

The Pursuit of Happiness

June 27

What constitutes happiness is different for each of us. Some expect a never-ending parade of new and different sources of joy, all the bells and whistles that herald each new-found euphoria. Some can't see through a fog of self-disdain to the sunlight on the other side. Yet, still others cry that having everything is still not enough.

However we define it, most of us believed happiness depended on something outside ourselves given to us as if on a silver platter.

Where is the contentment in each wondrous breath we take? Do we not have everything we need right this moment? Happiness and contentment exist in the here and now. We may hope to experience both a week or a month from now but are promised nothing. Only in the immediate moment can we feel bliss, because it is only in this instant that we live.

We always have the option to be happy, and ask ourselves, why *not* now? So we sit for a moment with eyes closed. We imagine what happiness looks like regardless of what is going on around us. In our stillness, we open our heart to what is right this moment and breathe in contentment. As we breathe out peace we rest, aware that we are content here where we are, experiencing these wonderful moments called joy.

Engaged in quiet prayer, our knowing insists we are worthy of happiness, and we feel it. Faith and intention produce this peace by keeping us in the moment. We look down at our feet and realize we are grateful, convinced we are alive, right here, right now. This is the essence of happiness.

TODAY'S MEDITATION

I transform my reality. As I define my happiness, I realize I am in control of my own happiness when I keep it simple in the now.

.....
"We discover the vast difference between living and feeling alive when we discover inspiration." The quickest way to true happiness is ...by the immediate and actionable pursuit to be inspired." — Elaina Marie
.....

