

Guillermou

Happiness is a muscle that can be trained, says Ricard, also an advisor and translator to the Dalai Lama. We train it by developing qualities such as altruistic love, inner peace and mindfulness (with the help of meditation). This is how he defines it: "Happiness is a state of internal fulfillment, not the satisfaction of inexhaustible desires for external things." There is a direct relationship between self-esteem and the perception of being useful to others. When we feel that our presence does not count, that our actions have no impact and that we are not leaving a mark on life, it seems empty to us. That is why happy people have projects to improve society and contribute their help on a small scale.

They know that any initiative makes a difference, in the minds of others and in their own. Robert Ingersoll, great American orator, said that "by elevating others, we elevate ourselves." Proactive people do not waste time projecting themselves into the future, where anxiety and fear reside, nor into the past, home of sadness and resentment. They are always doing and that keeps them awake in the present. As the actress and influencer Imma Rabasco says: Laughter is the sound of the cosmos, the song of life, the joy of being in the world.

Laughter gives oxygen, it makes us feel alive and connected. Happy people surround themselves with optimistic and healthy friends, they take care of them and know how to choose allies. As in John Donne's poem, "No man is an entire island of himself. Each man is a piece of the continent, a part of the whole. Being generous, positive and not believing ourselves to be the center of the universe is a magnet for this type of relationship. In this sense Diogenes states, the person with the fewest needs is the freest and happiest. Happiness has to do with having a life plan. Love, emotional balance, goals, culture, inner peace and friendship

Posted On 03/06/2024

MMaster

I agree that altruistic love is a cause of happiness. But it doesn't necessarily translate into community activity. It can be shown toward an individual or several. Meditation in the eastern style is incompatible with the Christian faith. The Christian faith gives inner peace: the peace the world cannot give. Likewise, the Christian faith is incompatible with self esteem. We realize we are sinners. Our worth comes from the fact that GOD values us. He paid an infinite price for us. Self esteem means focusing on self instead of relationship with God. And many attempts at self esteem are false. True self esteem (such that may exist) comes from personal accomplishment.

Posted On 03/06/2024

Guillermou

Yes, LOVE moves mountains because if we change beliefs, if we change the world around us, we not only move mountains, but lives and structures that are apparently difficult to move. This love will serve to combat the economic and personal identity crisis that humanity is undergoing. True leaders serve humanity from a dedication and unconditional love, it is about generosity in order to be respected, establishing dependent relationships where their role of helping and serving the needs of the body and soul predominates. Many studies show that one of the most important factors in resilience is having loving and supportive relationships within and outside the family.

Relationships that emanate love and trust, that provide role models, and that offer encouragement and security, contribute to affirming the person's resilience. We also need self-esteem, a sustained positive view of ourselves, and confidence in our strengths and abilities. Develop confidence in your ability to solve problems and trust our survival instincts. Communication skills and the ability to manage strong feelings and impulses. In this fight against adversity, people can learn something about themselves and feel that they have grown in some way on a personal level. Many people who have experienced difficult situations have expressed improvement in the management of their personal relationships, an increase in personal strength, the feeling that their self-esteem has improved, a more developed spirituality and a greater appreciation of life.

It is important to maintain a long-term perspective supported by an optimistic vision that allows us to expect good things to happen in your life. In addition to the family itself, self-help and support groups and good readings will always be helpful. Perseverance and confidence in your ability to avoid difficulties can provide courage and insight to successfully meet the challenge of this crisis that we must face with resilience.

Posted On 03/06/2024

Luvvvy

Hi Lovely Friends, Such Excellent comments really add the aspect of deep heart and humanity, to help animate this article on happiness!! For me, the real deal in terms of happiness is to have a Happy Heart. Personally, I have had to learn and relearn that to have a happy heart, I have to unblock and connect with, my True Non-egoic Loving Self. A Christian, like me would say, connect with Jesus. The part of me that is accessed - when I give up the War between Head and Heart, and my troubled and judgmental ego mind surrenders consciously to the Loving Heart - is my Connection with Jesus. The surrender of the mind and ego to the King of the Heart , takes steady humility, and while this may be against our basic nature it will, as promised lead to peace and the joys of this life, whatever the circumstance. God Bless!!

Posted On 03/06/2024

Guillermou

You, dear Luvvvy, will always be a loving angel who needs the love of your family and friends, especially when we have lost our trust in our institutions and the people who run them. But we personally must build or at least try and collaborate with others to make a better world in which to live and leave our children and grandchildren, without wars, without pollution, without aggression, without corruption, without... so that my thoughts and my behavior is a beneficial contribution to creating that better world that we all want. We need true science, well-rounded people who project wisdom to promote the health of the planet and the living beings that inhabit it. Our future well-being depends on placing relationships at the forefront of our collective interests.

