



Practice Session 2

Story of Stuff

Watch a 20 minute video "Story of Stuff"

It is a documentary about the materials economy – its motivation, process and outcome. It has been produced by a set of concerned people at storyofstuff.org, USA

(source: <http://storyofstuff.org/movies/story-of-stuff/>)

We will discuss your observations:

1. What are the activities and efforts made by the people shown in the video? Reflect on your own activities and efforts. Are they similar to those of the people shown in the video?
2. How are their activities motivated by their notion of happiness (physical facility = happiness. More shopping, physical facility = more happiness)? Is this and any other notions of happiness their own notions or they are programmed by advertisements, others? Is this notion true or is it getting the people more and more into the loop of more and more physical facility only?
3. Reflect on your own notion of happiness – is it your own notion or is it borrowed from others? (this is important – after all, you are making all the effort for being happy)

Our Program depends on our Notion of Happiness

If we assume that consumption is happiness, then we consume

Tasty food → happiness

Latest mobile → show off → happiness

If we assume happiness will come from abstinence, we abstain

Torn clothes → happiness

Bunking classes → happiness

Like that, whatever our assumption or understanding about happiness is, we make a program accordingly

It is a matter of **understanding** happiness!

(it is not a matter of just focusing on the program or do's and don'ts)

We will explore into it...

Problem (as shown in video)

Solution (as shown in video)

Production of unhealthy products with focus on profit vs purpose (eg. carcinogenic pillows)

Exploitation of the people involved in production, consumption

Over exploitation of natural resources

Linear production process

Indulgence (influenced by media & marketing)

99% waste

Symptoms of assuming Happiness = Consumption

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Can we have a holistic solution without Right Understanding of happiness?

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Recycling can help (but it will never be enough)

Can discuss “Prevailing Notions of Happiness”
in this session

It is important to return to exploring the holistic
solution (return to the topics discussed before
this practice session), rather than only
detailing out the problem

Later, we will explore into a potential goal of all
human beings living together (human goal)
and how it can be fulfilled with right
understanding at the base