

HAPPINESS - A REALITY OR A MYTH?

By defining happiness we can change our lives, stop striving, waiting, looking for what it is we don't have and start to be happy now!

What is happiness?

Happiness has many definitions written by many famous people but is that what it really is to you?

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think. By Dale Carnegie

Happiness is when what you think, what you say, and what you do are in harmony. By Mahatma Gandhi

Happiness is not the absence of problems, but the ability to deal with them. Unknown source.

The truth is happiness is many things to many people. In fact what makes me happy may not make you happy and vice versa! So what is this wonderful thing we all call happiness? The reality is "happiness is a **STATE!**".

A "**state of being**", that you can have now this minute and every minute you choose to have it! All you need to do is make the choice to be happy. How can I do that you might think to yourself, if you have just been made redundant? How can I be happy now my job is gone, I have a wife and children to feed and a mortgage to pay? Yes, even in those situations, you still have this very important skill at your disposal, in fact it is the skill that will get you through the toughest times, no matter what life throws at you!...you can still choose to be happy. You can choose to sink or to swim!

It's about perspective, you see is losing your job the end? Or merely a new beginning? The beginning of a new chapter in your life. An opportunity to see things from a different perspective - the much needed time out you can use to review your life, decide what you really want to do now and in the future? If you choose to view this change in your life in a positive way - you can avail of the opportunity to consider questions such as....

1. Do you want to change career?
2. Are you happy to move forward in a similar career?
3. Is there a skill you would like to learn?
4. What new course or workshop could you enrol in?
5. What if anything, would you like to change in relation to your life, family, career, social life?
6. What are your goals in life?
7. What is most important to you in your life?

8. What are your top 5 values in life?
9. What beliefs may be holding you back?
10. What beliefs will move you forward?
11. Are you living the life you want according to your values?
12. How can you move forward?
13. What small step can you take today? Tomorrow? Towards the life of your dreams?
14. If you knew you couldn't fail, what would you do to bring you happiness now?

Remember, happiness is a state of being, and it is your choice when you allow yourself to enter that state. If you wish to move your life in a positive direction you can, it is your choice.

Henry Ford said:

“Whether you believe you can, or you believe you can't, you will be right!”

Happiness can be:-

- Being content in this moment
- Living out your values
- Living the life you want
- Realising that now is all that exists
- Knowing that love is all there is
- Waking up each day
- Sharing the world with everyone
- Marvelling at the beauty of nature
- Being able to see the colours of the rainbow
- Holding a new born baby's hand
- Believing in yourself
- Loving yourself enough to be kind to yourself and those you meet
- Living in peace with others
- Being at one with all there is!

I like to think of happiness as:

Having harmony in your life as you enjoy each moment

Allowing your life to flow in a positive direction.

Participating fully in life for the good of all

Pouring love into every action.

Increasing laughter in your life

Never letting go of hope

Needing nothing but now

Experiencing fully every breath you take

Seeing the beauty in the world

Staying in touch with your truth & values.

I hope this article has helped you in some way to gain a more positive perspective in your life at present. We are being bombarded in the news everyday by doom and gloom and horror stories of tomorrow. It is so important to use the time we have to reflect and concentrate on what it is we do have, the simple joy you can feel when you spend time in nature, share your love with your family, and be kind to those you meet. They say the best things in life are free and in my life I have found that to be true! So turn off the news and use your time wisely to focus on being happy now for now is all that truly exists! Namaste

Yvonne is a personal and professional NLP Coach who works with people both individually and in groups, helping them to gain positive control in their lives. She is also a well known, respected and experienced Holistic Teacher and Therapist who works with Reiki, Angels and Indian Head Massage among others. Yvonne amalgamates her talents and therapies and tailors very unique sessions with her clients so they receive maximum benefits. You can read more about Yvonne on her websites at www.focusedsolutions.ie and www.spiritualrays.com or if you would like to book an individual session with Yvonne you can contact her by phone: 087-7641818 or by email at: yvonne@focusedsolutions.ie.