



*Healing the hearts of humanity, one Soul at a time*

## Humanity Healing Self-Mastery Program Attitudinal Tools

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# *Happiness*



*"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."*

*~Albert Schweitzer*



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### The Fruit of Happiness

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#### *An Excerpt from the Tale by Howard Pyle<sup>1</sup>*

**Once upon a time** there was a servant who served a wise man, and cooked for him his cabbage and his onions and his pot-herbs and his broth, day after day, time in and time out, for seven years.

In those years the servant was well enough contented, but no one likes to abide in the same place forever, and so one day he took it into his head that he would like to go out into the world to see what kind of a fortune a man might make there for himself. "Very well," says the wise man, the servant's master; "you have served me faithfully these seven years gone, and now that you ask leave to go you shall go. But it is little or nothing in the way of money that I can give you, and so you will have to be content with what I can afford. See, here is a little pebble, and its like is not to be found in the seven kingdoms, for whoever holds it in his mouth can hear while he does so all that the birds and the beasts say to one another. Take it--it is yours, and, if you use it wisely, it may bring you a fortune.

The servant would rather have had the money in hand than the magic pebble, but, as nothing better was to be had, he took the little stone, and, bidding his master good-bye, trudged out into the world, to seek his fortune. Well, he jogged on and on, paying his way with the few pennies he had saved in his seven years of service, but for all of his travelling nothing of good happened to him until, one morning, he came to a lonely place where there stood a gallows, and there he sat him down to rest, and it is just in such an unlikely place as this that a man's best chance of fortune comes to him sometimes.

As the servant sat there, there came two ravens flying, and lit upon the cross-beam overhead. There they began talking to one another, and the servant popped the pebble into his mouth to hear what they might say.

*"Yonder is a traveler in the world,"* said the first raven.

*"Yes,"* said the second, *"and if he only knew how to set about it, his fortune is as good as made."*

*"How is that so?"* said the first raven.

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<sup>1</sup> For the full story by Howard Pyle, visit: <http://www.eldrbarry.net/rabb/pyle/fruit.htm>



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*"Why, thus," said the second. "If he only knew enough to follow yonder road over the hill, he would come by-and-by to a stone cross where two roads meet, and there he would find a man sitting. If he would ask it of him, that man would lead him to the garden where the fruit of happiness grows."*

*"The fruit of happiness!" said the first raven, "and of what use would the fruit of happiness be to him?"*

*"What use? I tell you, friend, there is no fruit in the world like that, for one has only to hold it in one's hand and wish, and whatever one asks for one shall have."*

### Learning How to be Happier

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Happiness and the Lightness of the Being are inseparable partners. We can never assume a Happy attitude when we feel at the same time the weight of jealousy, suspicion, criticism, or any of negative and heavy forms that our emotions can manifest.

Happiness invites us to live in joy at full potential, to laugh and enjoy minimal pleasures in life. Laughter also rejuvenates our hearts, strengthens our digestive system, stimulates muscles and activates all the creative functions of our Brain.

When we choose the path of Happiness, all the other Attitudes we decide to develop in our lives acquire a very special light.



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### **General Considerations**

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*"The Grand essentials of happiness are: something to do, something to love, and something to hope for."*

*~Allan K. Chalmers*



Happiness can be expressed by the image of the surface of a lake which holds the image from the sky as a mirror of sublime serenity and plenitude. At the minimal disturbance, a wave or ripple made by a presence of an emotion can create a vortex from where all the Happiness can disappear.



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Generally, when we feel vaguely discontented and our state of being is under certain pressures, we feel like nothing in our lives work, or have enough meaning to justify continue going.

We have to be very aware of these moments because they announce the point when the Ego is about to take control over the situation. When the Ego takes over we will not likely listen to the voice of the higher self. If this happens, we automatically start to live our lives in an indifferent way because we cease to believe in the wonders of Life.

The first external sign of doubt and disbelief comes when you see yourself trying desperately to force your way to Happiness and success, because any type of imposing influence will inevitable direct you to a point of disappointment.

Many times we can face this transition in life and we forge a false indifference, cautiously ignoring the circumstances and not bringing this feeling forward to be purified by the true light from the soul.

The problem is that the false indifference can become an “indifferent “revengeful attitude, when your Ego decides to punish everyone that directly or indirectly all of those that were responsible for your disappointment.

The Cornerstone of Happiness in this world is the interior independence, which is a point of stability generated by the acceptance and embracement of life like it is, not like you would like it to be. We do this when we accept every new moment without internal resistance. We acquire this acceptance when we willingly practice the discipline of our Ego, shutting its voice, and though cultivation of the virtue of Patience. It is also essential that we keep ourselves open and receptive to what the present moment has to offer us, but with a posture of independency in relation to the variations of the external reality.

It is well known that in every activity that we start, the Ego will generate all sorts of doubt and instability. When this happens, be sure to return to the initial point of acceptance because when we do that, we automatically recover our original connection with the harmony in the Cosmos.

The absence of Happiness and joy can paralyze the soul forces and can lead one to a state of permanent cynicism and criticism.



