

warriormom

Having just survived Hurricane Irma let me tell you what happiness is...knowing your friends and family are safe and alive, having food to eat when you didn't think you would have any, getting power back on and really appreciating air conditioning that you take for granted every day, washing clothes, cleaning up your yard, helping your neighbors, drinking clean water. Yes, I am ecstatic! I am so grateful and can only think of how I can be of service to those not so blessed. If you are struggling to be happy, look around you and try to imagine everything gone or under water and then thank God for everything you have and quit complaining. This day is your gift....live it and love it.

Posted On 09/14/2017

Auntie Mame

Thank you for your wisdom and for taking the time to share! As the article says, we come to appreciate what is important when we are deprived of it or threatened with losing it! The storm came with blessings attached! And I am grateful that I woke up in the middle of the night with insomnia and found your words!

Posted On 09/14/2017

Guillermou

Very well, warriormom. Much solidarity, for people who have felt the terrible disaster of the hurricane, who have lost family, friends, their houses and other belongings Life, have many wonderful things, every day gives a beautiful dawn, and one more chance, to make all my dreams come true, next to the people, that you love the most. Build with my family, a better tomorrow. People, who have suffered the hurricane, need a lot of help, to see again, this horizon of hope. There is nothing more beautiful in the whole universe, than the opportunity to be alive. In our hands, we have everything we need to succeed, and to achieve happiness, and even if the path is not easy, we have to give all the best of ourselves, to make our dreams come true. In our hands is the pencil, which serves to write the story of your life.

Posted On 09/14/2017

iamblessediam

Hi warriormom -- GLAD to read you and yours are safe and ESPECIALLY GLAD that you've risen above FEAR to continue on as a "warriormom" sharing LOVE with all those around you! Not everyone that faces the storm of "fear" and comes out the other side with your attitude and intentions - KUDOS to you! Having ridden out a similar life threatening event I call "my cancer dance" - I'm grateful for the experience because it's flipped my perspective and perception about what's important in life - the people around me and this beautiful Earth we all share space on. My cancer dance flipped "me" to "we" because everything and everyone is connected - gratitude - one of the many attributes of LOVE - feeds that connection. I learned the "core" of all life is premised unconditionally on three words - LOVE is ALL. Keep sharing your LOVE "warriormom" - you'll teach everyone you contact that value! Take care, be well, many blessings to you and yours, agape, peace!

Posted On 09/14/2017

mammywitch

Another day on the green side of the grass is cause enough for any/all of us to celebrate and be thankful--thank you for reminding us how blessed we REALLY ARE! Hoping all gets much better for you and all of the folks in Florida and Texas. :-D

Posted On 09/14/2017

slmbluebird

I would add..Thank the LORD for everyONE you have. It's not the stuff we have that makes us happy, imho it's the quality of our relationships. Our relationship with the LORD, our relationship with each other, and our relationship with our self. All that other stuff is icing on the cake.

Posted On 09/14/2017

otis101

warriormom, Glad you made it through one of natures trying times and with happiness after.

stan, thanks for the Van Morrison link. A very beautiful song with some absolutely beautiful photography. Van's the man. So great in his art.

Posted On 09/14/2017

hanskr

Gradually I realised in the past years that life by itself is such a wonder that that is already a reason to be grateful . Happiness is just part of that but all other facts of life are also comprised in my feeling of surprise about being here NOW. Rain, sun , hot, cold , colours , sounds, children screaming with joy and old people enjoying the sun, even sadness is part of it. . Life, a mystery and wonder which we got accustomed to alas, thereby losing that sense of wonder. And that really sad.

Posted On 09/14/2017

Guillermou

For Aristotle, the most prominent of metaphysical philosophers, happiness is the ultimate aspiration of all human beings. The way to reach it, from your point of view, is virtue. That is to say, if you cultivate the highest virtues, you will be able to be happy. More than a concrete state, Aristotle indicates that it is a way of life. The characteristic of this lifestyle is to constantly exercise the best that each human being has. It is also necessary to cultivate the prudence of the character and to have a good "daimon" (good destiny or good luck). That is why his theses on this feeling are known by the name of "EUDAIMONÍA". eudaimonia as the art of living virtuously, seeking wisdom, to develop human potential. Heraclitus, sometimes called the first psychologist, declares: "The character of man is his daimon."

All human beings seek happiness. However, many seek it by the wrong means, thinking that they can find happiness in the material world, obtaining money, success, or admiration. Philosophy, and science, agree that happiness comes primarily from a life full of meaning, deep connections with oneself, and with other people, and a spiritually full life. GRATITUDE, EMPATHY, SOLIDARITY WITH OTHERS MAKES US BIGGER, MORE HUMBLE, MORE NECESSARY, JUSTIFIES OUR EXISTENCE. The Greek term eudaimonia refers us to the importance of harmonizing life with the deeper meaning of self-knowledge and social projection, or what the Greeks believed came from the soul or spirit and linked us with the cosmos.

Materialism, and craving for power, leads to chronic stress, which reduces eudaimonic happiness, can shorten the length of telomeres, while activities such as meditation maintain the length of these ends of chromosomes, which protect DNA , and intervene in the aging process. Mental discipline is capable of affecting gene expression, and regulating the function of our DNA. THE POWER OF THE MIND IS IMMENSE, IT IS A WONDERFUL WORLD THAT WE MUST ALL EMPOWER, TO FIND HAPPINESS.

