

# The Pursuit of Happiness



Happiness, it is something that we all aspire to. It is sought after, searched for, yearned for, and pursued. But there seems to be a paradox in happiness - the more you search for it, the less you experience.

The word 'happiness' actually has two meanings, in its primary capacity it refers to a feeling, 'a sense of pleasure, gladness or gratification'. We all enjoy happy feelings, so it is no surprise that we desire them.

The other meaning of 'happiness' is 'a rich, full and meaningful life'. That is;

- when we take action on the things that truly matter
- when we move in a direction that we consider valuable and worthy
- when we clarify what we stand for in life and act accordingly,

This is when we experience the congruence of belief and action in our lives, creating meaning, and we experience a powerful sense of vitality.

The Dalai Lama once said "Happiness is not something ready made. It comes from your own actions." - Dalai Lama XIV

This sense of happiness is not a fleeting feeling, but rather a profound sense and gratitude for a life well lived. Having gratitude can positively affect your future and optimism can increase your capacity for happiness.

A meaningful and appreciated life will undoubtedly give us many positive feelings, but know that it will also give uncomfortable ones, such as sadness, fear and anger. We will feel a full range of human emotions – it is important that we can accept this as normal as this allows us to focus on appreciating the positives in life. At the end of the day, it is our perspective and decisions that determine our outlook, perspective and happiness.

If you're having difficulty finding the happiness in your life, contact Converge International on 1300 687 327 for support and to develop strategies to see more positives in your life.

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