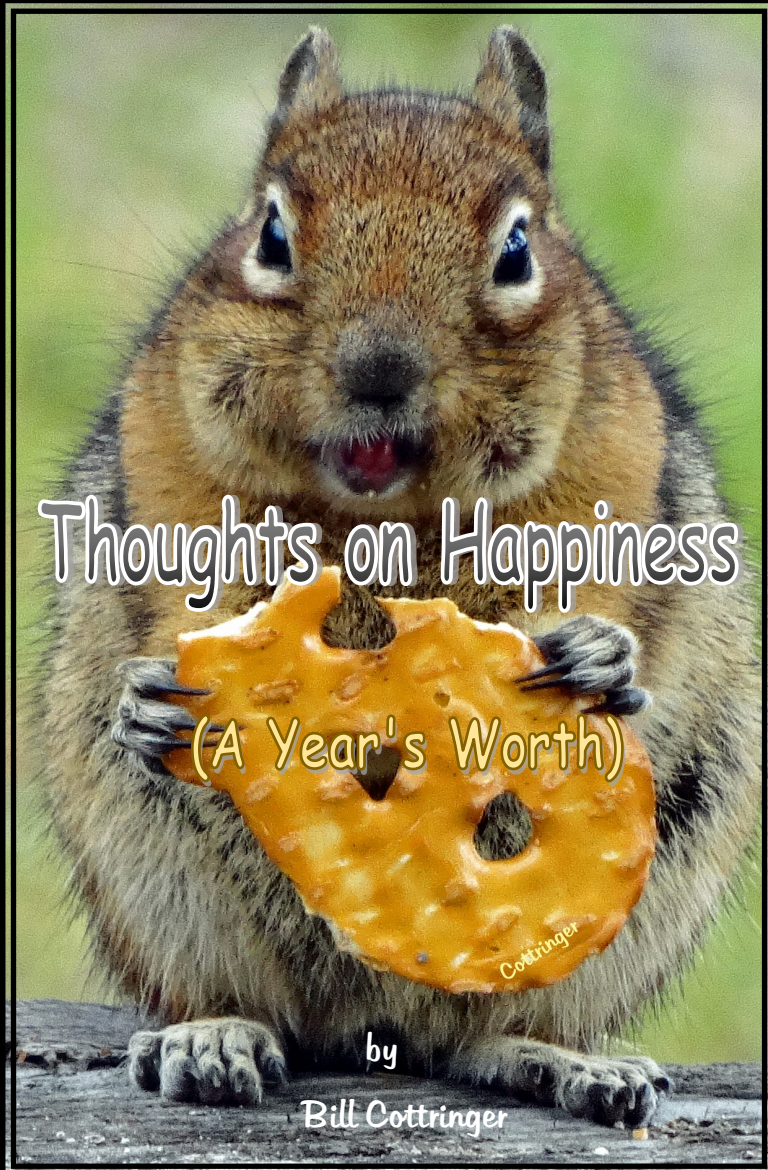




Thoughts on Happiness

(A Year's Worth)

by

Bill Cottringer



You have to work really hard to stay unhappy for any length of time. Unhappiness is not a natural state and passes when you don't hold onto it too tightly.



Some say happiness is a choice. Maybe the choice is what you choose to do to become happy.



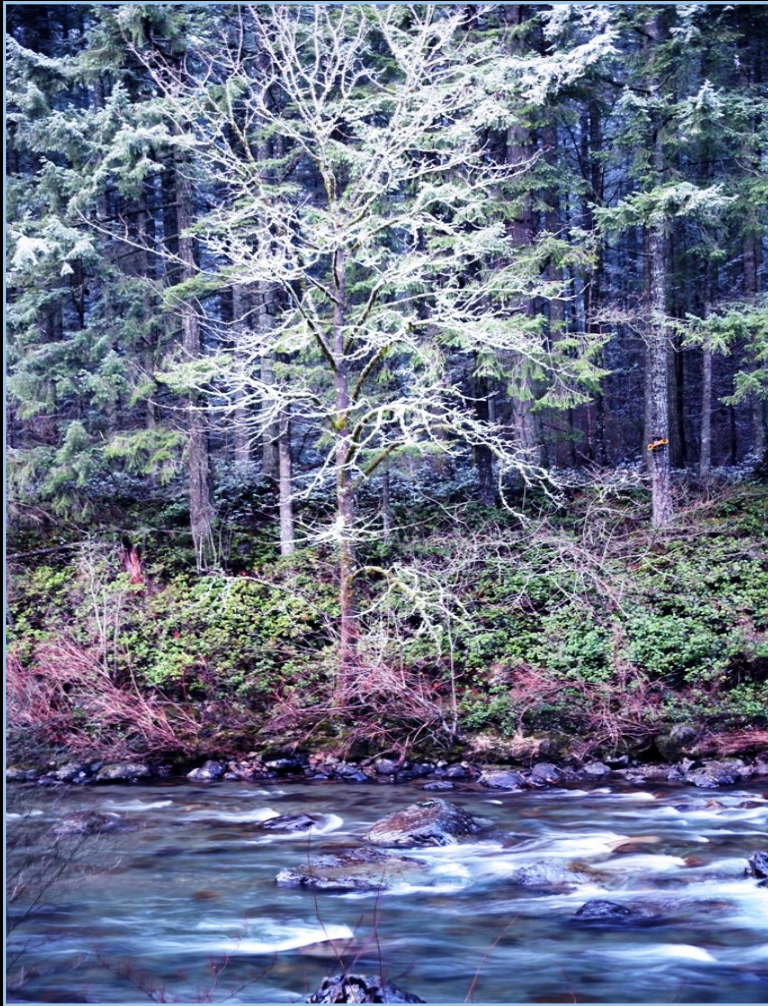
Happiness is doubled by being shared.



