

## Happiness -a priority in your life

I remember a story I heard about a father and his son. The father wanted to get some paperwork done before he took his son to the park. To keep his son occupied until he finished his work, he tore a picture of the world out of a magazine, and then tore it into little pieces. He told his son when he had finished putting the puzzle together, they would go to the park. Expecting this to take his son quite some time to accomplish, he was surprised when his son returned shortly thereafter with the completed puzzle. The father asked his son, "how were you able to finish the puzzle so quickly?" His son answered him saying "there's a picture of a man on the other side, and when I put the man together, the pieces of the world just fell into place."

So what

can you do to make a difference?

Attend

to your own. Become clear about who you really are. Uncover the enormous warehouse of beliefs you've acquired from other people and our culture and challenge those beliefs. Transform your self-doubt into acceptance, your self-pity into self-actualization, your anxiety into peace, your confusion into happiness, and your fears into love. I hope the information on this site will help you to accomplish just that.

A human

society is a collection of it's individuals. It follows that a peaceful, happy, loving society can only be created if happiness is first in the mind of each individual that makes up that society. We'll transform from the "private happiness" of each individual, to the "public happiness" of our entire society.

Individual, personal happiness. One by one by one. It starts with you.

The

dream is hopeful. I believe in the dream, and the theory.

One

important reason why people feel depressed, stressed, and become sick is because they (sub-consciously) try to be someone they are not. Due to multiple stressors and expectations, they have given up on their dreams and deepest aspirations. This goes against a fundamental law of life. The Cosmic quality of an apple tree is that it is a tree which produces apples. If the apple tree has the right climate and soil conditions, it will grow beautiful apples with ease. But if the apple tree doesn't have the right conditions or tries to grow bananas, life will become extremely stressful. The tree will become unhappy and possibly sick.

If you

want to discover Several Life Changing Realizations

that

can transform your life for the better, forever

Editor's Choice of Books on Happiness