

Chapter 1 : 10 Truths You Will Learn Before You Find Happiness

After all, gratitude is one of the secrets to happiness at any age. Life after 50 is a time of new challenges and amazing opportunities. For many of us, our children have left the house and our.

Each one of us is looking to be happy. True happiness is a deep internal feeling knowing that each day is a great day, regardless of what side of the bed we got up on or what obstacles we face in our lives. True happiness is not dependent on anything or anyone around us. Things and people come and go. We yearn for them but they disappoint. When we are truly happy we are smiling inside everyday, regardless of what is happening on the outside. No person or event can take true happiness away from us. If you have lost your belief in God, please read on because I know you can find him again if you are interested. If you believe in God, then absolutely read on. God wants us all to be happy, and at peace and fulfilled. To repeatâ€”God hard-wired happiness into each one of us. We may not realize it, but we all want to find true, lasting happiness. No one wants to be unhappy but so many people are. True happiness cannot be taken away by anyone or any situation around us. Shallow happiness comes and goes. It can be wiped out in an instant. True happiness gets us through any challenges we face in our lives. It makes every day a great dayâ€”no matter what life brings our way. In this land of unbounded opportunity and possibilities, everyone should be very happy. True happiness that is lasting is not tied to money or what people do to us. When we find true happiness no one can take it away. It is only ours to lose. If you think this sounds like a fairytale, keep reading. You can be happier than you ever thought possible. Happiness leads to peace and fulfillment in our lives. Being at peace is maintaining our life equilibrium, no matter what life throws at us. We know who we are, and are comfortable with it, when we have true peace in our lives. We simply are who we are. Peace makes us comfortable in our own skin. The boat of life may rockâ€”sometimes violentlyâ€”but we always keep our balance when we truly are at peace with ourselves. Nothing can shake or sink us. We have no fears when we are at peace. No one can take true peace away from us. Fulfillment is understanding what we are doing with our lives. Being fulfilled is having a directional compass in our lives and that direction is dead straight ahead. We take wrong turns on occasion but the compass of fulfillment keeps us pointed in the right direction. Being fulfilled is knowing our place and purpose in this world. Each one of us has a unique purpose in life. When we understand that purpose, we become fulfilled. So many of us are looking for meaning in our lives, whether we realize it or not. When we are fulfilled, the search is over. Peace and fulfillment flow from happiness. Unfortunately, many of us are looking for happiness in all the wrong places. That is the problem. Sex, money, alcohol, drugs, gambling, and food are all promised to us as solutions. The truth is that they are all addictive dead ends that keep us from finding lasting happiness, peace, and fulfillment. It just buys greed. The place to really look for happiness is obviously a well-kept secret for most. Look around and you will see people searching but few finding. A lot of us are searching for answers to life but are coming up empty. The problem is that we look to the world for answers. It is our Creator who holds the keys to lasting happiness, peace, and fulfillment. We can change our lives dramatically by finding true happiness, peace, and fulfillment through God. Change ourselves for the better and we can change the world for the better. We live in a very dangerous world. The world desperately needs changing. We need to stop focusing on what divides us and start concentrating on what binds us. However, we need to start at home before we start trying to change the world. Home is inside us and our relationship with God. We can really change the world for the better if we change ourselves for the better. Change comes one person at a time. Life is inherently that simple because God means it to be that simple.

Chapter 2 : Peace Of Mind | Find Peace of Mind

Though the gospel teaches that all of humanity is engineered for lasting happiness and that virtually all are built to act with the end motive of happiness in mind, many seem to struggle to attain the state of being for which we were created.

