



Finding Happiness in Everything

I spend a lot of my time asking myself, Am I happy? Am I happy with my life? Am I happy with the work I do? Am I happy with the day to day of my life? There are times when I feel so sad and cannot explain why. It is so challenging to be driving in the beautiful sun, reflecting on how good life is and then having this gnawing question eating at my joy; am I happy?

I wonder what happiness is. I know I feel happy when I am going to a movie or when I am going to referee rugby. These things I enjoy. When I have to do something I don't particularly like then my level of Joy and happiness diminishes. So I know the easy answer, keep doing the things you enjoy and you should always be happy. Not so easy and not true. You see, this suggests that my happiness will come from the outside and the things I do. I know this to not be true. I don't deny I feel happy when I do these activities but this is transient and ever changing. If my happiness is what I do, then when I don't do, where is my happiness? I am also acutely aware that we cannot always do the things we like because we live in a world where there are things that need to be done that we often don't like doing such as paying taxes, filling up the car at the garage, shopping for food etc.

So the next natural conclusion is that happiness is an internal state that emanates from me. I need to decide to be happy irrespective of what I do. This sounds really challenging and this is where gratitude comes in. If I am constantly looking at what I do as being a chore and being a bore then it will affect my happiness. If I choose to see every situation as an opportunity to give of my love and my light, then happiness will reign. If I am grateful for whatever shows up in my life and I approach these lessons with an attitude of gratitude and a philosophy of, "How may I serve", then my true love and joy will shine. I will be in service of this world and my soul will shine. I believe when my soul shines, happiness is what emanates from me.

So happiness is a way of showing up in this world. When we live our lives in alignment with who we truly are, our authentic selves, our souls shine and happiness is the result. So to be happy we need to claim our purpose and strive relentlessly to live it. We need to align our lives to being in servitude and transgress the day to day mundanity of circumstances that have us be victims and block our souls light.

A few simple things we can do to claim this happiness are:

1. Do something for someone else and do not expect anything in return
2. Have an affirmation about being grateful for your life that you repeat to yourself
3. Have a gratitude rock in your pocket and use it to remind you to be grateful
4. Love yourself and others constantly
5. Don't take anything personally

Happiness is the way and it is ours to claim. Stop playing small and shine. Be inspired, live life, love always... Love is the key!!

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