

Research on the Essence of Happiness and the Recipe for It

from a Psychological Perspective

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Abstract: When we feel happy, we are actually physically releasing endorphins, and happiness is the release of endorphins in the body. Morphine, as we all know, is a drug whose magic lies in its molecular structure mimicking the physiological underpinnings of endorphins, allowing you to experience a false, simulated pleasure. Endorphins are high when you're feeling really happy, like when you get your college acceptance letter or when you have your blood drawn to check your biochemical levels. It's of importance to know the nature of happiness and it'll be beneficial for us to hold the key to happiness.

1. Introduction

Serotonin, dopamine and endorphins are the three most important substances in human happiness. Serotonin, also known as 5-hydroxytryptamine (5-HT), is a messenger molecule that can produce pleasure and happiness, so it is also known as the "happy hormone". Changes in the level of serotonin in the human body are often related to mood changes, for example, a lack of serotonin can lead to depression. How does serotonin contribute to happiness? This biological mechanism remains undeciphered.

2. Secretion of Happiness

I have read a piece of news from a Chinese female psychologist Ms Bi Shumin: a British newspaper asked the society for a prize "Who is the happiest person", and then the first happiest person was a mother who washed her child and held her baby in her arms. The second happiest person is the one who sees his sick man discharge from hospital after recovery. The third happiest person is a child who builds a sandcastle on the beach. The alternative answer is the moment a writer puts down her pen after writing the last word of her book.

At the end of this unremarkable report, Ms Bi felt, for a moment, as if she had been hit by a bullet ---- all four had been in her, but she did not feel happy.

Why is she not happy? Actually, the same to you and me. And are you happy? I also wonder if I am happy. After having this question mark, I looked around and realized how few people have happiness. Once I took out my greeting cards and found that most of them were "Wish you happiness", which may be the collective unconsciousness of Chinese people, so they think it is always auspicious.

But what is the essence of happiness?

Japanese Dr. Shigeo Haruyama says in his book *Revolution in the Brain* that when we feel happiness, it is actually physiology secreting a kind of endorphin and that happiness is the secretion of endorphins in the body. As we all know, Morphine, made from opium poppies, is a drug whose magic lies in its molecular structure mimicking the physiological basis of endorphins, allowing you to experience a fake, simulated pleasure. Endorphins are high when you're feeling really happy, like when you get a college acceptance letter and have your blood taken to check your biochemical levels.

American psychologist Abraham Maslow initiated the hierarchy of needs theory in his book *The Theory of Human Motivation* published in 1943, pointing out that human needs are composed of physiological needs, safety needs, emotional needs, respect needs and self-actualization needs.

According to Shigero Haruyama, endorphins in the body fit surprisingly well with Maslow's "Hierarchy of Needs" pyramid: eating is pleasurable, and people are biologically happy; Then, along with your need for security, love, and dignity, come the extra endorphins that make you feel good about yourself; On top of that, when you complete your self-actualization, endorphins reach very high levels, far beyond the happiness of eating.

This physical and psychological combination makes me feel that being able to experience happiness is a process that requires training, perception and constant improvement, because happiness is not something you are born with.

I think happiness in the world comes first from a firm belief.

I often go to colleges and universities to communicate with college students. What gives me the most impression is that they are facing a very important problem ---- the establishment of outlook on life and the direction of values, that is, why people live.

Once again, let's take a case from Bi Shumin, a psychological consultant. There are often media interviews with her psychological counseling center, the favorite question is, "What is the question that's counseled the most frequently?" She said that if she had known the beige sofa in the counseling room, she would have heard visitors repeatedly asking, "Why am I alive?" Well, I think people are meaning-seeking animals, especially young people, who have asked this question countless times.

In the past, we used to use the indoctrination method to instill the doctrine, ideal or goal into the child from his or her early age, hoping to take root in his or her heart and become the coordinate of his or her life. But now I find that a person's goal must be established in his psychological structure after hard groping. Otherwise, no matter how carefully and earnestly we teach them, it is really just an external thing.

In fact, everyone has established the goal of life early, because it has already existed in your heart: what you love, respect, aspire to, and strive for from childhood experience, has already been rooted in your heart, but it is affected and even obscured by many worldly things and the complex outside world. When one begins to consciously focus on their mental health, it means they are trying to organize their mental structures, and then understand the framework and system in mind that has achieved the most dominant function.

