

## **Happiness and Sadness**

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### **Abstract**

Happiness is the state of brain, when knowing information. Considering 'loss of information' and physical pain is sadness. Animals have thirst to be happy and get rid of sadness. So, the brains of animals want to gather information; reject 'loss of information' and physical pains.

**Key Words:** Brain, Mind, Information, Happiness, Sadness.

### **Happiness and Sadness**

Happiness is the state of brain, when knowing information. Considering 'loss of information' and physical pain is sadness. Animals have thirst to be happy and get rid of sadness. So, the brains of animals want to gather information; reject 'loss of information' and physical pains. This is explained below based on universal observations.

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#### **1. Considerations:**

1. Brain's memory is semi volatile in nature. The information in the memory decays slowly.
2. All the information considered (observed) by brain is stored in the memory. Similarly, all the information in the memory is perceived as known.
3. Brain can build up information based on the existing information, by inter relating or integrating existing information and processing; which is called imagination. Build up process gives happiness and sadness similar to in direct information storage process.

4. Animals other than Human beings do not have analytical ability and ability to imagine as much as possessed by Human beings.
5. All the good feelings an animal gets are happy feelings and all the bad feelings an animal gets are Sadness. Worry, cry, feel of physical pain, etc are sadness in different occasions or levels. Smile, happiness, surprise, feeling humor, feeling taste of a food, listening to liked music, meditational sense, etc are happiness in different occasions or levels. Hatred, selfishness, love, etc. are not feelings; but understandings or behaviors over others in the way of getting happiness or getting rid of sadness.

### **2. Definitions:**

**Sense:** The information directly received by brain through sense organs.

E.g.: Taste of a fruit sensed through tongue, Sound from drums sensed through ears, etc.

**State:** The state of animal with respect to its environment, by way of its abilities.

E.g.: Being the leader of a group, being achiever of a medal, winning a challenge, climbing a tree as a challenge, playing video game, etc.

State is not understood or not so good understood by Animal brains as by Human brains due to differences in analytical abilities, memories and other reasons.

**Information element:** Information from a source or 'an information'.

E.g.: taste of a sweet, music, etc.

### **3. Illustrations:**

#### **Listening to music:**

Music has a different sound pattern with respect to amplitude and frequency from that of the general sounds reaching the ear. The sound pattern information of the general sounds is well known to the brain. But, the music pattern information is new to it. So, people like to listen to music till they know it.

#### **Eating a sweet:**

##### ***Case1: sweet has not been eaten for many days***

When a sweet is not tasted for many days, the information regarding the taste of the sweet is lost in the brain to some extent, because of volatility of memory in the brain. Then the brain seeks to know the complete information of the taste of the sweet. So, the brain starts analyzing ways to taste the sweet. If it gets that sweet, knows its taste information.

##### ***Case2: sweet just eaten up to satisfaction***

The information is already stored. So, no more sweet is needed for the taste information. So, the brain stops analyzing ways to get the taste information of the sweet. If the tongue yet provides the already existing information to the brain regarding that sweet, the brain ignores that information and tries to switch to getting some other unknown information by priority.

***Case3: feeling hungry and got a sweet***

The information about anything in the brain is inter-related with other information in the brain. The stomach burning increases forced attention to the stomach and so consideration of food which is related to the stomach. This concentrated consideration of food leads to the concentrated consideration of the taste information of food and leads to more effort to get food than it should be for the amount of taste information and burning pain. This means, brain has tendency to change the normal priority for information under exposure to information sources and stimulation.

**Feeling hungry:**

Hunger is a pain. To get rid of the burning inside the stomach, which is sadness, animals take food. Taste information of food is another factor for taking food.

**Losing a sweet:**

Assume, there was a sweet in a bowl in the dining room. When the owner of the sweet went to the bowl to eat the sweet, the sweet is actually missing there, because some rat took it away. If he had eaten it, he would have added taste information of that sweet into his brain. Because of not having the sweet to eat which he actually owns, he has lost the taste information of the sweet. So, the loss of information is equal to the expected addable taste information (taste) of the sweet. So, his brain feels as sad (lose of information) as the information that could be added by eating the sweet.