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### **Affirmation**

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*"I am choosing to be happy every day no matter what circumstances I find myself in. During my day every single act and moment is dedicated to building a permanent state of Joy"*

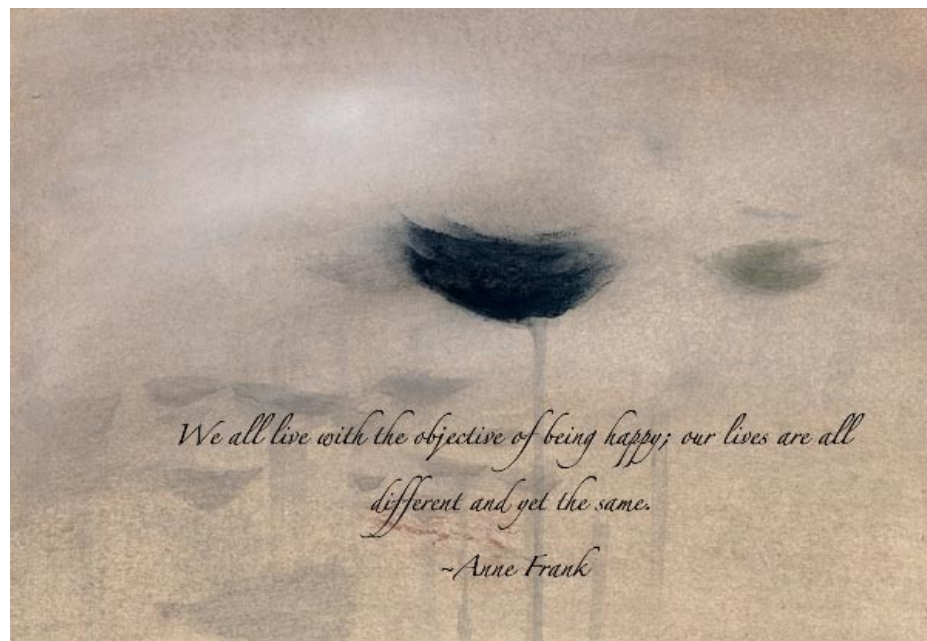
Note: Affirmation is an Art. It takes practice.

### **Key Expressions**

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You need to work on developing this attitudinal tool if you hear yourself saying something like the following:

*"I live in resignation, I already renounced everything in my life, and anyways, I can't fight it anymore. Life is like this, I can't change the world or the people."*





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### Suggested Actions for a Happier Attitude

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*"Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves."*

*~ Hellen Keller*

1. Decide to play more and be lighter in our general relationships. Do not take life so serious.
2. Make the decision to make a theme song for yourself and sing it when you are alone or even to people that you love. Sing it even if it is a silent singing.
3. Dance more, even if you just dance inside while you are walking.
4. Try to remember when was the last time you had a good laugh? If you can't remember is because it was a long time ago... Take action now.
5. Define your general guidelines in life: What is really important to you, to be truthfully happy or to always be right? Determine your scale of values and try to plan ahead with strategy that is more consistent and simple rather than the daring and elaborated approaches.
6. Choose a physical activity that demands the exercise of your capabilities to improvise.
7. Strive to harmonize and enhance your meditative experiences; integrating spiritual identity with the Personality.
8. Make every effort to undue blame and hate of oneself.



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9. Work with a new concept that people are not perfect and that everyone is here REALLY trying to do their best. Avoid verbal expressions of criticism and hostility towards others. Control the tendency to lash out verbally at others.
10. Make time to experience joy as part of your life; to experience life at an enjoyable pace. Cultivate a childlike sense of humor.
11. Try to resist the tendency to hold back from sharing, the inability to open oneself to others due to fear of lack, or the feeling that others want too much.
12. Transform the feeling of dissatisfaction into positive energy; avoid the cutting off of true feelings, emotional coldness or to distance as a mask, to hide deeper, more vulnerable feelings.

### Energy Points: Vishuddha the Throat Chakra

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Vishuddha (purity) chakra, referred to as the throat chakra, is the seat of purification, which harmonizes all diversity. It is responsible for creative expression and communication. Its esoteric color is indigo.





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The throat chakra is our voice center. It is through our spoken word that we express ourselves to others. The healthfulness of this chakra is signified by how openly and honestly a person expresses himself or herself. A challenge to the throat chakra is for us to express ourselves in the most truthful manner. Falsehoods and half-truths energetically pollute the throat chakra. This behavior violates both our bodies and spirits. Repressing our anger or displeasure by ignoring our feelings through evasive sweet talk or silence, will manifest into throat imbalances such as strep throat, laryngitis, speech impediments, and so on.

This Chakra is the energy center for creation, discussion, talking and self-expression. When this Chakra is under-active you are likely to be introverted and shy. You probably don't talk too much and may have a tendency to lie. Being over-active, you can tend to be over bearing with how much you talk and tend not to listen very well.

