



Finding, Attaining, and Sustaining Peacefulness and Happiness

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We all talk about it, long for it, strive for it and often we unknowingly sabotage ourselves of it. What is it about this apparent Holy Grail and why do so many people feel it

Marketers tell us we will find it with their miraculous products. Decades, actually centuries of song lyrics and poems proclaim success finding happiness and wholeness with another. Even more songs portray that the tragedies of lost love and ended relationships are the cause of unbearable heartache and sorrow.

Like a possession to secure or a certain special soul we must locate, we have been conditioned to believe the path to happiness is some thing or some one 'out there.' In a domesticated state, most people believe it to be true and search high and low for the perfect home or car or mat. Occasionally there comes the feeling "yes I have it!" all too frequently followed with the realization it is not quite right – something is still missing. Perhaps because objects become obsolete and even the most enduring, sustaining and holiest union has its lulls, setbacks, compromises and challenges.

When we can grasp that happiness is not a person, a place or a thing, we are on the right track. When we can accept that happiness *is* the process, it is the path, then our perspective and experience of this 'state' will no longer elude us.

Consider: happiness is an emotion, an attitude, an approach we choose. It is one we generate within our very own selves. Just as sadness is our emotion expressed in response to events and circumstances that we are not happy with, this emotion is merely the other end of the spectrum, a way for us to describe the absence of happiness. Acknowledging that each of these emotions is acceptable, real, and each has a purpose, is our path to peacefulness and in peacefulness, there is happiness.

The secret is not outside of our selves. The answers, the path to peacefulness rests within our very own heart, within the very essence that is each of us. Just as the world is a gift to you, you too are a gift to the world. Your very presence has a divine purpose. You have a divine purpose. Tune into this, discover what this is, accept this, be this, and your life experience will be profound, purposeful, and peaceful, even in the midst of chaos.

There is Nothing - No Thing that will bring you happiness and success like that experienced when living life fully and joyfully embracing your own skin and all that you are intended to be and do. The secrets, those answers only you can discover for yourself.

Take the time to tune inward and pay attention to your self. Get that every truly good thing you do for your self is a gift to the world. It is peaceful, happy souls that reflect their inner peacefulness outward and positively affect the world around them. We do not need to retreat to peaceful places for inner tranquility, each of us can create this heavenly sanctuary within our very own heart. Embrace yours, honor yours, cherish yours and experience the blessings, peacefulness and happiness all around you.

Happiness begins with compassion, acceptance and responsibility for self. The most important relationship we have is with our self. It begins with self-care and awareness of our every breath, thought, word and action. Our breath and our thoughts are food for our mind, body, heart and soul. Our words and our actions are our exercise.

Though they have the power to sustain us or detain us, most people don't give much thought to their thoughts. People move through the minutes of each day believing they are in pursuit of peace and joy and love yet rarely breathe a full and energizing belly deep breath nor fully exhale in release and surrender. Their thoughts, self talk and shared conversation far too often unconsciously impose limitations on the very objectives or state they desire. Consider how often you hear or speak such words as "It's so hard", "I can't help myself", "Oh, I am so forgetful", "I always get this wrong", "Nothing ever goes my way", "I have a bad back", "I always get sick at this time of year"....

Humans have adopted a self-defeating habit of doom forecasting or sending out negative messages such as..."Don't forget", "I can't begin to", "Careful you don't slip", "Don't be late"... Rather than focusing on the negative and what we do not want, we need to reprogram our self-talk, become aware of our patterns of speech and focus on our desires and longings and hopes and dreams. It begins with knowing our self and choosing to honor our very worthy soul whole-heartedly.

The following questions are meant to stimulate your mind, offer food for thought and a path to self-love for this is the way to finding, attaining and sustaining happiness. When we become aware of our thoughts, our self-talk and our dialogue with others, we can begin to reprogram them to serve our highest good.

Ask yourself what type of people you most enjoy being around. Are you this type of person – do you enjoy your own company? Are you your own best friend? Do you know who you are? Do you like/love who you are? Taking the time to know yourself – to know what is in your heart is the heart of the matter. So just what is in your heart? What is in your head? Are you there? Just who are You?

Can you describe yourself without referring to what you do for a living, what your marital status is, how many kids you have, where you live, what your childhood was like? Just who are you as an energy being outside of the roles you have? Beyond all of the out side stuff, what stuff are you made of? What are your passions and joys and pleasures and pains? What brings you profound joy, peace, serenity and security? Do you know, is it as clear as day? Have you taken the time to truly recognize and acknowledge what brings you the peacefulness and happiness you claim to want? Are you practicing this? If yes, how often? If not, what excuses are you making? How can you overcome the barriers you have placed before you?

What brings you pain, stress, and sorrow? Are you subjecting yourself to this? If so, how often do you do so and why? Does it do you any good to harp on the challenges in your life? What can you do to change the way you see those struggles?

Really listen – tune into all of your responses to these questions and the reasons you may have for any shortcomings you have with yourself. It is said excuses are “The most crippling failure disease.” They are negative self imposed limitations or self-denial that we unconsciously subject ourselves to. Perhaps it can be attributed to feelings of unworthiness. Happiness is something we all need to accept we are worthy of – it is a birth gift each of us receives.

Be aware of your own thoughts, your own words, and your actions. Are you doing enough, everything you can, to be the best you can be? If not, it is important to determine why not. Back to “what makes you happy?” If your answer to this question is followed with “I don’t have time, I am so busy doing all the things that I have to do even though it stresses me out...” My next question for you is to ask you what really matters most to you? How can you take care of all that is important to you if you are not strong and stable and happy and peaceful within your self?

We must learn to accept and embrace our need to feel worthy, worthy of being our self entirely, intimately and completely. Accept that we are worthy of doing what we need to do to self-nurture. We can begin doing this by reprogramming those automatic responses and reactions that are not peace inspiring, to those that bring us a sense of peacefulness and happiness. Each and every step – every thought and word and action we have that supports us on our path to peacefulness is a step in the right direction.

The more we practice mindful loving care of our selves the happier we become. We take better care of others when we take better care of ourselves and we are more loving and peaceful souls as a result. It is this very state we project out into the world and in leading by example and being a more peaceful soul we create peacefulness upon this earth. The way to sustained happiness begins with finding and honoring your self. Make it your way.