

Dissatisfaction – the widespread disease No. 1

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Are you happy with your job, your career, your salary? Are you happy with your appearance, your shape, your health, your performance? Are you happy with your partnership, your family life, your private life or quite simply your life as such? Or are you rather unhappy with a lot or maybe everything – chronically dissatisfied?

Do you often look enviously at others who supposedly are more satisfied, happier or wealthier than you? Do you sometimes or even oftentimes ask yourself: “Why do others have what I don’t?” And do you believe that you would be more satisfied and happier if you had all the apparently “beautiful things” others have?

If you do so you are mistaken! People with more money, success, prestige and power than you are not automatically satisfied and happy. For there are always people having even more which often provokes a gnawing feeling of unhappiness.

Most people find themselves in a constant loop of dissatisfaction. Dissatisfaction is the widespread disease No. 1 in our modern society resembling paradise.

You can buy anything: your own house, a Porsche, a yacht or gold jewelry – provided you have the money. You can pursue any career – from washing dishes to becoming a millionaire, from the ordinary craftsman to the successful entrepreneur provided you are ambitious enough. You can style, facelift, dye and plump up yourself in order to increase your own attractiveness. Everything is possible!

Today's paradise is tricky: all people can see and experience it on a daily basis but they do not or only limitedly access it. For if you want to make use of paradise's table filled with goods you have to pay a price. Today's paradise is like a machine that provides everything you desire but only if you pay for it in advance.

This raises the question: "Will you finally become satisfied and happy if you insert your money, yourself or your values into paradise's automat?" No! At best you'll be happy for a brief moment directly followed by the known state of unhappiness. Its cause is the greed.

In Buddhism greed is one of the three roots of evil. Therefore adherents of Buddhism are very focused in giving up their own greed and transform it into greedlessness.

In Christian tradition greed is one of the deadly sins. The greedy is the glutton. He always wants more of everything as everything he imbibes does not lead to having enough but to wanting even more. This causes an ever gnawing feeling of dissatisfaction, inner restlessness and disquiet.

I can only recommend to all unhappy and greedy people: go to the poor regions of this world, e.g. to Africa or India, and experience at first-hand how the poor do live in tin huts, clothed in rags, hardly enough to eat. Then you will realize how rich your life is with all the comfort, beautiful furniture and clothing, your choice of food etc. If, at the same time, you experience that these poor people, nonetheless, are satisfied and happy with their life you will understand that there are different things that make you happy: e.g. to be part of an intact, caring family, a humble attitude towards life, a vivid and respectful connection with nature, a deep faith in God and/or a greater divine power.