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THE SECRET OF HAPPINESS

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Introduction

Happiness lies in deep within us, in the very core of our being. Happiness does not exist in any external object, but only in us, who are the consciousness that experiences happiness. Though we seem to derive happiness from external objects or experiences, the happiness that we thus enjoy in fact arises from within us.

Whatever turmoil our mind may be in, in the center of our being there always exists a state of perfect peace and joy, like the calm in the eye of a storm. Desire and fear agitate our mind and obscure from its view the happiness that always exists within it. When a desire is satisfied, or the cause of a fear is removed, the surface agitation of our mind subsides, and in that temporary calm our mind enjoys a taste of its own innate happiness. Happiness is thus a state of being—a state in which our mind's habitual agitation is calmed. The activity of our mind disturbs it from its calm state of just being, and causes it to lose sight of its own innermost happiness. To enjoy happiness, therefore, all our mind need do is to cease all activity, returning calmly to its natural state of inactive being, as it does daily in deep sleep.

Therefore to master the art of being happy, we must master the art and science of just being. We must discover what the innermost core of our being is, and we must learn to abide consciously and constantly in that state of pure being, which underlies and supports (but nevertheless remains unaffected by) all the superficial activities of our mind: thinking, feeling and perceiving, remembering and forgetting, and so on.

Now, there are some of the questions that makes me do my seminar like WHAT IS HAPPINESS?! Really what's happiness? Does anybody know? Or Can we be happy? This question is actually talking about the ability of controlling our happiness like can we make our selves happy? Is there anything can we do to be happy? The happiness is our main problem in life now and that makes my questions and there answers very important because

nearly all the world is looking for happiness which makes the happiness a great thing to talk about, so I did my seminar about **The secret of HAPPINESS.**

I wish you will like it.



smile (1)

CHAPTER 1

What is Happiness?

What is the one thing that all sentient beings desire? Is it not happiness? In the final analysis, are not all our desires just various forms of our one fundamental desire to be happy? Is not our fundamental desire for happiness the essence of every form of desire that we may ever have?

Our desire for happiness is the driving force behind all the countless forms of effort that we are always making. We do not do anything – whether through mind, speech or body – that is not driven by our fundamental desire to be happy. Each and every one of our actions is motivated by our desire to be perfectly happy.

For whom do we desire happiness? Do we not each desire happiness for ourselves? First and foremost, we each want ourselves to be happy. Though we may also want other people to be happy, we want them to be happy because seeing their happiness makes us feel happy. All our actions of mind, speech and body are impelled by our desire for our own happiness.

However unselfish we may think our actions to be, they are still all motivated by our desire for our own happiness. Even if we sacrifice our time, our money, our comforts and

other person or to support some noble cause, the ultimate driving force behind such sacrifice is our desire to be happy. We do altruistic actions only because doing so makes us feel happy.

Because we feel unhappy when we see other people suffering, we are ready to do anything to alleviate their suffering, even if by doing so we seem to cause some suffering to ourself. We feel happier to help other

people than we would feel if we did nothing to help them. In fact we may derive positive happiness from our suffering, because we know we are undergoing it for the sake of others.

Taking this to an extreme, some people actually choose to suffer for the sake of suffering, because they cannot feel happy unless they feel that they are suffering. They derive pleasure by undergoing what appears to be suffering, because for them that seeming suffering is not really suffering but is only a form of pleasure. Whatever extreme form our desire may take, whether some truly noble altruistic form or some deeply perverse

masochistic form, in essence it is still only a desire for our own happiness.

Why is our desire for our own happiness the fundamental and ultimate cause of our desire for the happiness of other people?

Why do we desire their happiness primarily because it contributes to our own happiness? Why, in

other words, do we ultimately desire our own happiness more than we desire the happiness of others?

We are primarily concerned with our own happiness because we love ourself more than we love any other person or thing. We love other people and things because we believe that they can contribute to our own

happiness. We love each of them only to the extent to which we believe that they are able to make us happy, and if we thought that they did not or could not in some way or other contribute to our happiness, we would feel no

particular love for them. Our greatest love is only for ourself, and it is for our own sake that we love other people and things. We love our family, our friends and our

possessions because we feel that they are *ours*, and because loving them makes *us* feel happy. Our love for our own happiness is inseparable from our love for our own self. Because we love our own self above all other things, we desire our own happiness above all other things. We love and desire whatever makes us happy, and we dislike and fear whatever makes us unhappy. All our likes and dislikes, all our desires and fears, are rooted in our love for our own happiness, which in turn is rooted in our love for our own self.

Why do we love our own self more than we love any other person or thing? The reason we love certain other people and certain other things is because we feel that they make us happy, or at least can make us happy.

That is, we love whatever we believe can give us happiness. If we know that something does not make us happy, and cannot make us happy, we do not feel any particular love for it. Is not happiness, therefore, the fundamental cause of all forms of love? Is not all the love that we feel for various people and things in essence only our love for our own happiness? Do we not love only those things that are potential sources of happiness for us? Therefore, since we love our own self above all other things, is it not clear that we ourself are foremost among all the potential sources of our happiness?