3. The Music with the Most Beautiful Soul is Kindness

Let's take Schindler's List as an example to state the fact that an German old couple Oskar Schindler and Emily Schindler, bearing a period of profound and glorious history, witnessed generations of selfless good samaritans' boundless love dedicated to human life. Well, Schindler's List, based on The Book Schindler's Ark by Australian novelist Thomas Keneally, was made into a 1993 film directed by Steven Spielberg. It won seven oscars at the 66th Academy Awards and seven Golden Globes at the 51st. Oskar Schindler, a German entrepreneur, and his wife Emily Schindler saved 1,200 Jews from being killed by fascists during World War II.

This list in Schindler's hands is the life and hope of the Jewish people. On the list is survival, off the list is slaughter and death. After the war, the rescued Jews cast a simple ring with their own gold teeth as a gift to Schindler. The ring was inscribed with a Jewish saying in Hebrew, "Whoever saves one life, saves the world entire." Schindler wept and regretted that he still had his car and his gold pin, because selling them would have saved a few more Jewish lives.

The music is the culmination of John Williams' work, and the original score is enhanced by the performance of the famous violinist Perlman. The music deepens and makes this deeply moving film thoughtful, and the revival of humanity is the most moving part of it.

Although this piece of music is not long, but it has a complete structure a should have soundtrack. After the concise overture came Luka Sulic's cello playing the melody. The performance brought hatred, desire, pathetic, sad melody to show the fate of the jews. Yet it is not completely sad. Smooth melody with some bright color and hope is like a candle in the dark. It is a schindler's kindness that Luka Sulic gave to those who once suffered so much. And here Luka Sulic's music goes bright and wandering, but full of feeling and touching.

A sound like that can instantly calm us down and return to a place within us where we can ponder the big, serious questions of our human destiny.

4. Establishing a Real Relationship with Your House

It's important to realize the spiritual meaning of cleaning your house. That's closely related to your happiness. The following is a typical case.

Linda, who grew up in South Africa and now lives in Germany, has been a professional cleaner for more than 20 years. She has published a book on cleanliness. She has a cleaning team and is invited to clean and hold workshops all over the world. A more detailed statement is as follows.

Cleaning is not cleaning the past. It's about creating a space for a new future.

Linda started working as a cleaner to earn money to send her two children to Waldorf School. After working for a while, she felt the identity crisis of being a cleaner. People were indifferent to cleaners. Some people saw her as if they didn't see her. She felt she had to develop a love of cleaning because she wanted to see her children through school.

Linda pondered how to develop a love of cleanliness. She recalls living with her family in South Africa as a child, when she didn't have to do housework and had a nanny. Later, Linda's grandfather passed away, and her mother asked her and her sister to make grandma's bed every day to comfort her.

Linda remembers her mother teaching them how to fold blankets and how to take their pillows out of the window and pat them in the sun to brush away the sadness and tears, then put them back and say a few prayers into them. So Grandma will feel comfortable when she lies down. She felt a sense of sanctity when she thought of doing these things. She wanted to feel the same focus and love again. But it wasn't until a few months later that she began to really love cleaning.

One day it was Linda's turn to clean her daughter's kindergarten class. When she went into the toilet for the first time, she saw the small toilet for the first time, she felt moved by the toilet, she was very tall, so she knelt on the ground to clean the toilet.

She seemed to see her daughter and other children using the bathroom, and suddenly she felt the cleaning process was filled with love, and now she truly understood the meaning of cleaning.

A clean, uncluttered room can make a big difference.

Most of the time, we clean for other people, even when we clean for ourselves, we clean most vigorously when we have guests over. To clean a space is to show care and consideration to the people who live in it.

A clean, tidy room can make a big difference, and sensitive people will feel it, so cleanliness is an integral part of caring for others. This is especially important for people with special needs, who are more sensitive to their surroundings than normal people.

Linda's friend Mary works at Camphill. Thomas, a special needs person, has lived in her friend's building for 20 years. She always keeps Thomas's room very clean and fresh. When Thomas moved to another building, he quickly became ill, and very ill.

Mary went to see him, feeling very sad. His room was very dirty and his bed had not been made for a long time. He couldn't talk. The people in charge of this building didn't understand his needs. Mary felt that Thomas had something on his mind, waiting for a response.

Mary went to the director, an old friend of Thomas's, and asked for permission to do something. With permission, Mary removed all the furniture and gave the room a thorough cleaning. Then, she put Thomas in the bathtub and changed him into clean sheets, duvets, and pillowcases. In a clean room, he lay on a neat and comfortable bed and died soon after.

There are several other examples. Once, Linda went to the rehabilitation village to do some cleaning. When she came to a room, she saw Peter, a manic special needs person. Two staff members had to accompany him all day.