Posted On 09/14/2017

stanleybecker

hi Gui - Aristotle was appointed by Phillip of Macedonia to tutor his son Alexander [later to become "The Great" as the ruler of the world] - here you have the fulfillment of Plato's call for the "philosopher king" - when Alexander returned from one of his escapades he sought out Diogenes, a wise man who lived in a trough - Alexander addressed Diogenes and told him that his life of self denial and pursuit of honesty had influenced Alexander's life greatly - in many ways more than the stern Aristotle - as the most powerful man our Planet had ever seen - Alexander made Diogenes the ultimate offer - "Diogenes, ask me anything and I will do it for you", [as an expression of his gratitude] - Diogenes famously replied "could you please step out of my sun" - to this Alexander readily acceded - Diogenes knew how to make himself happy

Posted On 09/14/2017

iamblessediam

Hi Prof. G. -- I believe one word drives life - INTENTION. I believe two words are reflected in that one word - LOVE/FEAR. I believe everyone's life can be charted - graphed as reactions based on/in either LOVE or FEAR. Everyone's "chart/graph" look's like a playground teeter totter. Most people don't realize the power of their Mind and thoughts - thoughts effect DNA: [www.drstagg.com/toxic-thoughts-destroy-health-dna-connection]. Intention is the choice point everyone has control over - a good example of that "notion" was shared by then Head Coach Bill Cowher to Ben Roethlisberger - "You own any decision your thinking about until you make it - then that decision owns you." Like everyone traveling through this reality, Big Ben learned many lessons via the "school of hard knocks" - one almost cost him his life and career - another almost cost him his career. Having "been there done that myself" traveling around the block some gleefully call "sin and iniquity" at least a thousand times in my life so far, I've come to appreciate this and respect it for it's own worth - no one is infallible - least of all me. My cancer dance taught me the valuable lesson that there's deep LOVE to be experienced in humility - Mahatma Gandhi is one of my life hero's - so is Rumi. The Ayurvedic tradition holds the belief everything is food - including thoughts and emotions. Computer science has a core tenant "phrase" it grapples with all the time - garbage in - garbage out. Humans reflect that "phrase" in their Mind and Body - intention is the choice point. One can learn to harness the infinite power of their Mind with intention - Lynne McTaggart's work via "intention experiments" proves that to be so - so does the work of Bill McKenna and many others. I look forward to reading "The Power of Eight" that validates how everyone can refine their intentions in the pursuit of becoming the happier camper dancing through this reality! Be well everyone! LBP!

Posted On 09/14/2017

Luvvvy

Hi Guys, besides my Gratitude, I offer these: Happy people focus on what they have -- Unhappy people focus on what's missing. "There are 3 words that convey the secret of the art of living, The secret of all success and happiness: ~ one with life. ~. Eckhart Tolle

Posted On 09/14/2017

Guillermou

Researcher IAM, my great admiration to Ghandi. Mahatma Gandhi, has been a man who inherited a transcendent pacifist philosophy, living a life full of love, great ideals of freedom, and human equality, but also we lego, an invitation to live happily, in the middle of simplicity and naturalness. "Happiness is achieved when what you think, what you say, and what you do, are in harmony." Mahatma Gandhi"

When you find happiness in the little pleasures of life, without hurry, without pauses, without stress, without someone to dictate what your hands have to do, what your mouth has to say or what your feet have to walk ... When you get to know where your site is, and you forget the world to find you ... then you discover, everything that you let pass every day, that you are not happy. Spend more time with friends and family, share experiences, forgive, release, relax, prioritize peace and not always reason, redefine their values, smile a little, give thanks, have goals, meditate, eat slowly and enjoy every bite, etc. . A June study by Gruber (Yale psychologist) suggests that you are constantly looking for how to be happy.

This happens when those who seek it, do it thinking that whatever is suggested for happiness, should really make them happy, and do not know how to deal with frustration. "Success is not the key to happiness, happiness is the key to success If you love what you are doing, then you will succeed" - Albert Schweitzer Sonja Lyubomirsky, Ph.D., of the University of California, people are happy, tend to be optimistic, energetic and have self-confidence, which leads the rest to find these people more enjoyable, sociable and trustworthy. These aspects expand the opportunities to achieve goals successfully create or develop new things, even to meet a partner, make more friends, etc.

<http://sonjalyubomirsky.com/>

Posted On 09/14/2017

Guillermou

LUVVVY. The gratitude you deserve for your great human qualities, for being a great mother and wife, for caring for your family, for leaving us comments full of wisdom and love. It is a great truth, gratitude is a wonderful thing. Thanks to people, to life, to the universe, or to God in whom you believe. As you are more grateful, life rewards you with more gratitude.

But Joan Baez says it better, with music in "Thanks to life". I always put the record, when I forget to be grateful. "Thank you, life, for giving me so much. She gave me two bright stars, which when opened, Can distinguish black from white perfectly And high in the sky, the starry background, And within the crowd the man I love. Thank you, life, for giving me so much. She gave me the sound and the alphabet. With them the words that I think and declare: "Mother", "Friend", "Brother" and light that shines ",

Posted On 09/14/2017

Luvvy

Exactly, Prof G, beautiful song. More thanks. 'Gracias a la vida", Joan Baez. Thanks to life, which has given me so much.----- It gave me a heart, that causes my frame to shudder, When I see the fruit of the human brain, ----- When I see good so far from bad, When I see within the clarity of your eyes... Thanks to life, which has given me so much. ----- It gave me laughter and it gave me longing. With them I distinguish happiness and pain— ..

<https://youtu.be/DFZxBvUMIG0>

Posted On 09/14/2017

otis101

Luvvy, thanks for the Eckhart Tolle reminder. "one with life". Says it all in such simplicity. And Joan Baez, someone I have followed since seeing her at the Frost Amphitheater at Stanford University in the early 70s. Thanks for the link. I'm sure Gui loved the Spanish.

Posted On 09/14/2017

Almond

One truck driver was complaining to another about how hard his job was, how tired he was and how depressing it all was to work at driving a truck day after day. He turned to the other fellow and asked, "How do you remain so optimistic and cheerful?" The other fellow replied, "When you go to work in the morning, I go for a Sunday drive and get paid for it."