If the person had long ago tasted that sweet, he would have forgotten its taste by now and so tries to know its taste again. But, he does not feel sad for losing the taste information by forgetfulness. This is because, as volatility of brain's memory is a general inevitable process, he does not consider that loss.

**Playing a video game:**

Suppose that a boy got a video game machine as a gift. When he opens it for the first time, he tries to get the state information "I won the first level". For winning in the first level, he does some effort. If he crosses the first level after some effort, now, he wants to get "I won in the 3<sup>rd</sup> level" based on understanding of his skills. He again tries for the 3<sup>rd</sup> level and wins it after some more effort. After winning the 3<sup>rd</sup> level also, he wants to get much higher level. Like this, he continues to get state information till he finishes all the levels or he gets some other more priority work.

**Participating in a running race:**

Suppose a participant to be in the 7<sup>th</sup> rank in the latest running race. The information available regarding the race in the brain of the participant is; "I am in the 10<sup>th</sup> rank and running race fans recognize that I am in the 10<sup>th</sup> rank (logically 10<sup>th</sup> rank is with in the scope of the 7<sup>th</sup> ranker). I am in the 9<sup>th</sup> rank and running race fans recognize that I am in the 9<sup>th</sup> rank. I am in the 8<sup>th</sup> rank and running race fans recognize that I am in the 8<sup>th</sup> rank. I am in the 7<sup>th</sup> rank and running race fans recognize that I am in the 7<sup>th</sup> rank. I am not in any rank and fans recognize that (logically; not having any rank is true while he holds a rank; because not having any rank is under his scope. i.e., not having the 10<sup>th</sup> rank also is under his scope)". (The information of recognition by the running race fans is huge as it is made up of the information of recognition by each of the running race fans)

His brain does not contain information like “I am in the 4<sup>th</sup> rank and running race fans recognize that I am in the 4<sup>th</sup> rank”, “I am in the 5<sup>th</sup> rank and running race fans recognize that I am in the 5<sup>th</sup> rank”. So he wants to get that not existing state information by doing some effort and then participating in this race. The participant any how does not think of the 1<sup>st</sup> or 2<sup>nd</sup> rank as it is not possible for him obviously. He does some effort to improve his abilities to get new state information and now his actual rank capability is 5 and the participant approximately predicts the same, but the race fans do not know his present capability. For expected information: “running race fans recognize that I am in the 5<sup>th</sup> rank”, he participates in the new race of running.

If the participant gets the 5<sup>th</sup> rank in this race, the brain stores the state information as “fans recognize that I am in the 5<sup>th</sup> rank”. “Fans recognize that I am in the 5<sup>th</sup> rank” information addition is happiness.

If the participant’s capability has gone down after recent race, and he inevitably participates in this race and gets the 8<sup>th</sup> rank, it leads to lose of existing state information “fans recognize that I am in the 7<sup>th</sup> rank”; which is called sadness.

If the person (brain) can not at all expect in winning any race (suppose he is a physically handicapped or general person, who cannot compete in a race), then he does not try to store any information of being in a rank as it is not possible (cannot be stored).

Getting the first rank for the participant gives more happiness than getting the 5<sup>th</sup> or the 6<sup>th</sup> rank when he was in the 7<sup>th</sup> rank in last race; because the 5<sup>th</sup> or the 6<sup>th</sup> rank is in the neighborhood of the 7<sup>th</sup> rank {The 6<sup>th</sup> rank is near to the 7<sup>th</sup> rank and so getting it is similar to getting the 7<sup>th</sup> rank}. But, “I am recognized in the first rank” is largely new information, not slight boost of the existing information.

{There is possibility of doubt that why a participant can’t imagine him-self to be having whatever rank he wants instead of practically trying for it. This does not happen because every possible state information element is logically already stored in imaginary world of a person; which means, in imaginary world, already person holds whatever rank he wants. So only practical information is not stored in the brain and so a participant tries for practical information}

### **Winning a car in a game:**

Let us assume that a poor person wins in a game for which the prize is a good luxury car; but the car will be given only after 2 months from the day he wins in the game. The person has the information immediately after he knows that he has won the car, “I have a luxury car”. So, he starts dreaming of “enjoying status of having the luxury car” from the time he wins the car. This dreaming happens because the person actually owns the information to be added, but it is not getting into brain through sense organs immediately. So, he starts dreaming of the owned information. By this way, he adds some part of the total information before actually taking car to hand.

