

Happiness

Happiness Is A State Of Mind

You absolutely have the power and ability to experience all the bounties of life, to experience many literal miracles in your life - for you are a miracle, and all that you are or can ever be is a gift!

- *Your thoughts are reflections of your expectations.* What has been sown in your subconscious mind is what you reap.

The Thoughts We Have Reveal The Beliefs We Have About Ourselves.

- *Listen to how we talk to ourselves.* Is the language from the inside reflecting optimism, or is it filled with negative and self-limiting ideas?
- *What you expect is what you get.* You create your own realities.
- *Doubt produces failure, fear yields anger.* Anger is a normal reaction but has anger ever produced a peaceful sense of harmony within you? Has it ever solved a problem or led to anything other than more anger, guilt, and feelings of being out of control?
- *You are your thoughts.* Your thoughts, your beliefs, in everything you experience. Do you believe you deserve happiness, wholeness, and success? When your thoughts are in agreement with your desires, your desires will magically materialize.

Forgive and Let Go

Assume responsibility for who you are. As long as you displace responsibility by blaming someone or something for whom and what you are, you remove from yourself the power to be anything other than partial and incomplete.

- *All behavior is the result of choice.* When we assume responsibility we get in touch with our deepest fears and feelings.
- *When we accept responsibility for our every thought and action, we empower ourselves by performing the highest act of consciousness:* inhibiting the animal stimulus-response reaction. But that means we no longer have anyone to blame.
- *As long as we blame, we effectively eliminate our ability to grow, to be in control or to experience peace, balance and harmony.* Power to grow resides in forgiveness. Forgiving and letting go will set us free. Forgiving everyone, including ourselves, provides the opportunity to become more than we have been, which for many

are but a mere shadow of our real selves. And the irony of all this is that most of us know that we are much more than we have acted out our lives to be!

Love Cancels Fear

Fear is the only obstacle that must be overcome in order for all of our experiences to take on new dimensions of meaning and joy. This love is not romantic love between lovers but the unconditional love that we give our children. We cannot pour from an empty container.

- *Low self-esteem grows out of fear of rejection* — rejection by a loved one, an employer, a stranger, anyone who might laugh at our efforts or who would misunderstand or disapprove. On the other hand, high self-esteem grows out of self-acceptance. Self-acceptance is self-love. Self-esteem comes from self-love.

Acceptance, Love, And Forgiveness Are As Necessarily Interrelated As Each Side Of A Triangle Is To The Triangle As A Whole.

Acceptance is the natural process we knew as children. When light faded into night, each of us accepted that this just was the way it worked, and we learned to live accordingly. As we grew older we began to manipulate our world by means of electricity. Some things in the world can and even should be manipulated to our benefit - turning the dark into a bright space by flipping a light switch may be one of them. But there are other elements in our environment over which we have absolutely no control, nor should we. Attempting to change other people into what we want them to be by manipulating them is what many of us have spent our lives doing.

- *When we accept other people for who and what they are, we have taken the first step toward accepting ourselves and contributing to the improvement of any condition or situation.* Krishnamurti once stated that "you are the world." When we reflect peace and joy from an inner level of being, the world mirrors it back to us.
- *When we judge, condemn, hate, lust, and so on, the world shows us these qualities.* The world is a mirror, for the principal function of the world is to provide us the opportunity to learn.
- *What we resist we often become.* What we like least in another is almost always a reflection of something in ourselves. When we love and accept ourselves, we love and accept others. Each individual who comes into our lives is a teacher. Each has something to contribute to our learning. We in turn have something to contribute to their learning. When viewed from this perspective, our every transaction with another individual transcends the limitations of manipulation.
- The fifth fundamental has been called the Golden Rule. *Treat others as though they were you.* What goes out is what you get back. Accepting and loving ourselves provides the ability to accept and love others, just as accepting and loving others provides the ability to accept and love ourselves.

Interdependence, the principle that each of us is an aspect of the whole.

Each of us invites respect or disrespect according to what we give others, all others. What we sow is indeed what we reap.

- *Many people operate in a codependent manner.* Their method of assuming responsibility is to manipulate others by placing blame, finding fault or assuming a contractual posture that goes like this: "If I do this, will you...?" or, "If you loved me, you would..." or, "Don't you feel sorry that I feel..." or, "You need me to..." and so on. Codependence is manipulating another person to provide you with security, sensation, and power. If someone else cannot live or function without you, then your self-worth has been validated - and vice versa. A codependent is a victim, a victim both of his or her surroundings and of other people. The need to control another person is a classic symptom of codependency. Codependency grows out of insecurity. The codependent sees stimuli through the lens of expectation.
- *Expectation is a contract that goes like this: "I will behave this way, if you behave this way;" or, "If you behave that way, I will behave that way."* The fear of unfulfilled expectations gives rise to internal conflict.
- *Happiness is a state of being.* It exists moment to moment. If happiness doesn't exist, conflict takes its place - even if the conflict is only the difference between what we think we should be experiencing and we are experiencing. When our values match our behaviors we have what we desire. When what we experience is unconditional, as opposed to contractual, then we experience real joy.
- *Insecurity fuels fear, and fear is the driving force for anger.* What we fear most is very often what we create as our experience. Instead of accepting what is, we project what might be or what might have been (we are who we are and what is...). We are responsible only for ourselves. We must be whole before any event in our lives will be.

For Anything To Change, You Must Do The Changing.

Nothing happens until you make it happen! Only you can do it for you.

The world is always changing and nothing stands still or waits, the only moment we can change is now. We can learn from the past but don't live there, we can dream and look at the future for who we want and know we can be but only in the moment can we motivate ourselves, accept responsibility and change our lives.

- Tom Burns BS, RN