



daily GOOD

Happiness is the absence of the striving for happiness. --Chuang Tzu

In the Pursuit of Happy

"Happiness is defined as a sense of well being, a feeling of joy or delight, and a state of balance and contentment. However, it is easy to confuse intensity, pursuing pleasure, and thrill seeking with joy, delight and contentment. The qualities of happiness include having a sense of freedom to make choices; being loved and giving love; acting in kind and compassionate ways; and seeing life in a context greater than oneself and being connected to the 'big picture' and/or 'greater good' through purpose, meaning and service. True happiness seems to be more related to one's state of mind than to your circumstances or the impact of transitory, external events. That is why you can impact your level of happiness by your thoughts, emotions, attention, awareness, and actions." Dr. William B. Stewart, author of "Deep Medicine," shares further.

Be The Change:

Make a conscious effort to impact your level of happiness by internal means: thoughts, emotions, attention, and awareness.