Today we are seeing that when we take care of nature and love our fellow human beings we become involved in the wisdom of love. All meaning arises from coordinated action and what we consider real and valuable depends on the well-being we project. To do good philosophy you need a "pure heart", an ascetic spirit and total dedication. Philosophizing includes the critical aspect and logic, but transcends them to culminate in a unique experience in communion with the Spirit and the Mystery. The sacred union between knowledge, love and ethics is what generates true philosophy as wisdom.

Posted On 03/06/2024

This list neglected the most important one. Gratitude.

Posted On 03/06/2024

Guillermou

Yes, Dr. Mercola has dedicated several reports on gratitude. It is an aim and a necessity to feel gratitude, kindness and desire to achieve a better world. Many advances can be achieved with patience, strength, will and desire to improve. We need a world where justice and freedom reign. Enthusiasm moves the world and also projects love. Love in capital letters would be love for Humanity as a whole, for great ideas, for great ideals, for the great laws of life, for great truths. "Gratitude unlocks the fullness of life. It turns what we have into enough, and more.

It turns denial into acceptance, chaos into order, confusion into clarity. Gratitude makes sense of our past, brings peace to the present and create a vision for tomorrow. -Melodie Beattie It is important to have self-knowledge of what we can do for a better world, it is also important to be appreciated for the virtues. This helps all of us have the abundance in our lives, not the lack. I appreciate the good virtues of people with big hearts. I have always liked being a teacher and student. Master in my own domain of improvement and student of all people of good will.

First of all, recognize that everyone can possibly be my teachers, because each person has virtues to communicate, virtues of humility, wisdom, and kindness. When we realize that our success is due in large part to the loyalty, help and encouragement we have received from others, our desire to pass on similar gifts grows. Gratitude prompts us to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer." —Wilferd A. Peterso

Posted On 03/06/2024

Almond

Americans are more frustrated because many areas of their life are changing and they no longer have the sense of control that came when times were good and money would solve many problems. Many are realizing how dependent they are. Hard times are easier to handle if less changes in your life. If you do not have the pressure of being in debt and needing to make payments. If you have a full pantry. If your ego is unaffected by wearing clean and mended practical clothing. if you are content to drive an older vehicle that is dependable transportation. If you do not need to spend a lot of time on travel and money on gas. If you can entertain yourself without spending money.

If you like home cooking. Some of the people getting hit the hardest are recent grads who cannot find work. They also lack many of the frugal self-reliant skills their elders had who lived thru the Great Depression and have not had to live without many of the necessities of life. I see many who cannot differentiate between wants and needs. The last few generations also lack many practical skills and tools. They are starting out with nothing and have to buy everything at inflated prices and low quality. The traditional family can be a very efficient economic unit working together. It helps if you can do your own labor instead of hiring people or buying ready-made.

First of all, you need an income to buy stuff. that income often includes additional expenses such as a car, gas, taxes, wardrobe. After ALL expenses, figure out how much you really net from a second income--and what you give up to earn it. A wife at home can grow a garden (with the exorbitant cost of food), cook from scratch, sew and mend clothing, shop sales, and act as "back up" in an otherwise chaotic household. There is a sense of emotional stability when a parent is at home to raise children. Someone to call when a child gets sick or injured at school or needs extra attention or supervision. -continued-

Posted On 03/06/2024

Almond

-continued- A lot of people are now behind the eight ball because they spent many years being dependent and in debt. The majority (?) have no savings. They do not have a full pantry because they waited until their cupboard was bare before putting up food that was available in-season. Many are supermarket-dependent and have not sought new networks and alternatives. When something breaks, they go to a big box store and buy new. Repair skills are lacking as well as recycling and repurposing. People are embarrassed to say it is not in their budget. How many college students pursue degrees in fields where there are no jobs--and expect taxpayers to pay back their college loans...

even the taxpayers who never attended college themselves? I never turned down any kind of paying job when I was in h.s. or college. How many people believe it is the responsibility of grocers to make sure food is available? How many people cannot make a loaf of bread, a kettle of soup from scratch (not cans), cut up a chicken or bake a pie with fresh fruit? How many have a well-stocked home medicine cabinet or do they run to the doctor for every little thing because they have health coverage? With all the libraries and online videos, many people are still not educating and helping themselves in so many ways. They wait for some authority figure to tell them what to do and govt to take care of them.

How often do I hear lazy people say, "It is too hard" or "It is too much work"--making excuses instead of working and applying oneself? So insecure that they are afraid of lessons learned by failure? Where did people get the idea that 30-year olds should still be living at home in their childhood bedrooms with mom and dad paying their bills because they cannot find a fun and satisfying job? It may be a struggle, but things get better if you keep working towards your goals. It is disturbing that many people no longer seem to have goals--or values--and are content to just live for the day and immediate gratification

Posted On 03/06/2024

MMaster

I was with you until you mentioned the wife at home. What of HER happiness? Is a woman required to live a life full of drudgery so her husband can be happy? Some of us just don't enjoy cooking from scratch, gardening, sewing, shopping sales, and the like. Growing up, I resented that I was expected to do these kinds of things. They bore me to tears, and I feel frustrated the whole time I am involved in such things. This does NOT mean I resent being a woman. I do not. I am quite happy being a woman. But I resent the fact that we are pushed into these things, and in most cases, husbands do little to nothing to help.

