

WHAT IS THE REAL MEANING OF TRUE HAPPINESS?

Written by Billion Temesghen



According to the Oxford Dictionary of English “happy” means feeling or showing pleasure or contentment. Many studied all the ways that could possibly bring happiness, which I simply think of as a form of satisfaction and tranquility. The reality is indeed that we all want to be happy. But not all our actions and choices get to reach the pursuit of what we think will make us happy is for the best. If what we do does not bring us true happiness, it pays to examine what it is that we are chasing after. But pleasure could be defined as a temporary mental state that doesn’t last for a long time neither does bring lasting happiness to our lives.

Contentment is the way to go because it is a lasting way of being. I have always enjoyed reading about sages who maintain their calm and composure throughout the challenges they face. That is something I have always strived towards. But to attain such a way of being requires a multi-prong approach. Maybe these two ways can help us get there... or simply approach the idea of happiness:

1. On an ordinary level, there are many ways we can train our mind in happiness. For example, we can choose loving thoughts, words, and actions. The more we cultivate love, compassion, joy and impartiality, the more we will become a vibrant source of happiness for others and for ourselves as well.

2. On a profound level, when we are in touch with our true nature – our innermost essence – joy naturally arises. We don’t have to do anything in particular to create it. It just flows up when we abide in our natural mind. Other emotions may arise like sadness, anger, worry, or fear, but they won’t necessarily stick if we become accustomed to simply resting in the clear and open space of our original mind.

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One more way I would like to add though, is the need of a constant nourish of our minds with philosophies and readings that will remind us about what we believe is true happiness.

I always found that actions termed “good” and “bad” fall short of the mark. And I think it is a superficial view of things. Sometimes the greatest harm can result from the best or good intentions. We want to be happy, but we choose actions and attitudes that bring the opposite. So we need to pay attention to what we are chasing after. I believe we should always look more deeply to see the consequences of our actions and whether it will bring true happiness in the long run. The road to true happiness is simple, but not easy. But if we are willing to put in the effort and approach it from multiple angles, we will get there.

To me, true happiness is the ability to live freely with loved ones. However, due to the structure of our society, we cannot just do whatever we want. Yet a lot of times happiness is compared wrongly to the amount of money and possibilities in life that one has: they think simply if you are rich, there are a lot of things you can do. As sad as it sounds, they think it’s just the way our world works. Happiness comes from inner self and get satisfied with what you have. You need to work hard to have happiness, it may not be true happiness...but at least you are happy.

So at the end I guess what we define as “true happiness” is what we mentally and physically nourish of to our mind and body. Maybe these steps below can help us get there.

Be generous. Volunteer for social work, practice random acts of kindness, and be generous. The act of giving always makes the heart more content with self. Peace and selfishness do not coexist very well. Love Yourself.



Don't be too hard on yourself. No one is perfect. Love yourself and love life in all its forms. Be open to accept things in positive manner. Ignore negative comments. Remain cool and calm as a person. Ignore the negativity (negative comments, happenings, and people) around you. Be understanding: many times hard feelings exist due to not understanding the person's view point. When you start putting yourself in the person's place you begin to understand why he says what he says and you start breaking the wall of ego. Be friendly. Be friendly and helpful toward everyone you meet. Being friendly does not mean you have to bring home everyone you meet, but you can always put up a good, warm behavior in front of others. When you give positive vibes, you will attract positive vibes. Never argue. Do not enter into an argument for silly things. Nothing is worth fighting over and you cannot change other people. Remember these two rules before picking up a fight. It's not worth it after all. Stay busy. Keep yourself busy with something

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constructive. But do keep some time for relaxation too.

Think positive. Always. Take lessons from the events in your life. Do not get disappointed by anything. If you think positive, things will turn positive for you sooner or later. Be yourself. Never compare yourself with others. Everyone is unique in this world. Cherish the fact and feel nice about yourself. You have everything including a nice heart. Forgive and forget. Don't let hatred breed and settle inside you. If you forgive you will be able to forget. Forgiving may not be easy but it brings you tremendous peace. Forgive for your sake, if not theirs. Be honest. Be honest with yourself and what you want, and what you expect from yourself and others. It is not easy at first. If you know what you really want, then you could achieve your goals easier.

Stay calm. Being calm keeps a person from making hasty decisions. Once something is said or done, it cannot be taken back. It takes practice, so hang in there. Making assumptions can be painful. You are only in your head. You never know what someone else is thinking or what they meant by their comment. Ask questions if you want to be sure. Remember not to take things personally. Rarely anything anyone does is about you. It is based on their own dreams and desires. You never know how someone else's life is going.

Give service to others. True happiness can only be found when you stop worrying about yourself and try to look out for those around you. Helping family members, co-workers, and friends can give your life meaning and joy. Selfishness, on the other hand, will only provide temporary pleasure. Obviously there are some aspects of life where you must focus on yourself, like your body's need for food and sleep, but only focusing on your own needs will never result in true happiness. Smile. Smiling is infectious. If you make yourself smile for a minute, you are using all kinds of facial muscles, and you can't help but feel good. Do, not try. If you can accomplish even the smallest goal, it will pave the way for bigger and better things. With goals accomplished, it sends a message to yourself, that you are a winner, and can do what ever you set your mind to.

Never, ever, give up! You are unique and special in the entire world. If life knocks you down get back up. Failing is not in getting knocked down, it is in staying down. Always be true to yourself, meaning choosing your way of life without being pressured by anyone. Know that by being truthful, positive and by helping others, you can have more.

So, point of pointers.... LETS ALL BE HAPPY IN THE SHORT WHILE WE'R ALIVE!!!