. But when you take antidepressants, you become happy immediately for no any effort. Is this real?

In the early 1900s, it was natural for a child to work, and a strange parent was the parent who would not let the child work so that it could learn and grow while the rest of the world was working. But in the world today, it is considered a very serious sin to have a child work. It is called child abuse ("Child Labor"). This moral concept, no matter how important and obvious people think it is, ultimately only exists virtually in peoples' minds, and that virtuality changes as the times change and the environment changes.

It's not that the virtual concepts created by people are bad. But these imaginary concepts need to help us; humans shouldn't live for fictitious things. When people watch a movie in a movie theater, they are drawn to the story unfolding in the virtual world and watch the movie. However, when people watch a movie, they recognize that it is a movie and that they are merely watching it, not experiencing it. When the story in the movie ends, the black screen and ending credits are raised. That's how we know it is a movie. However, the ending credit does not appear in the virtual world in which we live. People look at the fictional story in the movie and fall asleep in the movie without even looking outside and questioning the narrative. And only when you die, do you see a black screen. When the virtual world is enjoyed virtually, a person can be

happy, but when the virtual dominates a person, they become a puppet, dead inside, living a fake life without realizing what they are doing.

Why so serious? Why are you so serious? Is there anybody surviving in this world anyway?

People don't listen to music to merely reach the end. If that were the case, only the fastest performing players would be needed. Such is the universe. There is no purpose. The universe does not want any results. However, since childhood, people have grown up listening to completely different sounds. Go to college; get a job; make money; get promoted; get married. Dedicate your life to a virtual goal. However, one thing is overlooked. That this world is not a game, but music. It's not just running with purpose, but dancing. Do not stress out for happiness because it is from you.

So how do you wake up from the virtual world? Hints are all over. To that sparkling star, to the dead fish, to the fragrant flower, to the withered leaves, and to the exploding sun.

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