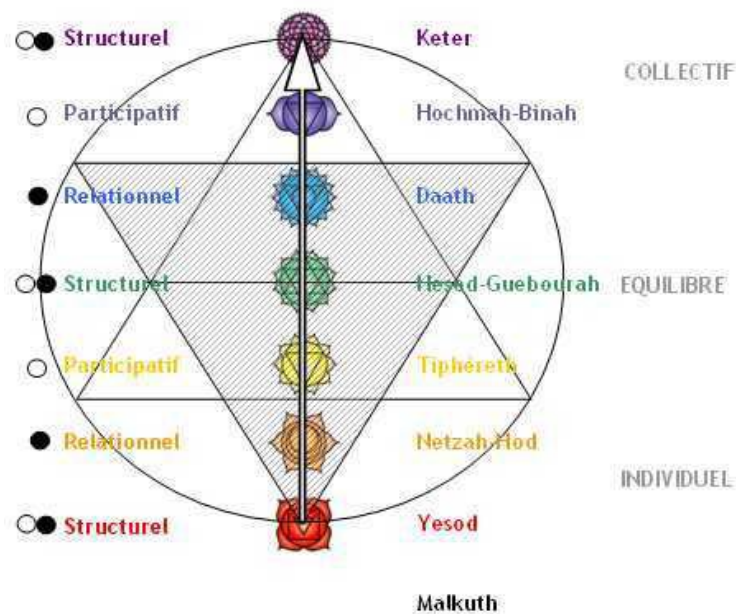
Contained emotions tend to constrict this energy center. Your inner truth is your sense of what is corrects-your innate tendencies and inclinations. In every situation, we should be humble, open, and receptive, suspending all previous judgments in order to grasp the inner truth of the matter. If we rely on the truth of our inner voice to guide us, our actions will be in accord with the times.



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### Feeding Your Throat Chakra<sup>2</sup>

#### *Speaking One's Truth*

- Liquids in general: water, fruit juices, herbal teas
- Tart or tangy fruits: lemons, limes, grapefruit, kiwi
- Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.
- Spices: salt, lemon grass

<sup>2</sup> From About.com

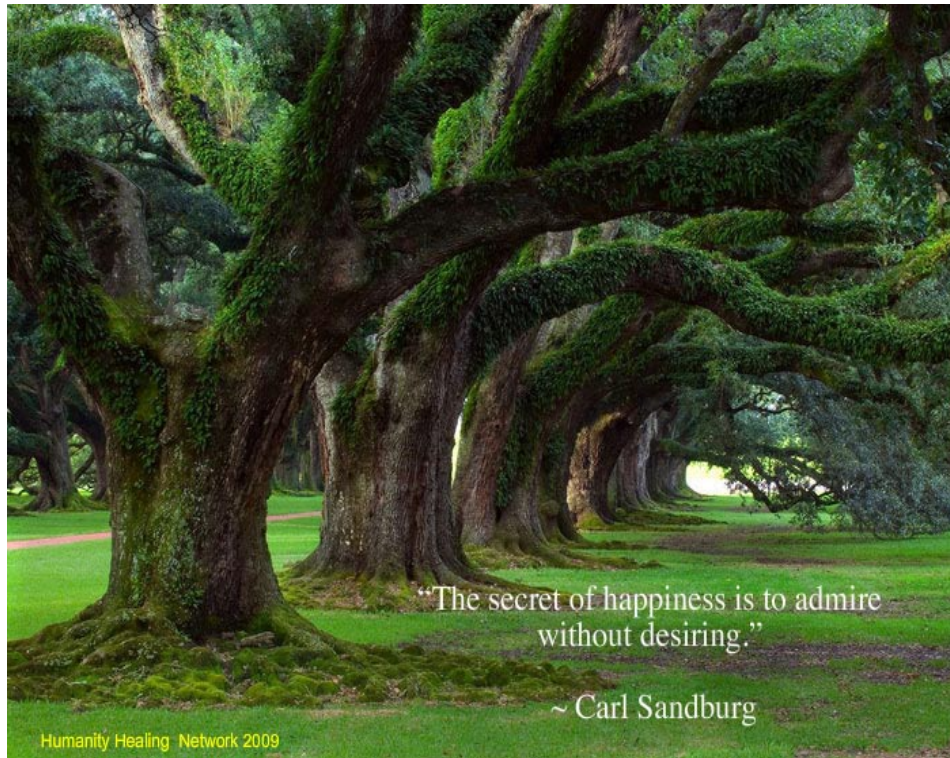


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### Benefits of Developing Happy Attitude



*"Appreciation can make a day - even change a life. Your willingness to put it into words is all that  
is necessary."  
~ Margaret Cousins*



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To be truly happy means to achieve interior harmony after being released from the vicious circle of desires. This means that we are now able to look at things, people and situations through a new set of lenses, and that we no longer are affected by the appearances of things. Through our detachment to the situation and its results, we are capable to provoke better influence to those around us.

When we keep this attitude, Father Time and the Universe will come to our assistance to correct any note that is out of alignment with the Universal melody. We should never doubt the supremacy of the Creative power, even when we cannot see it acting through apparent phenomenon.