Let go of negativity. Learn to forgive and forget. See every challenge as an opportunity for further growth. Express gratitude for what you have. Be more optimistic about the future and your ability to accomplish life goals. Open yourself up to success and embrace failures or mistakes that happen along the way. Know that none of us are perfect, we are all here to entertain and be entertained. If you want to be more positive, surround yourself with positive energy and people. Nurture the positive relationships that you have, seeking out more of those relationships that help uplift you. Accept and love yourself for the unique gifts and talents that you bring to life. Spend less time trying to please others and spend more time trying to please your higher self. See the humor in life and in our experiences. Take life less seriously and learn to laugh at yourself. Serve and be kind to others. Treat everyone with kindness. Not only does it help others to feel better, but you will notice that you too feel good after having a positive interaction with others. Speak well of others. When you speak negatively of others you will attract more negativity to yourself, but when you speak positively of others, you will attract more positivity. Truly listen to others. Be present and mindful to what others are really saying when they speak. Support them without bringing yourself into it. Be careful with your words. Speak gentler, kinder, and wiser. Respect others and their free will. Put your trust in others and be trusted in return. Enjoy the sense of community and friendship that comes from this openness and faith in one another. Work as part of a whole. See others as partners in your efforts. Unite your efforts with them to create a synergy more powerful than anything you could do alone. Practice generosity and giving without expecting anything in return. Get involved with service opportunities and offer what you can to a greater cause. Smile moreâ€” to family, to co-workers, to neighbors, to strangersâ€” and watch it not only change how you feel but also how they feel too. Live in the present. Accept and celebrate impermanence. Be grateful for your life, for each moment of every day. Observe the constant and natural flow of change that surrounds us, and your small yet important part in the natural, divine flow of life. Observe yourself in the moment. Work on your reactions to outer circumstances and learn how to approach life harmoniously. Choose a healthy lifestyle. Keep a daily routine. Wake up at the same time every morning, preferably early. Setting yourself to a natural biorhythm will make it easier to wake up and feel energized. Proper sleep is linked to positive personality characteristics like optimism, improved self-esteem, and even problem solving. Expose yourself to cold temperatures especially first thing in the morning with perhaps a cold shower. It increases your circulation, helps minimize inflammation in the body, enhances weight loss, and energizes and invigorates you to start your day. Turn off the TV. For every hour of TV you watch, you reduce 22 minutes of your life expectancy. What you eat has a direct effect on your mood and energy levels. Eat plenty of organic, locally grown fruits and vegetables, nuts, whole grains, and dairy products that are both vitamin and mineral infused. Exercise daily to the point of sweating. It not only helps to purify the body, but also releases endorphins which help to prevent stress, relieve depression, and positively improve your mood. Laughter is the best medicine. Like exercise, it releases endorphins that battle the negative effects of stress and promote a sense of well-being and joy. Practice deep breathing and yoga. The body and mind are connected. Emotions affect the physical systems in the body, and the state of the body also affects the mind. By relaxing and releasing tension through the breath or yoga practice you feel more calm and centered throughout the day. Take care of your spirit. Strive to always learn new things. Constantly expand your awareness and discover new ways of expressing your divine gifts. This will not only challenge you to learn new things, but will also help to keep your mind in a positive place. Practice living in the present moment and being a channel for the divine flow of creativity. Research has proven that even as little as 10 minutes of meditation a day can lead to physical changes in the brain that improve concentration and focus, calm the nervous system, and help you to become more kind and compassionate, and even more humorous. Then bring the joy and peace you receive from meditation into your daily life and activity. Telling the truth keeps you free inside, builds trust in relationships, and improves your

will power and the ability to attract success. Surrender to the Universe Divine and allow it to take care of the littlest things in life to the greatest and most important. Live minimally and simply. Often extravagant living brings more stress not more satisfaction. De-clutter your home to de-clutter your mind. Clutter is an often unrecognized source of stress that promotes feelings of anxiety, frustration, distraction, and guilt. Feel good in your own home. Make it your sanctuary by keeping it clean, organized, and uplifting. Go without certain things you think you need. Travel to new places where not everything is as easily accessible or readily available, and learn to appreciate what you have by expanding your world. Take some time every week to recharge your body battery. On the weekend, escape to nature or a place where you can feel peace in time for a fresh start to the work week. Get outside whenever possible to breathe in the fresh air and feel the sunshine. Both of which studies have shown to have a positive effect on our health and our mood. Take some time to be silent. Be silent and calm every night for at least 10 minutes longer if possible and again in the morning before rising. This will produce an unbreakable habit of inner happiness to help you meet challenges in life. Observe the natural beauty that surrounds you and feel a sense of connection. Appreciate the details and miracles that can be found in nature. Taking the Next Steps to Finding Happiness: Ask yourself what makes you happy, and find ways to restructure your life so that you are able to do more of those things. Then ask why you struggle to do the things that you know will make you happy. Why are you not yet happy? Why are you here? And what do you need to do to feel a sense of accomplishment in this life? Start with the little things you know you can do each day that will bring you joy. Then move on to accomplish greater and greater things on your happiness bucket list. Share Happiness with your friends:

Chapter 3 : The Secret Behind Lasting Happiness | Thrive

Finding inner-peace and becoming love worthy enables us to accept love and experience happiness. Get my free eBook "How to Be Happy Now" instantly when you subscribe. Plus practical, motivating, and inspirational tips and exercises on finding happiness.

