

# / Desires Discount Happiness

Happiness exists within.

## Six-Sigma of Happiness

We acquire desires. That's healthy. Then we want more. That's toxic. How shall we know where to stop wanting more? Ahh! That's the code.

What wakes us up each morning as we alight from our dreamboats is the itch on our pillow cushioned between a rock; *our desires*, and a hard place; *what is desired of us*.



In our quest for happiness, we go about acquiring placebos that loose their sheen after a while and then the next placebo!

AI and VR are brilliant technologies. The choice is upon us whether we use them for our growth or get usurped by them so that they can rewire our minds. What must wag whome?

## Six-Sigma of Happiness

We don't retain nostalgia and don't acquire the lint and flakes of memories upon our clothes any more. We discard and renew our wardrobe

to appear new and in doing so, shortchange our memory and nostalgia. Heirloom is passé!

What then wakes us up each morning is a chase. We wake up each morning in our quest and chase, in one of the two states of: 'curiosity' such as a "wow, morning!" or 'anxiety' such as a "Why, morning?". We wake up in search of a landing at an elusive certainty with a visible end of the runway.