

HAPPY

by Lynne Matsumura

An EPIPHANY came to me on my drive to work one day. What's an EPIPHANY? Dictionary.com says "A sudden, intuitive perception of or insight into the reality or essential meaning of something, usually initiated by some simple or commonplace occurrence or experience."

It was the day in April when there was an accident on the west side that kept traffic at a stand-still for over an hour. During that wait, I heard a catchy tune.

The lyrics are: "Clap your hands if you think that "Happiness is the truth."

<https://www.youtube.com/watch?v=a89mn7qpSBE>

It was an EPIPHANY – an AH-HAH moment for me. I thought – wow, that sounds Buddhist. Isn't FIND-ING THE TRUTH the same as ENLIGHTENMENT?

As human beings, the pursuit of happiness, will lead us to enlightenment. But remember that happiness is not derived from having material things, power or might. A friend told me that you are happy when you are satisfied with what you have. Enlightenment is letting go of selfish desires. Isn't that the TRUTH? AH-HAH! DHARMA TALK!

So, I finally reached my office, and tell my co-workers, who have young children, about the song. They know the title right away, and tell me that it's from the movie Despicable Me 2. Well, before I use it in a Dharma talk, I better listen to the words of the entire song, so I downloaded it from Itunes. It passed the "G-audience" test. Now, I better watch the movie.

Not having grandchildren of my own, I don't watch animated shows. I barely know Barney from Shrek. So, I asked my sister's grandson, 8 year-old Kainalu if he has the Despicable Me DVD. At least, I know that I should watch Despicable Me before watching Despicable Me 2. He has it, of course! My son Darryl has Despicable Me 2. So, I'm set! On Sunday afternoons, my son Kyle brings his laundry over to my house. He and I sit down together to watch both DVD's. He's relieved to watch an American program instead of Korean.

While watching it with Kyle, I kept dozing off. Every now and then, he'd say "YOU SLEEPING?" "HUH? NO, I WATCHING". Well, at the end of the show, I barely knew what happened. He had to explain the story to me. I wondered how 5 year-olds enjoy those movies. Then, I had to laugh at myself. THE TA-BLES HAD BEEN TURNED.

When Kyle was little-like 2 years old, I probably had to explain movies to him. And now, he had to tell me what was going on. HOW SAD.

Well, I got my second wind and watched Despicable Me 2. The song is from Despicable Me 2. It was easier to understand. The gist of both movies is that Gru is a villain, whose desire is to be the worst, most despicable villain in the world. He's doing this to impress his mother, who doesn't seem satisfied with anything he accomplishes. He decides that she'll be impressed if he steals the moon, by shrinking it. He does it, but he can't contain the moon, and it goes back into the Universe. Ultimately, he finds that it's

human relationships that makes him happy- he finds the love of 3 little orphan girls that he adopts and a woman, of course. The moral of the story is that love and kindness leads to happiness, not material things or power. AND THAT'S THE TRUTH!