



THE PURSUIT OF HAPPINESS

DR JOHN DEMARTINI GETS BETWEEN THE CONCEPT
OF SUCCESS AND HAPPINESS AND WHETHER THEY
LOVE OR HATE EACH OTHER.

by: **CHRIS BUCHANAN**

It is said that money doesn't buy happiness but I suppose it all depends on circumstances and there will be many people who'll say "give me the money and I'll take my chances". The important thing about money, says Dr Demartini, is that it's a product of finding a balance between success and happiness, and not the immediate happiness we come across in fleeting moments, but a greater fulfilment built on a foundation of purpose – the *Nicomachean Ethics* of Aristotle.

Success also comes in short-term small success and overall multiple successes, the latter contributing to overall wellbeing and centred around the individual's highest values. Dr Demartini says striving for success is proportionate to these values and creating a balance in the seven areas life, from business, to health, to family.

So, do the two – success and happiness – live side by side, or are they mutually exclusive, contributing individually to overall fulfilment? I asked this question of Dr Demartini because so often people believe that the one comes at the expense of the other. That true happiness is devoid of material or business measure and exists on an existential plane, more to do with the soul than to do with the short time we will spend on this earth accumulating wealth and status.

He tells of a woman in Australia who spends her time and her money placing orphaned and wayward children into schools. She lives in poverty and takes no reward for her actions but has a highly fulfilling life centring her efforts on serving the lives of others and the world around her.

In a world where money talks, former Microsoft marketing executive for the Asia Pacific region, Guy John Wood, has used his ability to get his hands on money and over a decade opened 1000 schools and 10 000 libraries in poor communities throughout Asia. Both stories are about a greater influence on the world and people around the individual, greater fulfilment and meaning in their lives and a combination of success and happiness.

The origin of the word wealth is 'well' and relates to wellbeing, yet our distorted definition is often measurable possessions and a wealthy person is defined by their bank accounts, the car they drive and the mansion in which they live. The key says Dr Demartini, is to consider wealth in all aspects of your life. The minute wealth becomes a measure of possessions the more likelihood of a gambling mentality prevailing, where we look short term with a "high risk high reward" approach. Long term appreciation of wealth from a holistic perspective centres around a service mentality and an understanding that immediate fulfilment is temporary, but holistic fulfilment is permanent.

If your measure of success and happiness is wealth, then fair enough as long as your understanding of wealth is congruent with what success and happiness bring to your life. For Dr Demartini, he finds success and happiness as happy bedfellows within his mission to enrich other peoples' lives in his teachings and presentations. He's a rich man

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financially, but he's a wealthy man in the areas of his life that are congruent with the higher values.

Inevitably the conversation turns to American President Donald Trump, whose outward values seem to be set on power and money, with some arrogance and egocentricity tossed in for good measure. Dr Demartini sees both polarities in Trump but there is a huge bias toward the importance of money and influence in his list of highest priorities. Going back to Aristotle, the pursuit of hedonistic and transient happiness happens at the expense of deeper wellness and wellbeing – the true meaning of what it is to have wealth.

Can we then expect success and happiness to work together for a greater good within ourselves and leave the material, hedonistic definitions at the door? Easy says Dr Demartini when the purpose of your success and happiness are congruent with your values. The reward will come, depending on your measure of reward and if you're getting the formula right, your wealth will reflect in what you do and how you do it. 🏰

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