In fact, we are the only true source of all our happiness, because whatever happiness we seem to derive from other people or things arises only from within us. Since all our happiness ultimately comes only from within us, is it not clear that happiness is something inherent in us? In fact, happiness is our own true and essential nature. Therefore, the reason why we love our own self more than any other person or thing is simply that we ourselves are happiness – the fullness of perfect happiness, and the one ultimate source of all the various forms of happiness that we seemingly derive from other people and things.

Happiness And The Art Of Being. PP(49_53)



(2) Be Happy

Chapter 2

Is it possible to be happy ?!!

"The truth of the matter is that all the happiness you will ever find lies in you"

Our main problem in life is happiness.

The world today may or may not be designed to be a happy world. It may or may not be possible for you to be happy in this world. And yet, nearly all of us have the goal of being happy and cheerful about existence.

And then, very often, we look around at the world around us and say, "Well, nobody could be happy in this place." We look at the dirty dishes in the sink and the car needing a coat of paint and the fact we need a new gas heater, we need a new coat, we need new shoes or we'd just like to have better shoes, and say, "Well, how could anybody everything he wants? He is unable to do all the things he'd like to do and, therefore, this environment doesn't permit a person to be as happy as he could be."

You remember when you were maybe five years old and you went out in the morning and you looked at the day-and it was a very, very beautiful day. You looked at flowers and they were very beautiful flowers. Twenty-five years later, you get up in the morning, you take a look at the flowers- they are wilted. The day isn't a happy day. What's changed? You know they are the same flowers, it's the same world. Something must have changed. Well, probably it was you. Actually, a little child derives all of his pleasure in life from the grace he puts upon life. He waves a magic hand and turns all manner of interesting things into being out in the society. One's attitude toward life makes every possible difference in one's living. You know, you don't have to study a thousand ancient books to discover that fact. But sometimes it needs to be pointed out again that life doesn't change so much as you.

Scientology A New Slant On Life. PP(7_12)



(3) You can be happy

Chapter 3

Action for Happiness

Maybe we can't make happiness for ourselves but we can do some actions that partly make us happy.

There are ten actions we can do it:

Giving Do things for others

Caring about others is fundamental to our happiness. Helping other people is not only good for them and a great thing to do, it also makes us happier and healthier too. Giving also creates stronger connections between people and helps to build a happier society for everyone. And it's not all about money we can also give our time, ideas and energy. So if you want to feel good, do good!

Relating connect with people

Relationships are the most important overall contributor to happiness. People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Broader networks bring a sense of belonging. So taking action to strengthen our relationships and create new connections is essential for happiness.

Exercising take care of your body

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of depression. We don't all need to run marathons- there are simple things we can all do to be more active each day. We can also boost our well-being

by unplugging from technology, getting outside and making sure we get enough sleep!

Appreciating Notice the world around

Ever felt there must be more to life? Well good news, there is! And it's right here in front of us. We just need to stop and take notice. Learning to be more mindful and aware can do wonders for our well-being in all areas of life-like our walk to work, the way we eat or our relationship. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future – so we get more out of the day-to-day.

Trying out Keep learning new things

Learning affects our well-being in lots of positive ways. It expose us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boots our self-confidence and resilience. There are many ways to learn new things-not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more.

Direction Have goals to look forward to

Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be challenging enough to excite us, but also achievable. If we try to attempt the impossible this brings unnecessary stress. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

Resilience Find ways to bounce back

All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our well-being. We often cannot choose what happens to us, but we can choose our own attitude to what happens. In practice it's not always easy,

but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.

EMOTION Take a positive approach

Positive emotions – like joy, gratitude, contentment, inspiration, and pride – are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation – the glass half full rather than the glass half empty.

ACCEPTANCE Be comfortable with who you are

No-one's perfect. But so often we compare our insides to other people's outsides.

Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to

ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.

MEANING Be part of something bigger

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and

depression. But where do we find 'meaning and purpose'? It might be our religious faith, being a parent or doing a job that makes a difference. The answers vary for each of us but they all involve being connected to something bigger than ourselves.

<http://www.actionforhappiness.org> Thursday 29/10/2015

C onclusion

After this research I found that happiness is a great feeling in deep of our selves. Our desire for happiness is the driving force for everything we do. Every action we do is a try from ourselves to satisfied our desire for happiness. We love anything makes us happy and then, we think that we need that thing to be happy. But, actually happiness that we seemingly derive from other people and things has one ultimate resource "Ourselves". So, we can control our feelings and make ourselves happy because we make our life not our life make us. That is related to our attitude toward life, our view of the life or how do we see the life. In other words, we can be happy by dealing right with life, by seeing the magic and the beautiful side of the life. Happiness is a very strong desire in every human being. So, how can we satisfy this desire?! Like we said before we must look to the full side of the glass not to the empty side. And there are also some necessary actions that help us to be happy, we can call it "The keys for happiness" and they were mentioned above in the seminar. Happiness gives an enormous energy, an energy to love, think and do everything. It gives us an energy we really need it "The Energy for Live"

So, we have to keep ourselves happy and glad, so we can live relax, beautiful, interesting and magic life.

I hope you liked my seminar and I hope you deduced from it. Finally, I wish you a happy and healthy life.

Resources:

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PP(7_12)

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Thursday 29/10/2015

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