### **Waiting for relatives in the railway station:**

In this case, the waiting person feels to do something to get some information till his relatives come. Since he knows some means of getting information, he tries for them, like eating peanuts or reading paper instead of being idle. This is because brain always keeps trying to get some information.

**Knowing a secret:**

A secret is an unknown information. Brain tries to know the secrets to get the unavailable information.

For e.g.; trying to know the atmosphere of Saturn (even if this knowledge is known to not benefit us in other ways than just knowing it)

**Seeing stones on a mountain:**

Let us assume that a person Tom goes to a mountain with full of stones with random shapes. When Tom finds the first stone, he curiously knows its shape. When he finds the second stone, he knows its shape. After seeing a few stones, he understands that the stones are of random shapes. This means, he considers all random shapes for those stones in his brain. When he sees any more stones, he does not think of knowing their shapes, because he knows their shapes (random shapes).

There exists the information of which shape belongs to which stone out of the infinite random shapes of stones known to him. But, it takes a lot of time for a single mapping of a stone to a shape already known. So, Tom does not spend time in knowing this less information in more time.

**Loving animals, friends and country:**

When a person observes environment in search of information, he looks at animals and people and observes what they are doing. He interprets their souls in his soul to analyze them. So, he feels (storing/loosing the information) the souls of animals or people observed by him or considered by him. But, the observing person wants to add information (feel happy) to his brain. So, he works for the happiness of the observed animals and people; which is in fact an effort to add information into his own brain through interpretation of their souls in his soul.

But, interpretation of others' feelings is not as effective as understanding of self feelings. This property of not being able to understand others' feelings on par with those of self is called selfishness. This is because of the limited ability of the brain to analyze others' feelings from the observation, which varies among animals and person to person; and lesser stimulation coming from others' information environment than from self, as others will not always be staying with us.

Inability to interpret others' feelings leads to behaviors like greed, selfishness, cruelty, carelessness, irresponsibility, etc.

**Torturing an insect:**

Let us consider a boy torturing a big ant and enjoying it. Here, what happens is, the information of "how the ant behaves when tortured" is better understood by the boy than understanding (feeling) "how the ant feels". So, he finds more information in a suffering insect's dance than he feels its sadness.

**Knowing a story:**

Instead of knowing a story by some author, we can create a story by ourselves. But, our self created story is what we imagine as we want. So, the self created story is readily available in the self imagination (self). So, there is no story information unknown from the self imagination. The story information by some author is not known unless we know it by reading or listening or watching.

The content of a story is interpreted in the same way as a real situation by the brain. So, we feel by the information of a story (imagination) in the same way as in a real situation.

**Knowing a joke:**

A joke is a story with huge density of information.

A joke:

I found a way to earn money easily without doing any work or business or having property. I will tell you if you give me 1000 bucks.

**Explanation:**

After knowing the first sentence, the addressee expects to know a decent detailed logic to earn money easily. But, the addresser is actually asking 1000 bucks to get money for himself in the second sentence. This is far from what the addressee expects after getting the first sentence. So, the second sentence is a large information as it is far from the expectations (estimations/imaginings) of the addressee. This is knowing of a large information in a few sentences (dense information). This kind of high density information reception is called surprise. Knowing of this joke gives a similar surprise to the joke knower also; but since he knows it as a joke in advance, he does not bother about giving 1000 bucks.

**4. Information Elements Naturally Rejected by the Brain (Pains):**

The brain rejects to store pain information naturally even if it is not already available in the brain. So, animals try to keep off pain givers.

**5. Conclusion:**

Happiness is the state of brain, when knowing information. Considering 'loss of information' and physical pain is sadness. Animals live for getting information from their environment and they reject 'loss of information' and pain.

**Authorship**

Veera Raghavaiah Kancharla is the only author and the only person who contributed to this research paper. Submission of this research paper for publication in the journal is approved by Veera Raghavaiah Kancharla.

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The author is the only participant in the development process of this research paper.

**References**

- [1] All of the content in this research article is original. All illustrations are based on universally known regular observations. So, there is no reference information source for this new discovery article.