Posted On 09/14/2017

nita44

If you stop complaining for a bit you usually can find something good about almost any happening. Life isn't always good or bad. How you react to it makes it good or bad.

Posted On 09/14/2017

MRice1954

Great Reply ! I used to drive 18 wheelers and never thought of it like this but how true plus, you actually have a job and are sitting up above everyone on the road and it's a gift to be able to see almost 360 Degrees from the cab... Today I'm in sales for over 20 years and sometimes when I'm going through Countrysides or coming to and from on back roads in the spring or the fall to take a shortcut I say to myself, you mean they are paying me to view this beautiful countryside ? YES they are !!!

Posted On 09/14/2017

dude01

Yep, it's all about your attitude!

Posted On 09/14/2017

stanleybecker

"things" are packaged and promoted as "bringers of joy and happiness" - these false claims are the basis of modern marketing strategies - the goal is to hoodwink the addicted CONSUMER into believing that "" "" >>> THIS <<<< "" "" "" particular purchase is the one that will give you the "joy and happiness" that propaganda claims is earmarked specifically for you - this years Nobel Laureate for Literature in one of his most famous poems "It's Alright Ma I'm Only Crying " states the following conviction -

" Advertising signs they con/ You into thinking you're the one/ That can do what's never been done/ That can win what's never been won/ Meantime life outside goes on/ All around you" - and " Disillusioned words like bullets bark/ As human gods aim for their mark/ Make everything from toy guns that spark/ To flesh-colored Christs that glow in the dark/ It's easy to see without looking too far/ That not much is really SACRED" - these are the words of the poet - TAKE HEED!

Posted On 09/13/2017

Guillermou

Good morning, Stan. Very good arguments. Phrases that express a good way to happiness Philosophy can be interpreted and praised with music. The benefit is immense, to add happiness. "While preachers preach of evil fates Teachers teach that knowledge waits Can lead to hundred-dollar plates Goodness hides behind its gates But even the president of the United States Sometimes must have to stand naked". Bob Dylan Harvesting the seed of virtue, wisdom, empathy, gratitude makes us grow to happiness. We must open doors and windows, to these virtues, to feel closer to people, to help them, to advise them, to be supportive, to love people with a good heart.

Posted On 09/14/2017

stanleybecker

yes, Gui - the line about the President of the United States having to stand naked sometimes, was a powerful image for me in 1965 when this song was released - I must say that this image has always been applied to every President before and since then - Kennedy was attractive and that other sex maniac Clinton - otherwise I can't think of any sexy Presidents - but maybe some female voices will weigh in here and give their view of the "sexiness" of the American Presidential line - ha ha

Posted On 09/14/2017

doubly.blessed

StanTheMan, The things we love tell us who we are. -Saint Thomas Aquinas Shalom from CA

Posted On 09/14/2017

stanleybecker

Lincoln had an intelligent quizzical look about him - a handsome man - thank you Luvvy

doubly.blessed - Aquinas - the Dark Ages would have been a lot darker without him - an intensely spiritual seeker

Posted On 09/14/2017

otis101

Stan, from the above article: "The total outstanding consumer debt in the U.S. in 2016 alone was a staggering \$3.4 trillion." I would say that amount of debt must be misery for so many while bright spots for those that had a job and produced stuff and the elites who have more greed satisfaction from profits on the backs of the labor and debtors. I have no credit cards so with the news yesterday that it will cost me \$900 to repair my aging car I have to reach under the mattress cause this is an emergency.

Life is great and I find happiness in most things. Such as my attempt to grow some food on my 2nd floor 600 sq foot deck. Over the last ten days my grannie smith apples, tomatoes, peppers, and even my beautiful morning glory plants have disappeared into the night. So I am happy cause some little critter of the night has a full tummy.

Posted On 09/14/2017

trafficbabe

We all want to be happy... but happiness is only a by-product of life. It waxes and wanes and doesn't last. We often go from one source of happiness to the next. Why not seek something deeper? Like joy or peace? One can have joy in the midst of even sorrow. I've found it in my faith in Jesus Christ. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." May you seek him today. God bless!

Posted On 09/14/2017

dude01

I find, as I approach my Golden Years, that arguing with people is usually nothing but a big energy drain. It's not worth it to argue or disagree with somebody, especially if they are the type who disagrees just for the sake of disagreeing. Solitude provides me with the peace that I need to quell the approaching storm.

Posted On 09/14/2017

Guillermou

DUDE, Very good recipe for mental health. When there is empathy and humility, you understand the arguments of the person with whom you talk, and you seek harmony and understanding, from your point of view. After empathy and humility have done their work, gratitude emanates from these sources of happiness. Wisdom, great wisdom.

Posted On 09/14/2017

jmiller739

"Socialize – Even with strangers"?? Consider a different angle for a moment...What energizes you? That may be the key. Here's something to think about... "At the core of the definition of introversion and extroversion is how we get our energy. Introverts are energized when they're alone or in small groups; extroverts are the opposite. Introverts feel energized when focusing deeply on a subject or activity that really interests them. When in overly stimulating environments they tend to feel overwhelmed. They have an active inner life and are at their best when they tap into its riches." "At the heart of it, introverts and extroverts respond really differently to stimulation," Susan Cain, author of *Quiet: The Power Of Introverts In A World That Can't Stop Talking*. "Introverts feel most alive and energized when they're in environments that are less stimulating -- not less intellectually stimulating, but less stuff going on."