After all, with at least 30 years more ahead of us, the investments that we make now will make all the difference in the future. We all know that starting weight training or taking up a sport can make a significant difference in our physical health. But, what can we do if we want to improve our mental well-being and mindset? Quite a bit actually! There are plenty of small things that we can do every day to feel great. So, if you are wondering how to be happier and more positive after 50, here are six simple ideas.

Focus on Achievement, Not Luck Several studies have shown that the amount of happiness that outside events bring to our lives is low. For example, people who win the lottery tend return to their original level of happiness after a few years. However, if you focus on activities that give you a sense of achievement, you can bring more satisfaction to your life. So, pick a skill that you have always wanted to improve and start working on it every day. Not only will your daily achievements make you happier, but, you may make some new friends who share your interests along the way.

Express Your Gratitude through Meditation or Prayer If you have a spiritual practice, it often helps to start the day by sharing your intentions and expressing your gratitude and hopes. Even if you are not a particularly religious person, you may be able to benefit from meditation. Practicing mindfulness can be a great way to prepare for the day ahead. In addition, according to this article by the Mayo Clinic, practicing meditation regularly can help you to manage stress, reduce negative emotions and increase self-awareness. In my experience, everyone can benefit from having a clear sense of what they need to accomplish. Making a list of items ahead of time gives you a sense of control and purpose to your day. This will help you feel more confident and empowered to handle whatever challenges come along. Simply taking 5 minutes every morning to write down the most important tasks that you want to accomplish can give you a huge productivity boost.

Make Breakfast a Pleasant Ritual We learned as children that "breakfast is the most important meal of the day," and this is still true after age 50. Eating a full breakfast helps you stay mentally focused, calm and alert throughout the day. Give yourself some time to sit, reflect on the day ahead, and focus your energy.

Use Small Gestures to Strengthen Relationships If you live with your spouse or partner, write them a little love note on the bathroom mirror and leave it for them to have a happy surprise to start the day. Take the time to write personal messages on Facebook. Instead of writing, "Happy Birthday," tell your friend about a special memory that you have of them. Sometimes maintaining intimate friendships requires us to take a few emotional risks. Look for ways to make other people feel better by telling them how much they mean to you. Celebrate their successes and share in their triumphs.

We are exploring our interests, starting new careers and rededicating our energy to projects that we enjoy. From this perspective, every day is a gift. Every day gives us the opportunity to be of service to others and to experience the wonders of life. What are you looking forward to doing and experiencing today? Try to find something to look forward to every day. Meet with a friend, go to a local museum, take a class or cook a new type of cuisine. Take a few minutes at the end of each day to look back and be grateful for all of the amazing opportunities in your life. After all, gratitude is one of the secrets to happiness at any age. Life after 50 is a time of new challenges and amazing opportunities. For many of us, our children have left the house and our social circumstances are changing. Now is the time to invest in our physical and mental health. We can feel energized and positive every single day. We just need to take action. Here are a few more Boomerly articles to inspire you to get more from life after

Chapter 4 : Lasting Happiness - ensign

9 Keys to Lasting Happiness In addition to meditation and mindfulness, there are other practical ways to connect to our innate happiness and wellbeing. The following nine keys, gleaned from the world's wisdom traditions, may give you some insight.

