

HAPPINESS: “FULL-LIFE” PERSPECTIVE

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We are in the period of hypertrophy of "I think", of "I want", of "I can" and therefore in full "humanism"; in full "sur-modernity". But in truth what do we want today?

Spoiled by the hypertrophy of loneliness, which affects all the different generations, led to closing in solipsism (this is very worrying), we are unable to respond to this command: we want/need "happiness".

We don't say it anymore; we no longer look for it; rather we prefer to say that we seek "satisfaction", which is other than happiness.

We want to satisfy needs and not to pursue desires and dreams (that are the substance of happiness). We ask to go beyond the difficult task of taking on the responsibility of doing everything to be happy; permanently happy; satisfied with the dream and in continuous struggle to achieve our best wishes; the truer ones that ask for truth, goodness and beauty around us.

Desires are nothing more than the right coordinates of the soul that "from the stars" (de sidera = desideria) tell us who we are, what we must become and what we must do to be better. The desires tell us about the right path we must take to take on the responsibility we have, not only for others but also for ourselves. Desires are completely different from the "need" which has no prospects but only wants to be satisfied, always temporary, undulating and changeable. Satisfaction is only a moment without continuity. Happiness instead requires a vision that opens up to new horizons and widens deeply into the future until it becomes a project.

Why are we lacking happiness? Perhaps because the society of acceleration and speed appears to be too advanced and seems to ask for an eternal movement without reflection? Maybe happiness sets because what is interesting is what is no longer stable and definitive?

The younger generations are called to "grow" hastily and the older generations to keep up. However, we no longer seem called to transform the world according to a plan, an aspiration, ideals, but we are only called to change.

What deeply undermines the yearning for happiness - in my opinion - is without less this condemnation to live lonely that seems to have affected us all. Alone with our ideas and our desires; so lonely that we often feel condemned to be with others and we are no longer able to live the encounter between people and generations with fruitfulness.

They look like the tremendous traits of a humanity that finds no other form of expression than solitude and solipsism. But these seem to me only the traits of a society that appears sick but is not destined for sunset. We are not in an end time. This is not the time of the definitive curse of living. Indeed, this time, precisely because it lives and makes all the pathologies of solitude live (especially for the younger generations), this is the best possible time to talk about timeless values; those that spring from our being here with others, people between people. This is a magnificent time of hope because in the desert of voices and meanings, the meaningful word can be better heard the word: happiness.