

# Four Levels of Happiness



## Level 1 Physical Pleasure and Possessions

Comes from an external stimulus (something outside of me), like the warm sun or a sweet ice cream. Interacts with one or more of the five senses. Offers immediate gratification. Does not require skill or training. Is concrete, direct, tangible, and often quite intense.

**CRISIS 1:** Does not extend beyond myself, is not long-lasting, and does not use my higher powers. Therefore, I eventually become bored and empty, and feel as though I am living beneath myself.

## Level 2 Ego-Gratification

Comes from achievement, winning, power, and popularity. Requires skill and control, and seeks comparative advantage. Offers short term gratification.

**CRISIS 2:** Does not extend beyond myself, is not long-lasting, and uses only some of my higher powers. Leads to jealousy, fear of failure, aggression, ego-sensitivity, blame, rage, self-pity, inferiority, superiority, suspicion, bitterness, contempt, resentment.

## Level 3 Good Beyond Self

Comes from doing a greater good beyond myself, and being with others in empathy. Seeks to satisfy the human desire for truth, love, justice, beauty, and unity. Extends beyond myself, offers long term gratification, and uses my higher powers.

**CRISIS 3:** My desire for perfect, absolute, infinite, unconditional, and eternal Truth, Love, Justice, Beauty, and Unity cannot be fulfilled by this world. Attempting to fulfill these desires only through human beings and the things of this world will lead to frustration, dashed expectations, and despair.

## Level 4 Ultimate Good

Comes from receiving and participating in ultimate (perfect, absolute, infinite, unconditional, and eternal) Truth, Love, Justice, Beauty, and Unity. Can only be achieved by believing that ultimate Truth, Love, Justice, Beauty, and Unity exists as a reality (God). Extends beyond myself infinitely, is eternally enduring, and infinitely deep.

**CRISIS 4:** Includes feeling abandoned by God and refusing to allow Him to come to me. Trying to get to God by myself (which is impossible, because He is infinite and I am finite). I can avoid this crisis by practicing humble surrender to God's love through prayer, and allowing Him to come to me.

Use code PCS112 to download and print copies of the Four Levels of Happiness Chart.