Posted On 09/14/2017

doubly.blessed

jmiller, Yes, EVEN with strangers! I socialize with strangers ALL THE TIME. Living in CA in silicon valley I run across lots of homeless and when convenient I take time and talk with them. I always keep \$ in my glove compartment so when I am at a stop sign and there is a homeless person I give them some \$ and we talk before the light changes. While in San Francisco last Saturday there was a street musician playing drums on plastic containers. I liked the sound and placed \$ in a container and walked up to him and let him know that he makes beautiful noise. It is fear that obstructs courage and that is what we most need if we are to grow emotionally. My life is my message. - Gandhi Shalom from CA

Posted On 09/14/2017

RobertSniadach

So most people have a headfull of thoughts, beliefs, assumptions, opinions and judgments that serve to create unhappiness... lots of unhappiness. With all the headfull of junk still firmly in place, untouched, the typical advice is to ignore all of that and think happy thoughts, practice gratitude, make happiness your goal, make happiness a priority, allow only happy thoughts, surround yourself with happy people, and so on.

How about finding the courage to sit there with your unhappy thoughts and feelings, letting them run their course, and see what happens? In other words, don't resist it, don't fight it. It's there for a reason. Find the cause, examine it, determine how much truth there is in it (probably lots), then deal with it. Chances are that as you honestly challenge yourself to root out your demons, expose them and deal with them, magic happens. Happiness, joy, contentment and peace occur naturally when all that blocks them is removed. You don't have to try to force happiness, you simply remove that which gives unhappiness. Not easy to do, but the results are permanent. Natural, ongoing Peace of Mind is the result.

Posted On 09/14/2017

Guillermou

Good morning, Robert. Very important, what you say. To find happiness, you must go a good way. The first is to know oneself, in each of the virtues and defects, in order to be able to project the virtues in others, and overcome the defects, with a good dose of wisdom and humility. The social life full of gratitude, empathy and solidarity, leads us to happiness day by day, step by step.

For Ortega and Gasset happiness is configured when they coincide "the projected life" and "the effective life". That is, when it converges what we want to be with who we really are. "If we ask ourselves what that ideal state of spirit called happiness is, we can easily find a first answer: happiness consists in finding something that satisfies us completely."

This answer only raises the question of what subjective state of full satisfaction is, and what objective conditions, in order to satisfy ourselves. All human beings have the potentiality and desire to be happy. This means that each person defines the realities that can make him happy. If you can truly build these realities, then you will be happy. This is like food, there is no diet, you have to adapt the diet to the person, such as happiness.

Posted On 09/14/2017

stanleybecker

Roberto - this quest for the Holy Grail of happiness has many Knights Templar that seek paths to the Castles of Joy and release from the Burden of Dissatisfaction - self help Baedekers/ manuals/ guides/ "how to" books populate the "best seller" lists - self help is big business for self help gurus/ motivational trainers - it's a smorgasbord of choice - all these teachers offer catch phrases and repetitive mantras to galvanize punters into breaking out of the doldrums and embracing the lightness of relaxed and delightful existence - these are distractions from the pressing issues - sometimes these distractions are the solution to the impasse that the worn path of pulling the same stone round and round the weighted neck is what is needed to release the weight - sometimes it is merely a pause/ a breather/ a moment off - then the pressure returns - this is stress - personally, I don't read self help manuals - "I'm OK, you're OK" - and the other "rituals" that the stoical individual looks to as an antidote to despair - apart from the curiosity that knowledge quenches I face the mirror - what stares back is 7 decades [almost] - all these years - all these opportunities - have I realized my potential? - have I fulfilled my personal mission on this Earth? - these are the questions that the mirror reflects - Johnny Ray sang "smile though your heart is breaking" and Van Morrison replied "I don't want to fake it like Johnny Ray" - "happiness" becomes the choices you make - you CAN make different choices - this is how CHANGE occurs - and God knows we need change

Posted On 09/14/2017

ReginaChic

The exquisite compositions authored by stanleybecker found within fascinating advice of Doctor Mercola gift me with ethereal joy. His command of the English language, and the arrangement of his beautifully crafted words create content in the likes of ~poetry~. For you (and Doctor Mercola) I am grateful, and hence daily experience coveted happiness, at the moment of rising from divine slumber.

Posted On 09/14/2017

stanleybecker

Regina - today my mood is great - circumstances have favored me - and then your wonderful post - thank you - you are a kind and sensitive soul - thank you, thank you

Posted On 09/14/2017

therealjones

Everything we do is an experience. We are alive, hurtling through space and time. Soon we will be dead, and these earthly experiences will be gone. Enjoy the depression while it lasts, enjoy the stubbed toe, enjoy the poverty, whatever it is enjoy it for the amazing experience that it is. I like to walk my dog in cemeteries, it gives me a great appreciation of life.

Posted On 09/14/2017

seg

And Roberto always ensure you have good friends to post yer bail when you finally snap LOL.. On the flip side good observations of letting things runs it's course..It is Nature's simple way of "taking care of business," and yes sometimes "she" will go into hyper overdrive to get things done right..We just need to understand what's happening and step aside and let er do her thing..

www.youtube.com/watch ..

The other biggie for me is to learn how to deal with attachments - this is a giant piece of the puzzle and ties in nicely to what you are saying..Life has a way of teaching us, i am reminded from time to time, life's lessons learned are seldom or never forgotten..For starters think of how you are attached to things that matters most to you like your work, car, house, boat, pets, families, friends, prize possessions etc.. When things go wrong with any of these you are immediately face with an enormous amount of stress, therefore it is imperative we all need to learn how to deal with these attachments, so we can hopefully "lessen" the blunt when it rears it's ugly head...Posted much about this before and not much time today to repeat, but i think you get me drift :) Adios for now !

Posted On 09/14/2017

Richard288

Robert: You correctly say that unhappy thoughts and feelings are there for a reason. From my perspective, it's ultimately from a lifetime of being unloved, hurt, and abused. It results in taking all that pain and pushing it down out of your consciousness so you can survive it. But those hurt emotions and painful thoughts go somewhere, don't they? And incidents invariably trigger them so you become conscious of them and react once more. Usually it's by trying to push them out of your consciousness as quickly as you can. Some people will take a few drinks, others will yell at their children, others get depressed, and so on.