How happy are you in specific areas of your life? This includes job, relationships, where and how you live, your friends, and other factors. And how much do you feel that you are in control of the evolving nature of your personal happiness? It seems to be the sort of thing that certain seers grew to understand – that they communed at some level with a higher wisdom. In fact, there is some research that suggests that the Tree of Life theme, central to the Kabbalah, predated even the formation of the Hebrew peoples. This is not to get too far into historical dating; rather to support our central notion that our human search for happiness has been linked, for many millenia, to our search for connection with God. At least, not right now. But we are going to note a very important point; one that I made in *Unveiling*, and one that many other scholars have made as well: There are 22 letters in the Hebrew alphabet also in the Phoenician alphabet, and in the Pre-Phoenician as well – as in – in our very oldest Indo-European alphabetic system. And there are, of course, those 22 Trumps or cards in the Major Arcana. So for scholars in this area, the connection is clear – and has been clear for hundreds of years. The Trumps – the Major Arcana cards – correspond directly to the pathways, or to steps that we take enroute to knowing God. So suppose that you were a seeker of knowledge, several hundreds of years ago. Perhaps even a few thousand years ago. So you did what many men and women had done before you, and what many would do in the years thereafter. You went to your local Mystery School or Temple, and consulted with the best teacher that you could find; someone who was kind and gentle, and who seemed to emanate a sense of both loving-kindness and wisdom. In short, you set out in search of your own Obi-wan Kenobi or Yoda. And you asked your question. And because you were not the first to do this nor the last, to be sure, this kind, wise teacher spent some time talking with you, but then, ultimately asked you the question: Were you ready to take on the next level of life-study? And your answer was, in all likelihood, yes. There would have been other local business-people and professionals. There would be society matrons. There would be the occasional itinerant seeker-after-truth, whose whole purpose in life was to visit the various temples. But together, you would be undertaking the first steps in a course in God-realization, in personal mastery, and – ultimately – in happiness. This card is called the Fool. That is, you attain a certain kind of happiness – unique to each journey-stage – as you reach the seventh card or completion of each stage. There are various kinds of happinesses. And they correlate to certain levels of life-mastery. The very last card, called the World, shows a naked woman sometimes a hermaphrodite – a being both man and woman, or combining the qualities of both genders, dancing in space, surrounded by a laurel wreath which contains the heads of four animals, each looking outward. The central figure is lightly draped in a purple veil, she holds the two scrolls of knowledge in her hands, and she is simply – dancing. She represents complete joy and freedom; the successful completion of our life journey. And yes, she represents happiness. But it is not as though we need to get through all 21 cards or life-lessons in order to experience peace, freedom, and happiness. At the end of each of seven-card sequence, we have a card that represents some level of integration, mastery and well-being, and – yes – happiness. So the World card is the end of the whole journey. But prior to that, we have two other sequence-completion cards. They each represent completing a big portion of our life journey. It is somewhat like saying that reaching the World card is like getting your Ph. There are six core archetypes in the first set of seven Trumps, or cards. Masculine Core Power Archetypes:

Chapter 5 : Creating an Inner Peace That Endures

But the way to find lasting happiness is surprisingly straightforward. We just need to quiet our mind, let the sediments in our mind to settle down, and allow happiness to surface through gratitude and the eyes of an infant.

I am not sure what I thought. I did know that my own feelings of peace were always transitory. There were many ups and downs in my life, too many claims on my time and too many difficult situations to be dealt with. I was stuck in a world of confusion, wondering how peace could be mine when there was always something, some drama going on in my own life or the lives of those I loved. In fact, it seemed to me that the whole world was filled with stuff, negative stuff mostly, which I read about in the newspaper, saw on the television, or heard from someone I knew. It was the kind of stuff that pulls at your emotions—the breaking news story of a missing woman being found murdered, the tragedy of a child being killed by a hit and run driver, the numbers of homeless people tripling, and a devastating Tsunami killing thousands and paralyzing a country. In my own personal life too, my emotions dipped and peaked along with how much control I felt I had over my own happiness. Emotions made me feel real and allowed me to extend empathy to everyone else. But in the deepest part of myself, I did not feel good most of the time. I longed to not be so emotional. It was an almost desperate need to alter or to stop the negative cycle of events which seemed to dominate my relationships and my life. I believe it was that intention which kept on surfacing in my mind and in my heart that fueled my spiritual search and led me to discover a more peaceful way to live, despite the conflict in my life. I know that as the months and years went on I became more determined to change the way I was living. It was a few years ago now—I cannot pinpoint exactly when it happened—when I finally felt a peace inside that did not come and go along with my emotions or the drama in my life. I know it was the culmination of making a lot of changes, including: Believing I am Loved Understanding that negative childhood imprinting leads to feeling unloved and having low self-esteem, I looked for and found the truth about myself. It was not what I had been led to believe was true! Believing we are loved comes with knowing who we are, not judging ourselves or others for mistakes we make, and from daily meditation in which we feel the unconditional love of something greater than ourselves. Then I started focusing on my thoughts and realized much of what I was thinking did not reflect the way I truly felt. Just by paying attention to them, we see that many thoughts are primarily fear-based and judgmental. And, because they come and go unchallenged, most of us struggle through life unconsciously accepting that we are our thoughts. We simply do not look at or challenge them as they appear and disappear. By accepting them, we give them permission to shape our beliefs about ourselves and our lives. Once you start recognizing them, you can go about changing your thoughts. Through observing how your thoughts differ from the way you really feel, you can choose to place a different thought in your mind, which more accurately reflects the way you feel. In dealing with difficult telephone calls, perhaps an angry person on the other end of the line, we can choose to be kind. When a friend asks us to help with something, we can decide on the kindest thing to say or do. If someone asks for a donation for the umpteenth time, we can deal with the request kindly. Obviously, there are times we cannot give whatever is being asked of us; when we do not have the means or desire to agree to a certain request. In these circumstances, saying no with kindness is the best choice. Sometimes kindly refusing to provide assistance is important in helping promote personal growth in others and allows them to learn some important life lessons. If someone is gossiping about someone we know, we can be silently kind, refusing to be drawn into the conversation. By choosing kindness, we allow positive energy to flow from us to others and prevent negative energy from reaching us or infusing situations. In this way, we create and maintain a connection to our higher selves. And, realize just how good it feels to be kind. Knowing that the only person we can change is ourselves enables us to do this. As soon as we start to think there is something not right, not the way it should be, or we become judgmental about a situation or a person—their words or behavior—we know we have moved away from accepting what is, by wanting to control what is outside of us. There is a lot of negative energy and craziness in this world, but we can all learn to live with inner peace. If your intention is strong and comes from the deepest part of you, it will happen. Outwardly, nothing changes; peace comes from making changes inside

