

The Harnessing Happiness

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Solutions:

Life is 1% how we make it and 99% how we take it. Happiness is not the absence of problems but the ability to deal with them. We need to seek out suggestions, information, wisdoms and knowledge to better equip us to manage our everyday life and its challenges. Today, the world is so complex and confusing. We tend to complicate things. Therefore, our goal needs to be to deal with life in a direct, easy and simple way.

Authenticity:

We are what we feel. We never need to separate ourselves from our true feelings, no matter where we are or what we are doing. When we have a healthy relationship with our emotions, we foster a greater connection to ourselves, our family, our friends, our classmates and our business associates. We come to understand that our sensitivity and vulnerability are our strengths and not our weaknesses. The younger we start knowing ourselves, the better chance we have of living our full potential. It is not enough to know what we feel; we must know what to do with those feelings.

Love:

We all need love. Yet, by and large, it seems to be the one thing we are missing and seeking. What is love, what does it truly mean? In today's world, love is confused with lust, anger and control. Therefore, it needs to be examined, re-examined, studied, learned and in a lot of cases re-learned. Our true wealth is how well we love, not how wealthy we live.

Answers:

With all the technology, films, TV and noise, we can lose our sensitivity and connection to our hearts. When we respond to our problems in a mindful, intelligent, heartfelt way, we no longer act or react negatively to our surroundings and relationships. We learn how to handle just about everything and everyone who passes through our life with grace, ease and sense of humor. To get the right answers, we must ask the right questions.

Discipline:

Without proper discipline, nothing can really be successful. It is not the end goal that matters, it is how we took the road to the goal. Discipline is about the 10 c's - courage, candor, compassion, calmness, contemplation, consideration, concentration, clarity, concern and commitment. Now, more than ever, with the world so out of control, we need to empower these gifts that lie within ourselves. Whatever it meant to come us, will. It is a simple belief that is indeed truth.