Linda stood in the room and looked around. Soon she felt a strong resistance. She found thick dust under the bed. She swept the room carefully, kneeling to sweep under the bed, and as the cleaning drew to a close, she felt the resistance of the room decline.

When she had finished cleaning and was back to the door, she heard a loud roar. Peter broke

away from the two workers and ran to the room, taking off his clothes and shoes as he ran. He entered the room and passed Linda, fell onto the bed and immediately fell asleep. He didn't move and slept for 22 hours straight. When rooms are cleaned and made comfortable, people with special needs can feel it even from outside.

Another time, Linda spent six hours to clean a toilet, until disappear, resistance when the special needs of the behavior problem is very serious person after using the clean toilet, his behavior problems has been greatly improved, but it's a pity that such a change only lasted for ten days, because Linda can't be there for him to clean for a long time, And the care and cleanliness of the environment need to be done constantly.

Dust from a patient.

During a training session at recovery Village, all Linda had that day were two empty cubicles in the clean bathroom. All the special needs people lined up in front of the two clean cubicles. No one wanted to use the uncleaned bathroom.

Linda was invited to clean at the hospital and gained valuable experience. The first day she cleaned the room carefully. The next day when she went to see it again, the floor and the table were covered with dust, as if she had not cleaned it the day before. She thought it strange. On closer inspection, she found that the dust came from the patient in the room.

Sick people produce a lot of dust. She looked at the dust very carefully and found that the dust in each room was very different, but people with the same disease produced the same dust. If there is a sudden increase in dust in the room one day, usually the patient in the room dies that day.

People near death produce the heaviest dust. Once Linda cleaned a woman's room and found the dust was very special. Three months later, the woman was diagnosed with a serious illness. Dust can be a sign of your health before symptoms of illness appear.

It matters to communicate with space cleanly.

When you walk into a room to clean, the first thing you should do is stand at the door and observe the whole space. Communicate with it to see where cleaning is most needed. Work with the Elemental Beings in the room, who know the needs of the room best. Elementals are everywhere, and angels are to us what we are to elementals, guiding them and helping them to create a harmonious space.

Most people are sloppy in their cleaning. They wipe the table but forget to wipe the sides. When they sweep the floor, they don't put their fingers into the corners to clean. Anything left undone has consequences in this world, and what is left undone because of your laziness will hinder you and you will suffer its consequences until you finish it again.

After a lecture, a woman invited Linda to clean her room. The woman said her room was terrible and she didn't know what to do. When Linda went into her room, she saw a lot of things on the table. The things were piled up too high. Some of them fell on the floor. Linda sensed that something was blocked.

Linda asked the woman what was at the bottom of the pile. The woman began to cry. She said her mother had died a few weeks earlier and there had been a serious inheritance dispute between her and her sisters. At the bottom of the pile was a letter about an inheritance dispute that she didn't have the courage to answer.

Linda pulled out the letter and asked the woman to answer the questions immediately. After a long back-and-forth struggle, the woman answered the questions in the letter, and Linda asked her to post it. When she returned, her whole face changed, the delay finished.

Linda's friend had a blind child. She spent the whole day cleaning her son's room. When his son came back from school, he felt it as soon as he entered the room. When the child is sick, the mother should first make a clean and comfortable bed for the child.

Doing a good job of cleaning means concentrating on what you're doing, rather than listening to music or daydreaming while you're doing it. Usually when people do something, their mind is not on it. Such as opening drawers but not closing them properly, closing doors with a loud noise, and not putting things back in their proper place after use.

Be aware of what you're doing. At the same time, people should learn to respect and take care of

what they have instead of buying new things. We need to have a real relationship with our possessions.

5. Conclusion

Maslow's "Hierarchy of Needs" pyramid pointed out that human needs include physiological needs, safety needs, emotional needs, respect needs and self-actualization needs. Endorphins fit surprisingly well into the hierarchy of needs theory. Previous studies have found that serotonin binds to its receptors to produce a sense of well-being that protects against anxiety. The serotonin receptor signaling complex, like a bundle of sticks stuck in the phospholipid membrane, forms a "radar-like" receiver outside the cell that picks up incoming signals and transmits them into the cell. These "inserted" phospholipids act as molecular glue, enhancing the interaction between receptors and downstream signals. At the same time, the researchers found that cholesterol also acts as a phospholipid in serotonin receptors.

Serotonin is the master key to simultaneously activating many different serotonin receptors. Knowing your enemy is the only way to live a healthy and happy life. Drug development, which in the past often relied on luck, can now be designed by deconstructing the lock. In the future, with further research, the development of antidepressant drugs with better efficacy and fewer side effects, similar to one key to open many locks, will no longer be just a dream.

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