you. It begins and continues through becoming more aware of who you really are, knowing you are loved, making changes in the way you think, practicing loving-kindness, and accepting what is. As serenity and unconditional love fill your heart, you will accept that you cannot go back, and will not relinquish what you have now found, that peace that you seem to have been searching for your whole life. Finally, you will come to thisâ€”deep inner peace inside you that endures, regardless of what challenges life brings. About Marilyn Briant-Rockmore Marilyn Briant is an author who promotes positive thinking and self-awareness through her writing. Marilyn is now working on a book which shares her experiences and insight gained thus far, along her amazing spiritual journey. See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy: Get wisdom in your inbox Join the Tiny Buddha list for daily or weekly blog posts, exclusive content, and promotions.

Struggling with divorce and finding happiness. Enjoyed reading your article on happiness. Many things in my life have gone well for me since my divorce, but I still feel empty because there is not that special person to share the good things with.

Many people put so much time and energy into the pursuit of money, success and possessions. And whilst we may feel that this is the way to go, none of these things, of themselves, are going to make us happy. Because happiness is a state of mind. This is a fundamental concept that you need to understand if you want to find permanent happiness and freedom from suffering. Read on to find out more. If you believe that happiness and suffering are produced by external events and conditions then you are not alone. It seems that when you get things, or when things happen to you that you like, then you feel happy. Conversely when you lose something, or things happen that you did not want, you feel miserable. But what if we could be happy or at least peaceful all of the time? Well you can only get to this place when you understand where happiness comes from. However, the positive and negative reactions that you have to these external circumstances are merely your learned feelings and emotional reactions to similar circumstances that have arisen in the past. As human beings, we tend to judge everything that happens and register our feelings towards it as good, bad or indifferent depending upon the emotions that we feel, and those emotions are very complex and based on everything that has happened to us throughout our whole lives. When we feel happy then we are convinced that it is due to the external event or thing, and when we no longer have this thing, we often feel disappointed or unhappy. Often, acquiring something new - a new possession, partner or job - means that we feel happy but this happiness only lasts for a short time. If we look back at the last thing that we thought was going to make us happy, we will surely see that this is true. In reality then, our happy and unhappy reactions are just the product of our own mind. If something could be a true cause of happiness then it would follow that the more we have of it, the happier we would be. My favourite example is chocolate. Many people love chocolate but the happy feelings that they get from the occasional chocolate bar soon leads to misery if this habit is overindulged. Another good example is money. We would all like enough money to lead a certain kind of lifestyle. However, it has been shown that beyond a certain amount, more money does not make us happy. What it does do is increase the complexity of our financial circumstances, meaning more regulations to comply with and taxes to pay. The more we have, the more we need to support our lifestyle. Often an improvement in financial circumstances brings with it the fear of loss of these circumstances in the future. And where is that fear of loss but in the mind? So, if our happy and sad feelings around what we get and what happens to us are generated in our minds, then it follows that the only way to be happy all the time is to take control of the mind. A mind can be trained to be peaceful by replacing current bad reactions with acceptance and patient, peaceful states. And the best way to start is with a regular meditation session. But we all have to start somewhere. It surely has to be worth the effort, because a mind that is peaceful all of the time, whatever is going on externally, is a mind that is happy. Controlling your mind and stilling the negative voice within really is the only way to achieve permanent inner peace and lasting happiness.