But what you propose Robert I find to be the antidote: Let them run their course and see what happens. I simply let them go. I even wish them well. Why should I hate my hurt feelings and bad thoughts? They arose from an unloving environment so why should I add my anger and hate to them. Go on your way; I am finished with you; I know who you are.

Here are some thoughts I noted after reading Michael Singer's superb book on mind-mastery, *The Untethered Soul* (www.amazon.com/.../1572245379). He advises us to value each energy disturbance we feel. These can be internal resulting from our thoughts and emotions, and external resulting from circumstances that bother us.

As soon as we notice we're disturbed (energy disturbance), treasure it as a reminder to immediately center and allow those thoughts and feelings to simply pass from our mind and heart. In like manner, when apparent tragedies befall the world and others, do not allow them to disturb your link-up with spirit. Another way of our expressing that God has all in control. All is well with my soul.

Posted On 09/14/2017

slmbluebird

I agree. Dealing with chronic problems is essential. For instance, if you are depressed or "messed up" bc of being abused as a child, were raised in a very dysfunctional family, are addicted to alcohol or drugs or can't hold down a job....figure it out. Deal with it. Change the way you do things and how you think about it (as Dr. Mercola's article said). This is hard, but like you said, you can't ignore the truth for very long, so deal with the truth and move on (step by step). Get help if you need it and develop a support system of people who care about you.

Posted On 09/14/2017

doubly.blessed

RobS While reading 'The Wisdom of the Desert' by Thomas Merton last night I read the following: A certain brother went to Abbot Moses in Seete, and asked him for a good word. And the elder said to him: Go, sit in your cell, and your cell will teach you everything. Shalom from CA

Posted On 09/14/2017

RobertSniadach

Good Day Everyone! Very nice choice of articles today from Dr M. Especially all the comments - they give wonderful insight into how all types of people see, seek, and feel happiness. Fascinating and beautiful.

Gui - Alignment. To stop and ask oneself, "What do I want?" Get that answer. Then ask, "Why do I want this?" Find that answer. Then ask, "And after I get it, then what?" Round and round it goes, re-aligning oneself with endless new desires. Eventually the day comes when Striving dies, Suffering is unbearable and Futility sets in... Unhappiness on steroids. Dreadful Futility, if one is lucky, hastens the death of ego, moving you up to where suffering is no more.

Stanley - You are on a brilliant roll today!!! Nothing for me to say... I'll just get out of your way. :-)

TRJ - Perfect. One of the most critical breakthrough experiences of my life came when I happen to be in severe physical pain for weeks (herniated lumbar disk-sports blowout) and quite depressed at the time. Something opened up inside, and my total experience shifted to "Wow! What an incredibly blessed honor to be incarnated as a human being, gifted with all this consciousness capacity, and experiencing this thing thing called pain and suffering! The feel of it all! The sensations! The wild gyrations of my mind! Amazing, amazing, amazing! Thank You!"

Seg - Attachments make the world go 'round! Without them, what happens to all the drama, intrigue, connivery, deception and conspiracies? ;-)

lamB - Unconditional, Impersonal Love seems to be one of the best 'side-effects' experienced after courageously merging with fear.

Richard288 - Yes! Same thing I mentioned to TRJ above.

slmbluebird - And a big Yes to you as well. After all the challenges of internal realignment to higher levels of being and functioning, we still gotta take time to look around and clean up our mess. Our bodies and minds are still there, needing TLC. We get back on track, dust ourselves off, and get on with gettin' on.

Posted On 09/14/2017

BernadetteGately

Dear Try Try Again, and others. Happiness is elusive - good health - including gut health make a solid foundation. All Dr. Mercola's examples are excellent, and i try to incorporate many, especially gratitude. I can only sympathise with those who sink into despair. Maybe regular meditation and Qi Gong could be a refuge; I find them invaluable. Although I do not suffer much depression tmy practices certainly lift the spirit and energise the body.. Our Qi Gong and Tai Chi teacher says the secret of happiness is to be at peace with ourselves, despite our situation. Warmest regards

Posted On 09/14/2017

Guillermou

Hi BernadetteGately. The good health of the body, is the good health of the soul, gratitude, is a good medicine. People with a strong disposition toward gratitude have the ability to be empathic, and take the perspective of others. Those who maintain a grateful attitude, seem to be able to be more sensitive, and respond to the needs of others. Precisely, solidarity and empathy can help give good advice, and help people who are not happy. Good things are transmitted, with the love of neighbor.

Good reference of the Qui Gong. As you know, the movements for happiness, are the fifteen exercises of a series of Qi Gong, which was kept secret, for a long time. They come from a Taoist temple, located on the famous Wu Dang mountain, whose name they have adopted. A state of super-health can be achieved if Qi Gong is practiced regularly, and in particular the exercises of Wu Dang Dao Yin Qi Gong. Supra-health is reflected in increased mental and physical energy, preventing diseases. A link. Tai Chi & Qigong for Health and Happiness halifaxnortheast.com/2017/03/02/tai-chi-qigong-for-health-and-happi..

Posted On 09/14/2017

Almond

Sometimes, life sucks and we experience misfortune through absolutely no fault of our own. It would be easy for a person to start thinking of themselves as a victim. I prefer to look at it as a setback that is temporary and can be overcome with hard work, educating oneself with good information and persistence. Direction is often more important than speed. If you keep putting one foot in front of the other and making even small progress daily, you will eventually reach your goals. The tortoise and the hare. There are many brilliant people who know what it takes to be successful, but they never take action.

