

# *Happiness!*

Happiness - a word that is easier to define by what it's not then by what it is. We tend to seek it from external sources, thinking that a good job, success, relationships, health and money will bring us great happiness. But happiness is a state of mind, rather than a specific emotion or response to something in our life.



Often we do things to satisfy a deep desire for well-being and happiness. Our brain has an idea of what it needs to be happy - a positive experience, success, achievement, recognition.... But this sense of happiness is usually temporary and can be lost as easily as it is found. It's often believed that events will happen a certain way, and when right joy and happiness is the outcome, and when wrong disappointment, sadness, anger, fear, and/or hatred is often experienced. These reactions all stem from a thought. Mental activity is responsible for our emotional reactions based on our instincts, learned behavior and past experiences. There is no mental activity required to find true happiness. It is an internal feeling - a state of mind that requires no stimulation from the external world.



Internal happiness is influenced by the way we choose to think about ourselves, our place in the world, and the world around us. When we become conscious of those choices we can discover how to be happy. When you are truly happy chances are you will enjoy your job, be successful, make money, find love, be in healthy relationships and make healthy choices.