

## / Pleasure Vs. Happiness

There is a difference between the two;  
Pleasure and Happiness

Dopamine and Endorphins are the pleasure biochemical neurotransmitters.

Both these are the reward chemicals, secreted through completing a task, eating food, entertainment or celebrating.

Rewards & Recognition:

1. Reinforce positive behavior
2. Set expectations.
3. Enhance energy, motivation & engagement



Serotonin and Oxytocin are the secretions of Happiness on the other hand.

## Six-Sigma of Happiness

Serotonin and Oxytocins are the mood stabilizers and the love hormones secreted through giving, playing with a baby and holding hands.

These are Innocent activities with no tangible commercial contract attached to them.

It is also dependant upon our opportunities, ability to understand and remain in control.

In that backdrop two eloquent concepts that encompass life are: 'Ikigai' or 'The Purpose of Life', as the Japanese put it and 'Mojo' with its Afro-American origins or a "Talisman".

These are the source and the stimuli for the secretion of Dopamine and Endorphins on one hand and Serotonin and Oxytocin on the other.

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Desires can certainly be controlled if we can be mindful of ourselves and that would mean expanding our minds and hearts from getting fixated on objects of desire.

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## Six-Sigma of Happiness



Pic: Courtesy: Pixabay

We can calibrate these by rationalising ourselves and being real in our environment. It is the degree and depth of awareness and our ability to focus on finding our 'Mojo' or mantra to fixing our Ikigai or purpose that helps us navigate through life.

We shall share with you the mantra to do that too in the following pages.

**IKIGAI > 生きがい**