Posted On 09/14/2017

braveheart51

Thank you Almond, my wife, pup and I lost our home and almost everything in it due to an electrical fire. The good is that no life was lost. We want to rebuild but have run into many obstacles not of our own making. Our neighbor (twin home, destroyed) made no decision on what she was going to do which affected our decisions. We've been waiting on an answer from our township on whether we can place a modular cabin on our property and tomorrow will be a month since we asked. I have called the person, left messages and sent emails to no avail. This is cutting into the time our insurance co. has allocated us to rebuild and also our living expenses which have a cap. The builder we trusted has screwed us financially but we are meeting with him later today to deal with this. There are more trivial (LOL) things happening but don't want to get into them. Life is life.....Recently, I had hit a boiling point but being active with others, I met with an uplifting friend and cooled down, went to a meeting where the subject was promises fulfilled and gratitude. What a diff!!!! This is a great article and will use it as reference material. Subscribers comments also mean so much, thanks to you and all! Peace and blessings, Bobby

Posted On 09/14/2017

doubly.blessed

Almond, Great points made by you. Rumi says: 'Birds make great sky-circles of their freedom. How do they learn it? They fall, and falling, they're given wings.' Shalom from CA

Posted On 09/14/2017

grulla

@"braveheart51", "We've been waiting on an answer from our township on whether we can place a modular cabin on our property and tomorrow will be a month since we asked." Theoretically, the only difference between a modular (NOT manufactured) home and a conventional home is that the prior is built and constructed on an assembly line in various modules and is shipped to be assembled and installed at the construction home site, while the latter is constructed right at the home site from discrete component building materials. However, there may be other factors at play such as neighborhood zoning and conformity. Anyway, here is a website link that I hope can be of some help: www.nachi.org/modular-manufactured-homes.htm

Posted On 09/14/2017

braveheart51

@Gru..Thank you Gru for the link! If need be I'll use this information at the next township Board of Supervisor's meeting.They, and we, know the difference and another resident had permission for a modular years ago. Someone is just sitting on their butt!!!

Thanks again, this is a good site for wisdom AND venting!!!

Peace and Blessings

Bobby

Posted On 09/16/2017

Brynn

I don't dwell on thinking about what I can't control. I do practice gratitude daily. I avoid TV news. However, with the world in the turmoil it's in today, and my own unavoidable circumstances in this mayhem, it's hard to stay positive. I practice acceptance. I'm very grateful I lived and raised my family during the best years our country has known.

Posted On 09/14/2017

Guillermou

Hi BRYNN. You have followed a good path, to be happier. Uir of materialism, deceit, stress, and seek in the family, and friends a habitad of happiness. Children, grandchildren, fill the life with joy, if we educate them, and fill them with good feelings and love. The greatest disease of this society, is materialism, loneliness, despair and hopelessness is love. There are many, in this world, who are dying for a piece of bread, but there are many more, who die, for a little love. The poverty of humanity, is a type of poverty, not only a poverty of loneliness, but also of spirituality.

Posted On 09/14/2017

therealjones

Words of wisdom from the great Micky Rivers "I dont worry about things I cant control, because if I cant control them then there is no point in worrying, and I dont worry about the things I can control, because if I can control them, then there is no point in worrying."

Posted On 09/14/2017

seg

Good stuff Brynn. Your post reminds me of this: As I age, I realize that: Old age is coming at a really bad time! I don't trip over things, I do random gravity checks! I don't need anger management. I need people to stop pissing me off! My people skills are just fine. It's my tolerance of idiots that needs work. The biggest lie I tell myself is "I don't need to write that down, I'll remember it." I talk to myself because sometimes I need expert advice. Sometimes I roll my eyes out loud. When I was a child I thought nap time was punishment. Now it's like a mini vacation!

The day the world runs out of wine is just too terrible to think about! I don't have gray hair. I have "wisdom highlights". I'm just very wise. I like my middle finger best because it always sticks up for me! I've lost my mind and I'm pretty sure my kids took it! Even duct tape can't fix stupid, but it can muffle the sound! Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller! Last year I joined a support group for procrastinators. We haven't met yet! If God wanted me to touch my toes, he would've put them on my knees.

When the kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes". At my age "Getting lucky" means walking into a room and remembering what I came in there for. Chocolate comes from cocoa which is a tree, which makes it a plant, which means it's salad....Almost. Lord grant me the strength to accept the things I cannot change, the courage to change the things I can & good friends to post my bail when I finally snap LOL..CHEERS!

Posted On 09/14/2017

iamblessediam

Sage advice Brynn, indeed! In a song: [www.youtube.com/watch]. Be well! LBP!

Posted On 09/14/2017

Wetiko

Don't sweat the small stuff. It's all small stuff. To quote the words of Bill Hicks - It's just a ride.

Posted On 09/14/2017

Brynn

Thank you for your wonderful humor, Seg. I try to practice it, too. It's our shield for the daily misfortunes when growing old.

Posted On 09/14/2017

Erena5

That's my motto! I wouldn't say it's easy all the time, however, you have to know how to prioritize. Love & Light to All.

Posted On 07/17/2017

Guillermou

Hi ERENA. Much love and light, we need, to overcome the temptations of this materialistic world. Let us seek a meeting with people with a good heart, who pursue high ideals of coexistence, such as solidarity, empathy, gratitude, all channels, people full of wisdom. Love and light, also for you.

Posted On 09/14/2017

Krofter

In a bad mood? Perhaps you have too many "heavy" elements in your diet weighing you down. Moving from a high carb/sugar, low fat diet to a high fat, low carb/sugar diet has been one of the most effective strategies I've ever employed to keep my spirits up. Fat floats on water. The most effective fats for me come from animals - eggs top my list but lard is a close second. Fats have a lot in common with structured water. Gerald Pollack, in his book *The Fourth Phase of Water*, often likens structured water to egg whites. Many carb foods have to be cooked (grains, pastas, beans etc) which boils off the best or light components of water and leaves behind the heavier, more detrimental elements like deuterium.

