

How to Know if You Are Happy

Almost everyone struggles to find happiness
Some do not realize when it arrives
Then they wonder if it will last
If so, how long?
Thus wrote Bertrand Russell
In Conquest of happiness.

I believe we cannot design a program to reach happiness
It is a state of mind when we are grateful and content.
We are happy when we win the lottery
We are happy when we help others in a manner that is timely.

Money and its power to provide the ability to buy objects or food without looking at prices
Does produce a sense of satisfaction and that is happiness
Ability to perform a difficult task, Build a bridge that can swing with the wind without falling apart
A clipped aneurysm in the brain
Brings joy even to a brave heart.
Successfully accomplishing such a task brings great excitement.

When we accomplish what we set out to do invariably brings happiness.
There is happiness in being tall and/or beautiful.
There is happiness when we sing or dance or run a good race.
I find encouragement in knowing that it is ok to stumble!

I believe, there is happiness when one can "lean and loaf at ease to observe a spear of summer grass," said Walt Whitman.
There is happiness when the mind can gaze at a distance,
And the power of the inner thoughts can pierce the dark clouds,
That had enveloped the past,
Feelings that had lingered on,
Blistering the hands for too many days.

There is always happiness when we can hit a hole-in-one.
I feel happy when my horse wins a race
When I have the wind in my sail and my genoa bulges out
The boat cuts through the water swishing and heeling across a lake
And makes a wake.

There is happiness in being able to ski 'off-piste' over moguls, I believe,
Laughing at the sign on Aspen mountain that warns against any use of expletives,
Even if we slip and fall on the slopes
I feel happy while flying my balloon as I skim tree tops.

There is happiness in being able to be calm and still.

Happiness is in being a good listener to one who needs a will.
There is most happiness when we are able to acquiesce to the fact that life is not eternal
We accept our imperfections
And understand life not superficially but in its entirety
As we accept life with equanimity.

To be prepared for loss and sorrow that are bound to arrive at our door
As punctuations, in our journey, for life to be more meaningful,
To progress in its wonder through its moor.

There is happiness in being intelligent
Some are happy being ignorant
And at times that is a bliss as we overcome intolerance!

The Fall was from being disobedient
But trying to be intelligent
When intelligence should have guided us to be honorable and respectful, to the magnificent
Our Maker, the omnipotent.

Thus happiness though may be a choice as some try to say
In reality happiness is a gift of God for following his way.
So if you think you are happy and you know it, "clap your hands,"
And let everyone know it and share the joy
So others can join as well in your happy band.

Much like a lion and an ox and a man and an eagle
As in Revelation 4
But they are also in Ezekiel
But in a different order.
So a thrill and happiness are different
A thrill lasts moments
But happiness is a blissful state and is the *crème brûlée* of contentment.
A gift, a joyful heart in a state of fulfillment
It is the calm that comes from the balm of Gilead
From gratitude, love and contentment.