

Happiness

We do all kinds of things to make ourselves Happy. We take vacations, visit interesting destinations, relax by a pool, enjoy a delightfully flavorful meal, take a break at a café, curl up with a book, wrap up in a blanket and watch a movie, tinker with electronics, post on FaceBook, spend time outdoors gardening, greet the sunrise, stare at the night sky, and the list goes on and on.

While all these things bring us joy and contentment, are we really happy? Or are we taking happy breaks to get us through daily life?

Only You can decide what makes You happy. Are you happy? Is your life bringing you happiness daily? Do you have the perfect life? Do you wake up to the people you truly adore and think about throughout the day? Do you get excited to get ready for the day because you are going off to the perfect job?

It's wonderful if you answered "YES" to these questions. This indicates you are living your life and it makes you happy. You are fortunate that you have more good things in your life to enjoy than negative or difficult things you must get through.

It's also OK if you answered "NO" to these questions. You cannot help the way that you feel. Feelings are so important as they are the indicators of telling us the important things. Say you feel a pain in your body. You know this is not normal. Once you convince yourself it's serious and you need help, you seek out a doctor who can help you.

Everyday life is the same way. If you find you are taking more breaks throughout the day, just to get away from your day, then you need to re-evaluate the things you are striving to achieve. Every situation has more than one view. An example: you are in love with your spouse and the two of you decided a long time ago that you would both work so you could buy and live in the big 5 bedroom house with an outdoor kitchen and a pool. You both work hard to have this luxury living arrangement. You both achieved your goal that was set. Now that it has been years of hard work, maybe it is time

to revisit your wants. Now that you are getting older, the jobs are getting harder for you to work long hours and take the kids to where they need to be. You realize that all summer, you only got in your pool once. You find you do not have time to even sit by the pool to relax. Maybe it's time to make a new choice. Have the conversation about moving to something smaller with less upkeep, or changing your job or career to one that has you working less hours with less responsibility. This type of load being lifted from you can bring you great relief. Reducing stress gives you a new outlook. Rather than seeing a move like this as failing, you realize that your new choice is the best thing to happen for you, your spouse, your kids and family. You actually have time to be with them and enjoy each other. Maybe you traded the pool for sharing a bowl of popcorn while playing a board game, but the bonds you are making are bringing you much more happiness. This of course, can be viewed in reverse where you live in a small house while saving to get to the luxury lifestyle. After all, it is what makes you happy!

Of course there are other views of this same situation. Perhaps you love the house and your job because you have the ability to work fewer hours and enjoy the pool and have outdoor dinner parties 2 or 3 times a month. But in this view of the situation you and your spouse are always fighting. Your relationship becomes an emotional roller coaster. No matter how much happiness and contentment your luxury living arrangement brings you, you are unhappy sharing this with someone you have come to despise. Again, time to write your feelings down and find a solution to either work out the relationship or part ways. Staying together may be the best thing for you both. This will require each of you to be brutally honest with each other so that you can plan the road ahead that you both are willing to walk down together. Parting ways may be the best thing for both of you, rather than being a huge failure. Parting ways allows each of you to live their own happiness and not trying to be happy for each other.

Taking a stand by voicing what you want your life to be like, is your Soul guiding you to what you really want to do and spend time on these activities. As we are Souls having a human experience, it's vital that we listen to our Soul or Higher Self once in a while. Our Soul came here with a purpose and has been guiding you your entire life in the direction of serving this purpose.

Following this guidance is what is going to bring you the most happiness and make your heart sing for the world to hear!