Posted On 09/14/2017

Guillermou

Very well, KOFTER, the food influences our microbiota, and it is in the immune system. UCLA professor of medicine Steve Cole, has done extremely interesting studies on the relationship between the immune system, which has concluded that "there is no doubt that the mind and immune system are linked." The mind seems to modulate, in several respects immune responses.

Cole conducted a study with his students, whose findings help us better understand how our deep psychology is reflected in our immune system. In the study, we measured the gene expression transcript profile, as measured by feeding, and was related to an assessment of their levels of happiness. A better expression profile for genetic transcription means a higher antiviral response, and a lower inflammatory response. The evaluation of happiness was divided into "hedonistic" happiness and "eudaimonic happiness." "Hedonistic happiness is the elevated mood we experience after an external life event, such as buying a home," eudaimonia is "our sense of purpose, and direction in life, our involvement, with something greater than us," explains Cole. The study showed a remarkable correlation between eudaimonic happiness and better functioning of the immune system.

Posted On 09/14/2017

Krofter

bb - Chickens turn the high quality proteins and fats in bugs, grubs, slugs and weeds into one of most nutritious foods on earth, eggs. But they have to be on some form of pasture or other living green habitat to make eggs like that. Eggs from factory farms, or eggs from backyards pens where the chickens are fed essentially the same crapola as factory farms, might actually be detrimental to ones health. One of my blogs goes into this in much more detail -

erdakroft.com/Erdakroftfarm/Blogs/Entries/2017/3/9_about_fat_pharm_egg..

Guillermo - ...and the structure of the water we drink - or the lack thereof - influences and can be influenced by, our microbiome. Which just seems to add to the possibilities of water having more of an influence on mood.

Posted On 09/14/2017

TurtleTom

So silence negative thoughts in 10 seconds is just a come on? I'm having some serious negative thoughts about that. +

Posted On 09/14/2017

iamblessediam

Want a 10 second remedy that works every time - learn to laugh at yourself and love doing so! Anyone can LEARN to use laughter - Louise Hay [may she have a happy journey to her next reality] taught people the value of using a mirror as a tool to change habitual self-destructive thoughts. One can use a mirror to learn to laugh at themselves and thoroughly love it! Be well! LBP!

Posted On 09/14/2017

Try try again

I'll never forget when I was going through a separation from my first husband and about to go on stage to play a concert, a concerned friend told me to think happy thoughts. I just looked at him, wondering what planet he was from. I don't know about anyone else, but when I'm in the depths of despair, it is absolutely IMPOSSIBLE to think of even one happy thought. It's so easy, though, when everything is wonderful.

Posted On 09/14/2017

Steve_A_Ray

There is an assumption that happiness comes from proper socializing, which is dharma. Inner Happiness doesn't come from socializations, that is secondary. Siddartha once said to seek your own LAMP, meaning, the great internal spirit, if we are to believe A.K. Coomaraswami, who informed Zimmer and J Campbell. Go deeper into your true nature....it will be fine. You'll forget this world, which, as the Yogi's all inform...is a rather testy illusion, which makes people unhappy. Where is your Reality? Here on Earth? Or Deeper within? Its your adventure...hmmmm?

Posted On 09/14/2017

stanleybecker

maya = illusion

Posted On 09/14/2017

Krofter

Many years ago I read Masaru Emoto's first book about his research on the formation of ice crystals and what influences them. His research led him to the solid conclusion that moving from a position of having wants and desires to a position of thankfulness was one of the most profound changes we can make in our lives. I took his advice and it has changed my world view.

Posted On 09/14/2017

Almond

When you are dirt poor and in debt, it seems like the heaviest burden and worst problem in the world and you worry constantly about how to keep your head above water.. Having enough gives you perspective and you realize there are many worse things than poverty,.

Posted On 09/14/2017

jmiller739

"Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. His empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life." The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT www.amazon.com/Happiness-Trap-Struggling-Start-Living/dp/1590305841/re..

Posted On 09/14/2017

boombatz

One thing to do, that's very easy, is to smile more - don't forget to do it though! Smile more...

<http://www.arc4life.com>

Posted On 09/14/2017

beachguy

"A team of researchers at UCLA showed that people with a deep sense of happiness and well-being had lower levels of inflammatory gene expression and stronger antiviral and antibody responses." Could it be the other way around? Maybe lower levels of inflammation leads to a feeling of happiness and well-being.

Posted On 09/14/2017

slmbluebird

Stanley Becker--regarding naked presidents...IMHO the most "sexy" presidents are the ones who are noble and dignified. That would be Ronald Reagan and to a slightly lesser degree Donald Trump and of course JFK. If I'd lived back 200 years ago, I probably would have found George Washington kind of "sexy" too. And definitely Thomas Jefferson and James Madison. Manly men who did manly things.

Posted On 09/14/2017

halcyon

This article contains a lot of helpful ideas. But not the one about "prioritize happiness." Studies have shown that people who place a great deal of emphasis on happiness are much more likely to be depressed than people who don't consciously think about the matter. And that can be summed in this saying:

"Happiness is like a butterfly—when pursued, it's always just beyond your grasp. But if you will sit down quietly, it may alight on you."

Posted On 09/16/2017

healingartist

"There is nothing good or bad but our thinking makes it so." -Shakespeare

It's all about choice and perspective. Gifts come from everything. It's up to me to have an open heart and Spiritual Eyes with which to see that gifts.

Posted On 09/15/2017

Norisnita

Excellent article by Dr.Mercola who always is caring for our health and happiness. Thank you Dr. Mercola. And now everybody knows what we need to be happy. Dr, Mercola was very clear; happiness is not to say or to read about it , rather is to practice all what we are reading and writing about it to became happy.. we must see our life and our circumstances of life and practice all what we say. We must show to the world that we are truly happy only because LIFE IS WONDERFUL!!!..

