

## **The Meaning of Success in This New Century, Chile a Case of Study**

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### **Summary**

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*The main objective of this article is to analyze concepts, such as emotional welfare, fullness, happiness, and ecstasy, using a holistic vision. The analysis is performed within a linear (most likely to happen) and non-linear (unexpected and less probable) paradigm, which contributes and leads to a stable and high-quality mankind lifestyle. Societies make progress as their members reach both suitable living conditions and mental health to ensure creation; hence, studying these topics using a dynamic and conciliatory perspective becomes critical.*

*It is also to be emphasize that this approach is intended to stress the idea that people disclosing the right attitude towards life are most likely to be successful and, therefore, to be in the best possible conditions to start new and creative activities. It is, nowadays, fully recognized that attributes, such as social business and entrepreneurship, are essential to facing new challenges in life.*

*This article is also intended to call the attention of young people to choosing professional activities and studies that lead to titles and/or degrees, resulting in obtaining dynamic knowledge, so as to adjust their performances in full agreement with the advances in areas of competition in the market. From our viewpoint, a rather unique path is to get the right advice and to be fully aware of the advances in technology, applied sciences, social sciences, computing, and informatics (data mining and artificial intelligence).*

*The new changes in technology (Four Revolution) are already with us, and therefore, we must prepare our youngest for even harder challenges than the ones that we have faced as we finished our studies and started looking for a job.*

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**Key words:** couple, emotional welfare, plenitude, happiness, and ecstasy

### **I. Opening Remarks**

The concept of “living” is not as simple as suggesting, “I breathe and, therefore, I live.” Living a full, peaceful life is at the apex of the integrity pyramid, which remains accessible for few people, since “its doors have never been fully open to everyone.” In two texts of deep and rigorous analysis (Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 2010, 2011) the following statement is noted: “Having a positive mental attitude means enjoying self-inner peace, although hostility surrounds us.”

On the other hand, if our mental state is negative – influenced by fear, suspicions, desperation, and self-pity – happiness will be distant, even if we have the support of friends and we enjoy a pleasant environment. Therefore, keeping a positive attitude is critical when it comes to reaching happiness.

This is the first asymmetry of living (the purpose of any human being is reaching happiness). A wide revision of a variety of processes and their consequences are analyzed to a certain extent in this work.

Throughout the course of life, there are many complex situations as a result of “linear resolution processes,” which have an impact on every human being, and which can be solved by natural talents and skills that people are born with, plus the ones that they develop with formal training. Non-linear processes suggest, therefore, the existence of more complex circumstances that we are not fully prepared to cope with. Among these complex processes, “unexpected” situations come up – from the known and unknown – which lead to a mixed, highly-complex plot of not only uncertain results, but also ones that are difficult to deal with.

Brain processes are complex, according to Goleman’s definition (Goleman, 2012, 2013). This author identifies four key areas of development regarding emotional intelligence, which are consciousness, regulation, motivation, and empathy. Within this approach, it is believed that professional and management performance, leadership, and welfare will be reflected by our personal growth.

It is not uncommon to sometimes find ourselves involved in expected situations, and sometimes facing tougher ones, which can turn into abnormalities and unpleasant states of mind that make decision-making processes almost impossible (unexpected situations or events of an unmeasurable complexity). The first ones refer to expected processes, or type “A,” as pointed out previously, and the second ones have to do with unexpected, complex scenarios, which belong to “AB,” “ABC,” or even to types of situations with higher levels of difficulty. Non-linear processes of order two – “AB” – are, according to the definition, extremely hard to deal with, react to, or interpret.

When it comes to human beings’ nature and essence, spontaneous and natural responses are to be expected in order to guarantee success when coping with the unfavorable conditions provided by the immediate, natural context. Marx Planck, the 1918 Physics Nobel Prize winner, introduced the concept of “Entropy.” This term was conclusively rejected by intellectuals of the time (Tipler & Mosca, 2010). All systems in the universe – physical, chemical, and biological – evolve naturally and spontaneously towards a global configuration of full balance (stability). Considering this, during the whole process of ontogeny, individual life addresses what opposes entropy, until death grants the chance for them both to reconcile. It is important to understand that this is the way life works. Human behavior, free will, and all biological components that shape human expressions are supposed to act together, so as to cope and overcome all natural conditions provided by natural environments.

In order to live (as given by our biological potential), human beings need to reach intellectual and physical balance, or in other words: a healthy mind within a healthy body. In addition, and with the exception of non-linear situations (unexpected or difficult to foresee), such as ostracism and hermits (specific cases), accidents, wars, and earthquakes (global), people require social interaction and support from other individuals. Along with this complementarity, diversity is, on the other hand, a basic need that every person should aim for if they aspire to understand or solve issues that appear to be simple at the beginning, but whose foundations are based on non-linear processes.