Chapter 7 : Find Happiness Inner Peace and Letting Go - Calm and Cool .com

It is our Creator who holds the keys to lasting happiness, peace, and fulfillment. We can change our lives dramatically by finding true happiness, peace, and fulfillment through God. Change ourselves for the better and we can change the world for the better.

Every day we seek to better understand the meaning of our lives. We long to discover our gifts and release them fully into the world, and we hope to find happiness and peace along the way. For some of us the key to these desires rings loud and clear, driving what we do and how we do it. For others, these deep seeded needs are buried below the noise of daily life, below ego, below fear, below the pressures and norms that we face in society and thus, they are rarely addressed. In all cases, the happiness they discover and gradually develop internally is seeded by the realization of certain fundamental truths. It seems we are all here to realize these truths, in our own way, in our own time. And once they resonate fully, not just intellectually, but emotionally and spiritually, we are then able to find the happiness and peace we seek. 1. You are the only one in this world who gets to say who you are. Circumstances and the opinions of others can only define you if you allow them to. Do not give away your power and the magic of your essence by putting weight on negative situations in your life or the negative words of other people. You were born with everything you need. There is nothing you are missing. There is no need to frantically become more, be more, do more, or get more. You are whole and complete, and were gifted every talent and insight you needed to thrive in this world in the moment you were born. Your only job is to accept this truth and then allow it to unfold. Some insights only become clear to you once you have life experiences that unlock such wisdom from within you. Trust in this and relax. Perfection is a man-made illusion. We are beautifully imperfect beings, operating in a very imperfect world, and that is just the way it is meant to be. Striving for perfection is a hollow goal, one that can never be achieved. Society shows us doctored images of perfection constantly in marketing, media, opinions and expectations. Do not buy into this illusion; it will only lead you into darkness. Embrace your quirks, your flaws and the fact that life is a roller coaster at times. Strive for excellence, have high standards but never confuse that with the crippling behavior of perfectionism. You are NOT your thoughts. You are the witnessing essence and consciousness behind the noise in your mind. It is not who you are. As soon as you recognize this, by watching your thoughts like an intrigued third-party observer, you will create instant distance from those thoughts and therefore no longer be identified with or enslaved by them. Read *The Power of Now*. Your beliefs can be modified to lift you up. Whatever you believe to be true about yourself and life in the long-term becomes your reality. Your beliefs are ingrained patterns of thinking that you build up over a lifetime. They are habitual ways of processing the world around you. In the very same way the negative beliefs formed in the first place via repetitive thoughts that you accepted to be the truth. Ingrain new beliefs by consciously choosing and repeating messages that lift you up. Now is the moment. The past is just a memory. The future is a mental projection. You can choose to dwell back in the past for learning and joyous reflection. You can choose to dwell in the future for visualization and practical planning. However, any time your awareness floats away to the past or future frequently for negative purposes, you are suffocating your ability to thrive in the only moment you ever have the now. Past and future literally do not exist right now feel the freedom in this truth. Read *The Untethered Soul*. Your calling in life is to fully express who you already are. The world will never see another human being like you. There is no one on the face of the planet that has what you have. Your uniqueness, in every respect, is your gift. Life asks one thing of you to be the full expression of yourself so that you can leave your unique imprint on all those you encounter and upon the world. Never underestimate the power of your energy and how it ripples outwards to affect everything and everyone around you IF you are being your full, authentic self. Honor your intuition and act upon all your inspirations. Challenges are gifts for your growth. Without challenges you cannot unlock your full potential. Obstacles are opportunities for growth. The world needs the fullness of who you are, and it is through your experiences in life that you unfold into that fullness. How can you demonstrate willpower and strength if your resolve has never been tested? How can you role model love and compassion if you have never faced the opposite?