Posted On 09/14/2017

Reciprocation

Fortune cookie;" Ones outlook is intertwined with ones happiness in life "

Posted On 09/14/2017

Perfessor

One thing that I became to realize is this: YOU have the choice of following a negative thought or instead think of something that makes you happy. I talked to my elder brother about this who has depression and he makes use of this method and it helps him. So you have to set yourself up to detect a negative thought and then replace it with a positive thought. I may not always be easy but if you don't do it, you can make yourself pretty miserable. So take control of your thoughts, be more conscious about your thought process.

Posted On 09/14/2017

breathoflife

The book Wokini by Olympic champion Billy Mills is a great short book. Means happiness.

Posted On 09/14/2017

InderVohra

Yoga and Gestalt therapy teach us concept of being conscious about ourselves and our surroundings. Conscious breathing provide us mental peace. We should make a habit of conscious observing. One can observe own happiness as well as gloominess. This dissolves negative feelings and sadness.

Posted On 09/14/2017

Guillermou

Harvard University has done several studies on this topic of happiness, coming to the conclusion that the age at which people are happiest is 60 years and older, when you feel most at peace with yourself. Along the same lines is the famous Spanish psychiatrist Enrique Rojas, who has just published a book titled 'Understand your emotions'. His seven tips to achieve happiness ----- 1. Forgive yourself We all make mistakes at some point in our lives. Sometimes we don't realize it until a few years later, when our vision of things is clearer. ----2. Maintain balance between head and heart According to the psychiatrist, these concepts "are two major components of our psychological heritage that often come to blows." For the expert, the most important thing is knowing how to create harmony between both components.

-----3. Have a positive outlook on life Life is an accumulation of positive and negative events, but to be happy it is vital to see the good side of everything that happens to us. For this reason, he advises having a positive vision of things, that is, "the ability to always see, despite the regrets, the good angle, the positive plot." -----4. Educate your will The will is an essential piece of our psychology and the strong, firm, solid, compact, consistent, stony will is a true jewel, -----5.

Create a life project Happiness has to do with having a life plan. Love, work, culture and friendship. Happiness is a tetralogy in which I have an emotional life, a professional life, the culture that is the aesthetics of intelligence and friendship. -----6. Have inner peace When you are young, what you want are intense, strong, extraordinary emotions. When you are a few years old you want peace, serenity, calm. - ----7. Maintain the illusion Keep the illusion alive at any stage of life. Happiness consists of enthusiasm, which means always having challenges, objectives and plans to fulfill.

Posted On 02/05/2024

Segstar

The best advice i can think off comes from the "oldest and wisest" of ALL Philosophers..Can't be beat ..

Posted On 02/05/2024

Cabochoh

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference" is a useful prayer, but that "wisdom to know the difference" may not come easily - bearing in mind the tyrannical forces that have taken over every aspect of our lives. "We will not comply" remains sacred in resisting the globalist conspiracy to enslave humanity. Practical steps : (1) use cash for purchases whenever possible. The banking cabal is determined to abolish legal tender. If you have under-estimated the amount of cash for in person shopping (as opposed to on-line) pay only the difference by card.

Boycott those businesses that refuse cash. (2) Before buying, ask yourself, "Do I need it, can I afford it, do I have room to store it? Those of us who lived before credit cards remember when the economy supported our needs rather than our desires which are driven by consumerism, advertising and clever marketing. A cluttered home is less likely to be uplifting (3) buy goods and services from charity shops, local tradesmen recommended websites and exchange portals (4) Get rid of that TV and use the UK licence fee money to join a club, start a hobby or learn a skill. A daily diet of bad news is nectar to big media - a trick beloved by the Nah-zis to destroy our spirit, keep us on edge and thus easier to control.

Every single story on msm on is designed to scare including the weather. We get gales, rain, snow in winter in northern latitudes - really? I have photographs of folk ski-ing and sledging in the city centre in the 1960's. On the pretext of "saving " us from scammers, the banks refuse our genuine transactions. Social media have got the nation in a vice-like grip putting our children at risk from sexploitation. Deprive these media moguls of their power so there will be no need for crocodile tears from Zuckerberg.

www.theguardian.com/media/2024/feb/01/parents-tech-ceos-us-senate-hear..

Posted On 02/05/2024

lyn53054

I'm 58 this year Guillerrou so I look forward to being the happiest I've ever been at 60! In the meantime I will work on peace, serenity and calm, and that simple life that you allude to Cabochon. Lovely helpful Mercola article.

Posted On 02/05/2024

Mackenzie0826

Great article!

Posted On 02/06/2024

Palazzolo

Wisdom is vindicated by its results.

Posted On 02/05/2024

HealingMindN

If I was to add to the above list, I would say "meditate on the big picture." i.e. how do my actions, words, and feelings affect the world around me and how does it come back to me?

Posted On 02/05/2024

bchristine

I always loved the DESIDERATA Poem by Max Ehrmann 1927: GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Posted On 02/05/2024

robbie2u

We seek what we lack. If we lack happiness then we should seek it. If we have enough anger and fear then we do not need to seek more of it. What if we had wealth should we then seek poverty? I doubt it unless one wanted to learn something. We should seek things that encourages a virtue as this gives quality and meaning and what we teach our children.

Posted On 02/05/2024

inner

The ancient sages of the Jews far back in the millennia taught these same ideas. Rabi Nachman of Breslov was very emphatic on gratitude, accepting what you have with the idea that it's plenty and good, being happy, talking with the Creator/Universe and thereby to your own inner & higher soul. It's good to hear that there are people in the general population who are teaching this, too. The world needs it.

Posted On 02/05/2024