## **II. Discussion of the Problem**

As a general description, we can say that Quality of Life (QL) is a combination of elements explained as follows: Personal Quality of Life (PQL); Social Quality of Life (SQL); Quality of Romantic and Sexual Life (QRSL), if applicable; Quality of Life as part of the Immediate Environment (QLIE); and the Quality of Life as the result of Environmental Care and Preservation (QLECP). A lot of literature about happiness and welfare rates has been written, which can be addressed considering the variables mentioned before; that is to say, the need for individual welfare plus interaction with the rest of the members of society (Rojas, 2013).

If we agree on the fact that human beings need to comprehensively develop, and then we first need to remember that, since we are born, our genes have been programmed to develop particular inner talents, which are to bloom as time goes on. The development of these talents will nonetheless depend on the conditions given by the environment.

Second, we need to accept that we are the very first responsible for our circumstances and actions, hoping that they are coherent with the search for happiness. We can argue that we have been born with the one task of reaching happiness, and not necessarily perfection. It is critical to address the concepts already explained in detail to ensure a rational understanding of this issue. Ignoring them can lead us to shallow and chaotic behavior.

Third, there are various approaches based on opinions and conclusions as the result of discussions on this matter. These are to be included in the overview of our main proposal in reference to life and/or happiness. It is essential to introduce the concept of life and the elements (attributes) that arise from it.

Human beings are born due to the commitment of two individuals (of different sexes) in a relationship, with the exception of special cases in which one or both have biological limitations to procreate, and in which the genetic material of a third may become available (surrogate mother).

Consequently, searching for and living as a couple becomes critical (complementarity and socialization), as well as teaching and raising children as the result of a responsible participation in this natural process.

Some people may make the decision to follow a “pseudo life of survival,” therefore, concepts such as the ones explained before lose their value. As a consequence, introducing the concept of UNDERSTANDING and RATIONALIZING becomes critical. Ever since we are born, these two tasks are part of our main aspirations in life: being able to understand what surrounds us and being able to create our own models of comprehensive analysis and resolution when facing diverse obstacles. We are witnesses to the efforts that some groups make in order to provide and deliver their message categorically, as if their interpretation was worthy of being applied to our lives. The answer to this is a decisive NO. Experimental evidence is, nonetheless, worthy of considering, if not generalized, and only if understanding and rationalizing processes play key roles afterwards.

Evolutionary coexistence has, therefore, followed this model from its origin, with the exception of special cases.

Is it possible to define what a couple is? The answer is YES. As mentioned before, a couple is formed by two people who are, in most cases, able to procreate, and who get together so as to develop a common life project that fulfills their needs for recognition and RECIPROCITY. A couple walks along a virtuous path due to their increasing love, which is to be nurtured by each one’s sophisticated care. If any of these elements is not present, the concept of couple is lost. It is possible for a couple to SPLIT APART, as given by human beings’ will and not as the product of a third party or stream of thought. We are the very first owners of our capacities and circumstances, and so we know well what we can and want to do. There is no need to overcome barriers just to find out if second chances will be given out of our understanding of life as a couple.

There are also mixed situations that we witness, nowadays, that is to say, two people of the same sex engaged in a romantic relationship, also known as homosexuality, in which procreation is not possible due to obvious biological limitations. These cases are, nonetheless, irrelevant for the purpose of this work, although tolerance, consensus, and respect to all human beings are critical to building a dignified, fair, and meaningful life. The debates on these issues belong to the Church and the different States. It is essential to remember that the separation between Church and State happens to be unclear when dealing with constitutional boundaries and opportunities, especially when it comes to Human Rights as the main framework from which values and principles can be defined as acceptable. People’s decisions are still questioned due to this fact, or because of the interpretation of “tradition,” divorce being a good example of this.

It is reasonable to THINK and RATIONALIZE that it is highly possible for a couple to reach LOVE, as previously described, keeping in mind the idea of a shared common life project. The concept of Love is presented here as a way of intimacy and illumination among human beings. We observe that LOVE EXISTS and IT CANNOT BE DENIED; however, some argue that it is unreachable or hard to accomplish. LOVE can be experienced by someone who has special attributes and who is also capable of giving up part of their lives, as a couple does. As a consequence, life as part of a couple grows stronger every day, strengthening both parties’ integrity.

Not all of us are capable of living in COUPLES. As a result, strategies to guarantee survival and a full life are to be applied. Diverse phenomena resulting from unsuccessful attempts of people to adopt couple lifestyles occur, and are of extreme complexity. The need to count on a significant other, with whom essential agreements and coexistence can be reached, is a good example. This is one of the most important goals of accomplishing happiness.

This last remark and the need for company are two different things. A restless search for someone, with the one objective of finding LOVE, is not enough. It is essential to consider context and restrictions since LOVE is, in its nature, a non-material good, and therefore, it would be a huge, non-excusable mistake for us to address it differently. We are either able to LOVE – symmetry – or not, and this is another asymmetry of life.

