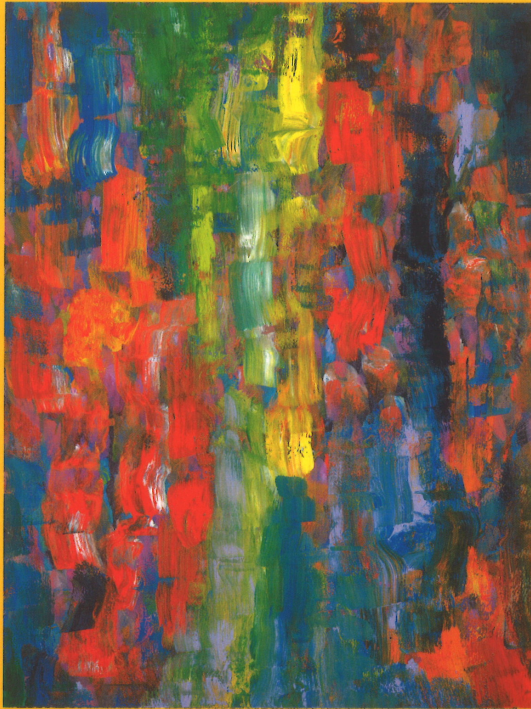


PIERRE WITTMANN

# A GUIDE TO HAPPINESS

*for the Third Millennium*



WISDOMLIGHT

PIERRE WITTMANN

A GUIDE TO  
HAPPINESS  
*for the Third Millennium*

WISDOMLIGHT

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*All joy that exists in the world  
Comes from the desire to help others and to make them happy.  
All suffering that exists in the world  
Comes from the desire to search only for one's own happiness.*

Shantideva

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## ***Intention***

All beings wish  
to find happiness  
and to avoid suffering

May this book help them to achieve their desire

## *Foreword*

To write has always been one of my favourite pleasures. It is a taste that I inherited from my father, René, who was a man of letters, whereas my mother, Véréne Mettler, gave me a deep love of painting. In 1984, I began to write a diary and, since then, I have filled, with the passing of the years, hundreds of notebooks in small, practically illegible writing. These notebooks contain also my spiritual experiences, reading notes, thoughts, poems, short stories...I have always enjoyed correspondence, both epistolary and electronic. Having lived for twenty years in faraway countries, correspondence has become my main means of communication with my friends. Although I am a lover of books and an untiring reader, I have never before written a book.

Nevertheless, I thought about writing a book for a long time. But there are so many books on the market already. And when I contemplate the marvellous works that fill the shelves of my library, I wonder if it is indeed wise to add my modest prose to the works of great writers and enlightened masters.

During the summer of 2001, however, two people that I admire and respect told me separately and spontaneously that I should write a book in order to share my experiences: Lama Gangchen Rinpoche, a Tibetan master living in Italy, who teaches, and embodies, the love, compassion and wisdom of the buddhas, and Jean-Marie Bondallaz, my friend and partner at the School of Architecture in Geneva, who became an architect of talent in this city. Very touched by their confidence in my literary talents and the value that my experiences could have for others, I decided to listen to their advice and put pen to paper upon my return to Thailand. The grace of inspiration filled me, so that the chapters of