

Happiness

By Michael Tse

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A person should have his or her own principles, otherwise they can easily become lost. It is like a tree with a root or a building with a foundation. Without them you cannot stand firm and you cannot feel happy about yourself. If someone disagrees with us, then we should not easily be moved. However, we should also always listen to any advice carefully and only if it is good should we change our principles. If, on the other hand, we know that it is wrong then we should not change.

Many times I have told the story about a donkey. A father and son go to market to sell a donkey. On the way they pass through a village and the people there laugh at them and say, "What a waste, why don't you ride the donkey." So the father lets the son get on the donkey's back and they continue on their way. Later on they pass another village and the people there criticise the son for not respecting his father because he is making him walk while he rides on the donkey. So the son gets off and lets the father climb up to ride the donkey instead. At the next village the people there criticise the father for not looking after his son and making him walk! So then both the father and son ride on the donkey! On reaching the next village the people again criticise them, but this time for being cruel and abusing the donkey, saying they are both too heavy for it.

Finally they reach the market but when there, suddenly all the people start laughing them! Why? Because they have tied the donkey to a pole and are carrying it!

So you see no matter what we do people will always say something, but this does not have to be bad. Chinese say, "If no one talks about you, then you

are nothing special.” This is very true and how can we win over everyone and make everyone like and appreciate us? No one can do this not even the best person in the world. Mother Theresa, Ghandi, Martin Luther King, Sun Yat Sen and even Princess Diana have people who criticise them. Who doesn't?

These people, who were good people, are written about in the history books. Although they might have made some mistakes and they might have been wrong at some times, but generally most people like them because they have done good things. At the time, they might have had some criticism for their actions, but in time, everything is proven and has shown their lives to helped so many people for the better.

Life is short, we should be ourselves and enjoy our lives but we should also help more people. However, not everyone is ready for our help and so these people we should just leave alone. My principle is always to have more friends than enemies. Of course, in a perfect world we would have no enemies but, unfortunately, we cannot make everyone agree with us or change everyone's way of thinking to match our own. If someone dislikes you, let it be their problem if you have not done anything wrong. It takes a lot of energy to dislike or even hate someone and it will make you unhappy as well.



I always like to be around people who are happy being together as life is too short to be with people who do not like you. Disagreeing with each other is fine, even having argument but in a healthy, friendly way is fine but we should not taking things so personally and think, “I hate this or that or someone.”.

I am lucky - I have so many good students and good teachers helping me and working together like a family. This is the best way, to have someone above me to respect and look up and to guide me and also to have someone I can also help and guide. When I am in the middle, then I will have people I respect, like my parents and teachers and I will have people who I am equal with, like my brothers, sisters, friends and, of course, my wife. I also have people I need to look after, like my son, my nephews, nieces and my students. What a great big family.

I am a happy and positive person and so I like to bring that kind of energy and thinking to others. I have seen people get depressed when problems come and they behave like a turtle, pulling their heads inside their shells. I have seen people get sick and scared, growing weaker and weaker until they eventually pass away. I have seen people who are very stubborn give up everything and, in the end, become lonely and never see their friends and family again. I have seen people go through their lives complaining and being unhappy and always being negative instead of trying to find the positive side on things. I feel sorry for them and I hope that one day they can find happiness but this kind of happiness does not come from outside but comes from inside of us.