My husband did some of these things. And I was able to be free enough of the time to do things I found fulfilling. Don't just look at this from the male point of view. Women are entitled to happiness as well, and trying to shove a round peg into a square hole doesn't make for happiness. It should be noted, however, that expecting women to have a career at paying work because she is liberated is equally bad for us. We have a right to choose to be stay at home mothers. Just as we have a right to choose not to be stuck at home.

And men have the same rights. If a man likes being a house husband, let him! I also noticed that you didn't REALLY talk about men who can fix the car, the computer, repair the electrical wiring, plumbing, build a house, etc. That is the male equivalent, is it not? Our children learned to be self reliant. Our boys are excellent cooks. They nurture their wives. Our girls can fix computers and build a house. Survival skills should be universal, not limited to one gender. I agree with you about getting degrees in fields where there is no work. Pointless.

Posted On 03/06/2024

Almond

MMaster... Yes, you are correct. I debated on my terminology when I wrote this. I guess I was just trying to be brief. However, I wanted to also point out that traditional women's roles are undervalued. Many (not all) men would find it very challenging to take on roles that have long been ascribed to women. We tried that one day at my house when my husband was complaining about how easy I had it while he worked hard. We traded jobs for a day and he has never complained about it since. He accomplished very little of what I do in a day while I had completed his chores by noon. Ideally, men and women work together towards common goals. So many functions that used to be performed within the family have now been outsourced and we pay for them. Food production, caring for the elderly, child care, etc.

Posted On 03/06/2024

MMaster

This is a good illustration of why people who do these studies DO NOT HAVE A CLUE! I flunk 8 of the 15 points, but I am extremely happy. And you didn't mention two things that help happiness: 1. your kids treat you right 2. you know you are saved because of Jesus' sacrifice on the cross. I feel down when I think about a couple of my kids, but I don't lose overall happiness. The Bible says that Jesus gives the peace the world cannot give. I have that peace. It is deep in my core. No matter what happens, that never gets disturbed. Oh, and by the way, I was asked to take that Gallup poll.

I DECLINED. IT IS NONE OF THEIR DAGNAB BUSINESS! There are probably a lot of people like me, and that will skew their results right there. You above all should oppose this kind of invasiveness, given your awareness of the intrusions of Google. Sleeping well is as much a CONSEQUENCE of happiness as a cause. Finally, I tend to be happiest when I am alone. I can be productive when I am not being interrupted, and I do a lot of forest bathing (another thing you never mentioned: being out in nature).

Posted On 03/06/2024

Thora61

I don't think people in Denmark are some of the happiest people because of all of the "free stuff" they get. That's just plain insulting . It's the culture! It's in the DNA. My great grandparents came from Denmark to America. My grandfather was the nicest and most positive person you would ever want to meet. There's mutual respect, they don't gossip about other people, there's trust, they are very positive, they love to work, they expect civility from one another and their children, they smile a lot, everybody is an equal/even when it comes to their own children, they are very independent.

I instinctively inherited a lot of these traits early on without realizing it was from my Danish side. My mom would always ask me "where did you come from, you're not like your siblings"? Denmark is still a very homogenous society along with the other Northern European countries who are on the happy list. They understand each other. Their DNA isn't all diluted down and for the most part their culture is still intact, for now.

Posted On 03/06/2024

MarKe

I see all the women's lib stuff below. Once you have children you give up your right to do as you please. You owe your life to them. If you don't feel that way, you shouldn't have any. Women's lib was a fake excuse to break up the family. Women were not liberated. They became enslaved and are to this day, more than ever.

Posted On 03/06/2024

mla4215

Ok, I just truly want to know who Guillermo is. I always read the comments of Mercola's articles & he is ever present. So, who is Guillermo??

Posted On 03/06/2024

mer4090

Click on their username, for starters.

Posted On 03/07/2024

joeanddonna

Opening one's mind is key to happiness also, in my opinion. Thanks Guillermou and Almond; your comments today are up-lifting (as always) and allow for expansive thought.

Posted On 03/06/2024

grulla

In some ways, the above article strikes me as a utopian cult recruitment effort.

Posted On 03/06/2024

Segstar

LOL, like Jimmy Jones...

Posted On 03/06/2024

Segstar

16. You drink good wines. 17 You have safe and consenting Coitus. Life's good doh!

Posted On 03/06/2024

brianallen1

Loma Linda Kalifornia???

Posted On 03/06/2024