People's duality does exist, but it is not SYMMETRY itself. As a result, it is mandatory that we first reach self-realization and self-love, so that we are able to share with others the very best version of ourselves. This is the starting point to LOVING others. It is important to mention that experiencing love from a romantic point of view is not the only way to reach and live this feeling, and therefore, to accomplish happiness. There are diverse possibilities for achieving love in our lives without a romantic partner.

To succeed in the search for love within a couple, it takes self-observation, communication, and consensus, so that barriers can be overcome and goals can be achieved without restrictions, keeping personal freedom and autonomy.

Routine, lack of time, and fear are the most common threats when building a romantic relationship. Immediate context can bring up lots of complex and unknown circumstances that may sabotage a couple.

If this is the case, the love we feel for our significant other is the very best weapon to face such threats, as described before, moving forward to the fulfillment of our need for recognition and love, so that our lives reach balance in terms of joy. Although perfection is introduced as one of the states determined by our search, it is better to address it within our human limitations. "Good and better have their own fight."

Happiness and perfection (as defined previously) become critical to accomplishing and maintaining love over time. This will lead us to transcendence, hope, and experiencing a meaningful life whose message is transmitted through generations. It is a tough task, indeed, but we can fight for it.

What human beings need is attainable in their own capacities, and not due to others. We can grow and participate in society, developing a more superior approach to what is actually worthy in life. But still, what is love? Love is a hopeful, joyful, and meaningful approach to life, from which self and communitarian solidarity is promoted. Love is, therefore, coherent to all possible ways of realization: self-love, love for others, and love for nature. It dignifies philosophical teachings and faith (non-material, not to be defined). If we are able to give others spiritual and material wealth – as it deserves to be – we are then close enough to reaching love. Additionally, if we are thankful and satisfied for what has been given to us, and we are capable of sharing this with others who are in less gifted circumstances; we will also be in a suitable position to experience love. Having accomplished what was previously explained will provide us with the opportunity to build up a romantic commitment that is strong enough to overcome obstacles over time. Although difficulties may arise, if our soul enjoys positive feelings and hope, we will be able to utter sentences such as, "I LOVE YOU," "YOU ARE PART OF MY DREAMS," and others. It may sound like an idea inspired by Shakespeare's *Romeo and Juliet*, but our first obligation as human beings is still to aspire to this goal in life.

Live and teach others, and remove hate from your feelings. We are all born with the desire to experience love and respect. We are all masterpieces and products of nature; therefore, we all have an immense value, despite our circumstances. Mankind is supposed to learn, understand, and rationalize.

### **III. General Observations and Conclusions**

Diverse concepts have been discussed to some extent in this work. The main objective of this appendix has been to introduce these ideas using an intermediate level of complexity, so that coherence and understanding can be expected. One of the ideas is that a couple exists and remains as such as both participants have previously reached some degree of happiness on their own. Two people get together as a couple not only to fulfill their biological need to procreate, but also to grow old together, build a family, educate and be educated, interact with environment positively, and be part of larger social groups that promote personal and community growth. A wide variety of possibilities are, therefore, available for a couple in orders for them to accomplish their goals involving happiness on a daily basis. This is a process that takes place over time, which demands both parties' efforts and dedication, nonetheless.

Mankind is exposed to a diverse number of stimuli during our existence. These situations suppose a proper and rational reaction; however, this is not always the case and it sometimes brings up inappropriate behavior.

Under tough conditions, human beings tend to react carelessly. Linear process discussion introduces all of the scenarios in which THINKING and RATIONALIZING are possible – fast and effective responses that only require good education and proper scholastic training.

Life brings up linear and non-linear situations that challenge mankind to either develop and/or maintain happiness permanently. As a consequence, it is mandatory for us to work hard in order to keep it alive. It does take superlative efforts, strong will, and the capacity to give others what is needed to avoid anxiety or vulnerability when expressing our deepest feelings. Everybody, whose response to linear and non-linear events is ostracism, ends up drowning in uncertainty.

All types of human relationships should embrace honesty, integrity, positive feelings, and proper manners, so that emotional welfare and happiness have a strong foundation.

Literature provides different definitions (hope, values) of the concepts introduced in the last paragraphs. Emotional welfare deals with people's emotional states when experiencing feelings and positive situations. Many experts agree on the fact that living emotional welfare, that is to say, satisfaction in life and reciprocal love and recognition, is the ability to promote kindness over displeasure. Additionally, fullness is given by harmony, calmness, love, choices, and integrity; all important, undeniable, and critical values. Happiness, on the other hand, can be understood as the emotional state that a person experiences when they believe that they have coped with a desired goal, or a number of them consecutively. It is, therefore, satisfaction and joy. Consequently, happiness is an essential project and a critical focus for human beings.

Finally, ecstasy goes further, and it takes place when individuals experiment with extraordinary pleasure, amazing recognition, or unmeasurable joy that seems impossible to exceed.

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