Knowing there is a higher purpose within dark times, is what leads you to be at peace in the midst of those storms, knowing that you are a diamond being forged under pressure. Forgiveness is choosing happiness over hurt. We do not forgive others in order to free them of the situation, burden, guilt or regret. We forgive others to free ourselves and walk into compassion and love by doing so. It is in freeing ourselves that our energy level rises, our consciousness rises, and in doing so those around us benefit too. The words of forgiveness have a positive impact on those we forgive, but ultimately forgiveness is a choice that allows us to be happy again. This goes for both forgiveness of others and forgiveness of self. Surrender is the essence of a happy life. Letting go is not giving up. Letting go is surrendering any obsessive attachment to particular people, outcomes and situations. Surrender means showing up every day in your life with the intention to be your best self, and to do the best you know how, without expecting life to go a certain way. Have goals, have dreams, aspire and take purposeful action, but detach from what life must look like. Surrender brings inner peace and joy, and lest we forget that our outer lives are a reflection of our inner state of being. The floor is yours! What would you add to this post? Leave a comment below and share your thoughts.

Chapter 8 : Prayer for Happiness, Love and Joy

The Secret Behind Lasting Happiness. And this insatiable longing to outshine the rest will deprive us of the peace and contentment our soul needs for true happiness and satisfaction.

In fact, some of us might even want power, fame, and influence. Yes certainly, to one degree or another, we all want some or all of these things. And on the surface, it may even seem as though we want them for different reasons. You may, for instance, want money because it gives you a sense of power. However, deep below the surface – when we pull back all the layers of our deepest desires – we all really want just one thing. And that one thing is happiness. This is a journey of ups and downs, of victories and defeats. Have you ever considered that happiness is actually far more meaningful when it remains somewhat elusive and impermanent? But why is it this way? The contrast between what makes us happy and the alternative is what makes happiness so appealing to all. Nevertheless, many people often struggle to find true happiness. However, long-lasting happiness essentially comes from within; it comes from who we are and how we perceive ourselves, the world, and the people that surround us. But why is it that some people experience more happiness than others? And why is it that on the surface the happiest people rarely have it all? Why does happiness elude them? For instance, more money, a great relationship, a luxury car, a beautiful home, a wonderful holiday are nothing more but bandages that soothe an aching soul. Yes, more money will certainly make people feel happy. But their happiness rarely lasts. We all have a baseline emotional state. This translates into a general level of happiness that we experience day-to-day. Yes, we move through emotional ups and downs throughout our lives, however, once those experiences are done with, we divert back to our baselines state of happiness. What all this means is that nothing external can truly make us happy or unhappy over the long-haul. Our happiness rather depends on us – on YOU. This is why for many people, happiness always remains elusive. Yes, they experience temporary moments of happiness throughout their lives, however, this happiness is always dependent upon external circumstances and factors, and therefore never lasts. But hope is of course not lost. Everyone can find more long-lasting happiness in life, however, these people must first make room for happiness to come into their lives. Only then can they experience what it truly means to be happy. Making room for happiness requires that you follow a certain set of guidelines. Here are these guidelines in no particular order: As such, in order to make room for happiness in your life, you must first and foremost optimize your energy and lifeforce. Do this by eating healthy, by getting enough sleep, by drinking plenty of water, by exercising, by breathing deeply, and by not overworking yourself throughout the day. Abundant energy is, of course, one of those fuel cells. What this essentially means is that you must live with a sense of purpose. In other words, your life must have meaning. Everything you do must be performed with passion, zest, and energy. It has to be as though you are working for a higher cause that is larger and greater than yourself. Only when you live in this way will you invite true and lasting happiness into your life. Keep Good Company True and lasting happiness also comes from other people. It comes through the bonds and connections we build with others; it comes when we reach out, help, and contribute to improving the lives of those around us. However, the bonds that you create with other people show you what true happiness can be like. The foundations of these relationships prove to you that happiness is within your reach. It is rather something that can only be found in the present moment. Learning to be mindful of the present moment helps you make room for happiness in your life. Instead, you are choosing to make the most of this very moment. What Not to Do – People often sabotage their own happiness in a plethora of ways. In fact, many people close the door to happiness through self-sabotaging behavior that leads to more misery and pain than they can handle. Overreacting emotionally to events and circumstances. Talking to yourself in negative, critical and unhelpful ways. Constantly comparing yourself to others. Persistently judging people and their behavior. Excessive eating, drinking, and over-indulgence in various addictions. These are just a few examples of how people sabotage their own happiness each and every day. They habitually indulge in these behaviors and wonder why they feel so miserable and unhappy. In fact, these behaviors repel happiness. So, given all that we have discussed, what does it take to experience true and lasting happiness? Well, how about we take a

hypothetical look at the habits and qualities of the happiest people in the world. These are people just like you and me, however with one major difference: They are ridiculously happy. However, their baseline state of happiness is through the roof. As such, these people experience happiness far more readily than most. But what actually allows them to experience this level of happiness? They believe in themselves and in their ability to get things done. Yes, they have their doubts just like everybody else, however, their doubts are overshadowed by key qualities that shape their behavior each day.

