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*All things arise and cease due to
interdependent causes and conditions*

~Δ~

Decision Making and Happiness

By

Bing Escudero

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Summa Sophia
1175 Harrington Place NE #212
Renton WA 98056
U.S.A.

Phone (425) 227-6979

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Decision Making and Happiness

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Our human nature is the framework that determines our decision making process. The understanding of our human constitution helps us to make intelligent decisions. Where there is intelligence, there is happiness. The greater the intelligence, the more lasting the happiness. Intelligent decisions, therefore, are the basis of attaining happiness.

We make many decisions in life. To study or not to study. To work hard or to take it easy. To cooperate and trust our parents or to fight back and complain. To get married or not. Buy or rent a place to live. Spend, save, borrow or invest our money. Get a car, truck or van. Get a job or start a business of your own. Diet, dress, good grooming, health care and other personal decisions. Even not making a decision is still a decision in itself. The family, school, workplace and the community are all involved. Our decisions have economic, political, social and spiritual implications.

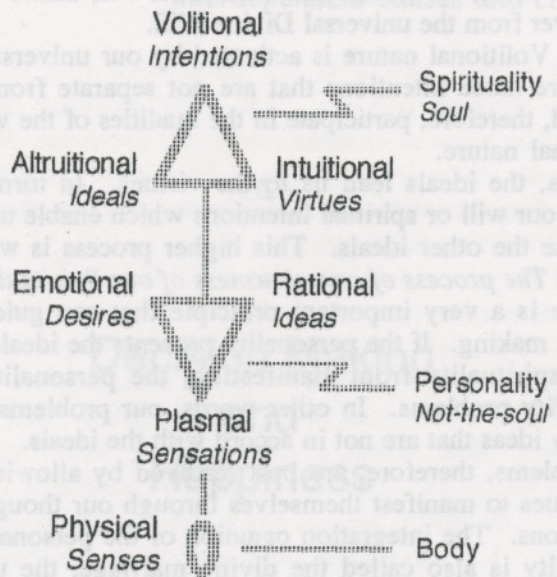
Decision making is not possible without consciousness. Stated otherwise, it is by our Rational mental nature, having stored our accumulated ideas, that we are able to make choices. How can we, therefore, make wise choices?

First, we may need to understand the nature or constitution of our human condition, starting with our own consciousness. As we try to inwardly observe, we find that the first consciousness we are undeniably aware of is our physical consciousness. Its nature involves the senses and the rest of the body. (*See Chart*)

When the senses come in contact with objects, sensations are experienced. Then the sensations generate thoughts or ideas in our Rational mental nature. Ideas may further generate other ideas, usually associated with the memories of other sensations.

When the idea of a sensation is to our liking, desires arise in our Emotional nature. The senses yield sensations in our Plasmal nature, generating ideas that bring about desires which go after the object of the senses of the body. We shall now call this *The process of consciousness of the Personality*.

Chart: Our Septenary Human Nature



There are, however, thoughts that are of a much higher nature. Far above ideas are those ideals as the qualities of our Altruitional mental nature, such as, kindness, love, compassion, goodwill, mindfulness, service, altruism or selflessness. Ideals do not come from objects. Although ideals are abstract, they are of a higher order of reality being an integral part of our Spirituality.

Ideals are the source and sustenance of our aspirations in the ethical promises that we make. When these promises are initiated, further refined and brought to fulfillment, we now have a state of virtue. It is not enough to say and promise, we shall be kind to all. When we can be truly kind to those who are unkind or even to those who have hurt us, then there truly is a state of virtue. A virtue, therefore, is an ideal put into practice; whereas, an ideal is a virtue we only promise to practice.

Most of us know from experience that to translate an ideal into a virtue takes a strong exercise of willpower. That is why when virtue triumphs, we have, thus, evoked and actualized the

power of our Volitional or Will nature. The awakening of the will is what enables us to be determined, strong, loyal, creative, unique and, above all, spiritual. Our individual will draws its existence and power from the universal Divine Will.

Our Volitional nature is activated by our universal intentions. These are those intentions that are not separate from the Divine Will and, therefore, participate in the qualities of the virtues of our Intuitional nature.

Thus, the ideals lead us to the virtues. In turn, the virtues awaken our will or spiritual intentions which enable us, further on, to realize the other ideals. This higher process is what we shall now call *The process of consciousness of our Spirituality*.

Here is a very important principle that can guide us in our decision making. If the personality prevents the ideals and virtues of our spirituality from manifesting, the personality will have personality problems. In other words, our problems are brought about by ideas that are not in accord with the ideals.

Problems, therefore, are best resolved by allowing the ideals and virtues to manifest themselves through our thoughts, feelings and actions. The integration or union of the personality with our spirituality is also called the divine marriage, the union of our material and spiritual nature. This unity is what lives happily ever after as symbolized by the blissful endings of romantic fables.

When two individuals come together with their own spiritual marriage having taken place within each one, that is, their personality and spirituality being happily united, then, happiness expands into a sharing and a blessing to both individuals.

Why? Know the answer by heart. The Personality is a self that feels separate from every other self. Our Spirituality is a selfless self ever one with every other self. The key to happiness is for our Spirituality to rule the Personality. Not the other way around. The Personality is the usurper of the throne. Our Spirituality is the rightful King or Ruler.

Thus, when decisions are made, we see to it that they fulfill the spiritual ideals and virtues. A decision is intelligent when it is idealistic and virtuous. That is why decisions that lead to this kind of spiritual attainment yield a more enduring form of happiness. Intelligence has prevailed. The personality is in harmony with our spirituality. Human happiness becomes divine happiness. ~ Δ ~