

Healthy Lifestyles, Science, Bliss - Science Shows, Play Nice

As we have discussed, that news from those scientists at the University of California is such great news. They measured thousands of people at various stages and ages of life and found there were eight common virtues shared by those who reported the happiest and most fulfilling lives and best health for their age group.

They were more active in their age group and were almost all helpful in local volunteer activities, tended to believe in a God and an afterlife, and yet they were in no hurry to get there, they had no doubt they were going to Heaven.

These attributes to bliss are: Count Your Blessings; Commit acts of kindness; Savor the joys of Life; Thank a mentor; Learn to forgive; Stay close to family and friends; Take care of your body; Develop strategies to cope with stress and hardship.

And there you are, everyone's merry little angel, or at least an understanding shoulder to lean on and lend a helping hand, give a cheery word, watch out and protect yourself, learn to stop, drop, and roll.

Here is a way that has worked for me on the issue of forgiveness: tell your worst old enemy you are sorry and not happy with your part in that dispute, no matter what else you are sorry, and watch, as I have, this new friend more than make up for your bravery and now a closer friend than ever.

You may find, as have I, that it is a series of tricks and clicks into your brain and then through the fibers and synapses to make natural what we thought we had outgrown kindergarten. I have made silly friends with each virtue, and you can too.

The first day, us gents can easily play Count Count as in the popular children's show. Except we Count Our Blessings, dressed for the part. You ladies are Countess of Blessings, and you could carry a wand, the gents a fine walking stick borrowed from old uncle Horatio for the week and a day, to make it all the way.

So, practice these steps to bliss with this thought in mind. Guatama Buddha, as we who meditate know, spent a lifetime away from the Hindu series of deaths and reincarnations through monkey to cow, and found eight ways to purity and bliss on this earth which then naturally caused your spirit to leave in after a well lived life and enter Nirvana, or Heaven.

His steps were differently named, and we accept the coincidence if it is that but those University of California seem to have uncovered through science what Buddha found through a life of pure living. Amazing. I really need to meditate on that.

You could too, if you feel some bliss coming on. It is like a sneeze but slower and more glowing and building but more like an inner light. Let us get ten persons of meditation together and we will hear twelve ways to bliss. But these are the basics.

About the Author

A [healthy lifestyle](#) Derek Dashwood loves the combining of science into the humanities to measure happiness and bliss. Our site has sections on Happiness, and top right is our Other Healthy Sites connection, at [Healthy Lifestyles](#)

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