Chapter 9 : Finding Peace and Happiness Through the Power of Your Archetypes | Unveiling: The Inner Journey

*We all want to be happy, but sometimes trying to find happiness can be a struggle. Often times we search for it in all the wrong places or ways, when the answer is much simpler- God. "Happy are the people whose God is the Lord" Psalm 144:15
The Bible guides us to happiness through God's Word.*

E-mail The gospel teaches us that we are all created for a happiness that endures. How can more of us achieve it? We also read in Mosiah 2: For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness. Although characterizing these bursts of positive emotion in this way may not be inaccurate, the Lord and His prophets present a broader view of happiness: Happiness can be a state of being. Though the gospel teaches that all of humanity is engineered for lasting happiness and that virtually all are built to act with the end motive of happiness in mind, many seem to struggle to attain the state of being for which we were created. Researchers in the field of positive psychology have dedicated much time and energy to answering such questions. What makes communities strong? What can we do to help our children, and ourselves, to pursue lives that have meaning and purpose? Not surprisingly, what these researchers continue to discover through their studies are principles that have always been a part of the gospel of Jesus Christ. Following are some of the traits that seem to be common among those who lead happy, meaningful lives.

Satisfaction with Meeting Basic Needs Happy people are content with having their basic needs met. Spending money beyond those basic needs, however, does not generally increase the level of long-term satisfaction. For example, one study reported that the average life-satisfaction level for the Inughuit people of northern Greenland was virtually indistinguishable from that of American billionaires, despite the enormous difference in material possessions and wealth. In actuality, the answer is no. In other words, just about everything we buy that we do not really need is rapidly taken for granted. Living on such a consumer treadmill, with its short-term highs, runs counter to our well-being and can divert us from experiencing sustained happiness.

Hales of the Quorum of the Twelve Apostles: Imagine choosing your two favorite pieces of music and having the opportunity to listen to one and then the other. If asked to rate each of your listening experiences on a scale from 1 to 10, you would likely give both of them a solid 10, meaning each was highly enjoyable. In fact, the experience would likely just produce irritating noise! This phenomenon of finding that more is often not better was expressed by one researcher this way: We should practice and increase our habits of thrift, industry, economy, and frugality. Whether through involvement in a religious organization or through working in a meaningful job, those who are happiest are able to lose themselves in a worthwhile cause. Individuals with a calling see their work as contributing to the greater good, to something larger than they are.

Use of Personal Strengths Happy people use their personal strengths to bless the lives of others. What are our personal strengths? These scriptures teach that spiritual gifts come from God for the benefit of His children. Indeed, the benefit for those who use their gifts to bless others is enhanced happiness.

Commitment to Relationships Happy people foster close friendships and family relationships. The Old Testament records an interview that the patriarch Jacob had near the end of his life with his son Joseph, during which Jacob spoke of his younger days and of Rachel, his wife see Genesis 48:1-22. When I was young, I wanted to change the world. I wanted to be so important that everyone would know my name. I may not have done that, but along the way, I loved someone. I changed her life and she changed mine, and that meant everything. That made it all worthwhile.

Depression has become increasingly common in all the wealthy countries of the world. Why is this so? Every wealthy nation creates more and more shortcuts to pleasure: Such a life sets one up for depression. Scott of the Quorum of the Twelve Apostles has provided a gospel perspective on these matters: Seek to know and do the will of the Lord, not just what is convenient or what makes life easy. You have His plan of happiness. You know what to do, or can find out through study and prayer. This is the path to a life of purpose and happiness.

Selflessness Happy people strive to become more selfless. Deciding to forget oneself and reach out to others brings immeasurable blessings to the giver. The beauty of the choice is that, when we choose to serve others, something wonderful happens. Morsch and Nelson describe what one group experienced after helping repair a

building damaged by a hurricane: They had helped someone in a concrete way, and it made them feel alive. Lots of things can do that. This brought them to life. No one has learned the meaning of living until he has surrendered his ego to the service of his fellowmen. Service to others is akin to duty, the fulfillment of which brings true joy. To experience such happiness ourselves is not an unreachable ideal.