

How to be Happy

Words are very powerful and lay heavy on our subconscious. If you said for example, "I've got to work all day Saturday." How heavy is that? Too heavy I would suggest. What we need therefore is to start using different words to explain events.

It is my suggestion that we introduce the word ALLOW instead of work or effort. We must ALLOW events to unfold and TRUST that we respond accordingly.

Every person who reads this will be able to tell of a story about when doom and gloom visited their life. Proof, without any reason to question, that all the 'effort' we put into our life doesn't always turn up trumps.

When doom and gloom does visit, we need to observe with full attention, allow events to unfold and respond with what our gut feelings tell us. This is of course discussed and illustrated later in this book, but can you see that what was possibly a difficult scenario has suddenly turned into a simple exercise.

Our efforts and struggles can be replaced by an observant individual who allows events to unfold. If by chance it would appear, that you prevent a major catastrophe happening, you'll have done it by allowing instructions to arise rather than have sleepless nights trying to resolve it in your head.

This is done with practice. Scientists would never underestimate the subconscious so neither should the rest of us. This realm is far from being fully understood, yet the exploration is an adventure we should all enjoy.

ILLUSTRATION 1

Assume in this illustration that your 'soul' or your 'personality' is the book.

THE BLUE BOOK

This particular book was blue with a gold embossed title. Within the first few pages I noticed its reprint date in 1905. Without telling you the name of the book, would you know from the description so far what book it was? No, I don't suppose you would.

In 1905 it was a new book, printed and bound to the highest quality. Although translated into a hundred languages the new owner found delight in having bought it.

The book was full of information and although the owner was only aged 10 he began to read from page 1. It wasn't long before he put his own stamp on the book by writing his name on the inside front cover. He was proud to own it and was happy for everyone to know that too.

It wasn't a book he read straight through, for it took him 5 years to finish it; but he recalls the journey was well worth the wait. It became a proud possession and moved from shelf to shelf in his bedroom.

His parents were having a clear out and decided to collect some old items and send them to a local jumble sale. It was evident that the blue book was popular, it was soiled, damaged by various accidents, its pages were folded, creased and several were scribbled on while the owner was still young. The parents asked if they could include this in their collection for the jumble sale as it didn't look too healthy.

It may not have been impressive to look at, but the content was excellent. The value to the owner had not decreased from day one. So, NO the parents could not take it.

The owner grew older and found himself a wife and now engrossed in his new life mislaid the book at his parents home. It wasn't long before his parents had another house clear out and this time the book went to the jumble sale.

During that day at the jumble sale many people picked up the book with almost everyone considered it worthy to buy. It was an old woman who bought the book for a few pence. She referred to the book as revisiting an old friend. Over the next 15 years she read it through about five times. Although the book may not have been in pristine condition the content was still valuable.

The old woman passed away and her belongings taken to a second-hand shop. The blue book was purchased once again for a few pence by a

mother who bought it specifically for her own children. Both children read it on several occasions and one kept it in his book collection for 40 years.

This current owner found his house on fire and although many expensive items were destroyed his book collection had been saved; although now the cover of the blue book was dirtier than ever. As it happens with time, the blue book changed hands several more times; one of which had spent time to meticulously clean the book. As I write this recollection the book is 100 years old, a little tatty around the edges but still of value because of the content.

Doesn't this seem similar to our life and how we sometimes have to drag ourselves off the floor and dust ourselves down?

Many times in our lives, we get dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless.

But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or creased, you are still priceless to this life.

By the way the blue book is entitled 'The Bible'.

(Wisdom and Philosophy.com)

QUOTE: "Wisdom tends to grow in proportion to one's awareness of one's ignorance." (Eastern Philosophy)

Often is the case that you'll deny having a problem, when it is in view for everyone else who'll say it is all too obvious. We cannot start to correct a problem in our life if we refuse to accept it exists.

I used an example of an overflowing cup earlier, how about we switch the perspective to a cup we THINK is full. Ask a fisherman about fishing and he'll probably tell you he knows everything; his cup therefore is full. If you try and tell him some information he didn't know, he'll almost refuse to accept it because there is no room.

As strange as it may seem... to actually let go every day will allow greater riches to flood in.

About the Author

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