Being happy is one thing, but becoming worthy of being happy is another, much different thing.



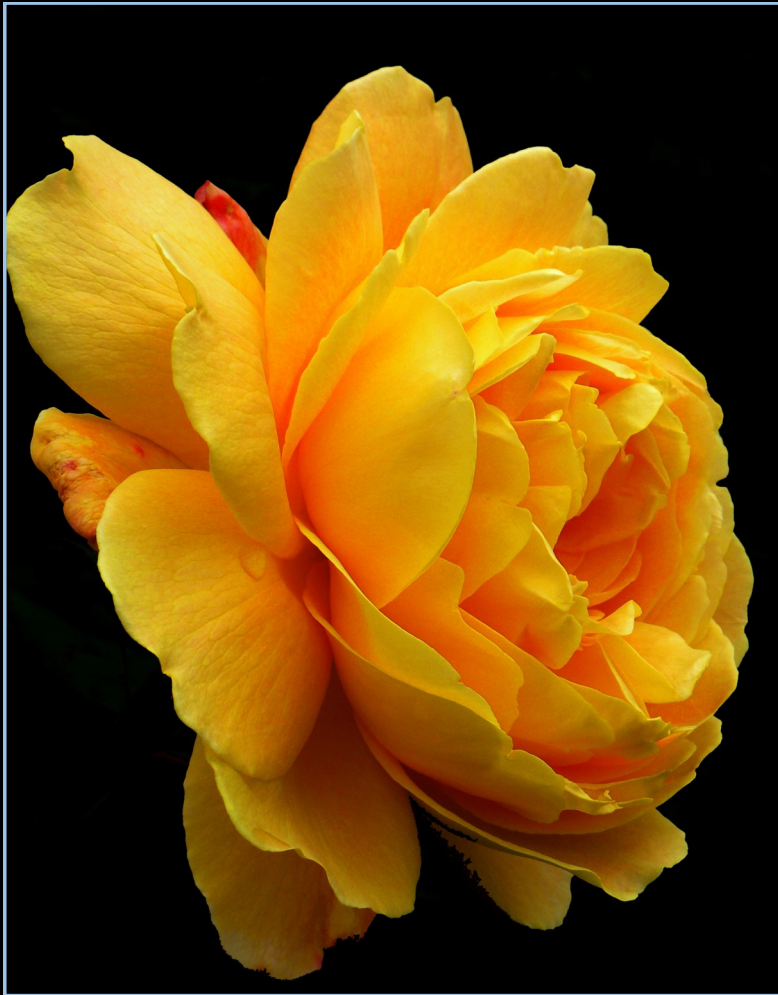
Flowers are life's happy smiles.



Happiness can be better experienced and appreciated, rather than analyzed and understood; besides it is gone by then.



Judging outer happiness by smiles and laughter alone probably misses half of it, especially the inside stuff.



A great deal of happiness can come from taking the time to notice the simple beauty in ordinary things all around us.



There is no unhappiness in a sunset, even when the sun disappears.



Maybe happiness or sadness are more related to your disposition than your circumstances.



Our biggest happiness detractor is boredom, but then again boredom usually gives rise to creativity and we are back to happiness.



Happiness is closer to the harmony of balance than the intensity of extremes.



A wide door to happiness is called curiosity.



Two important verbs greatly affect how much happiness we have or don't have: *Seeking* pushes happiness away, while *accepting* attracts it.



Overcoming obstacles is a sure way to rid yourself of unhappiness, especially when it is the obstacles which are causing it.



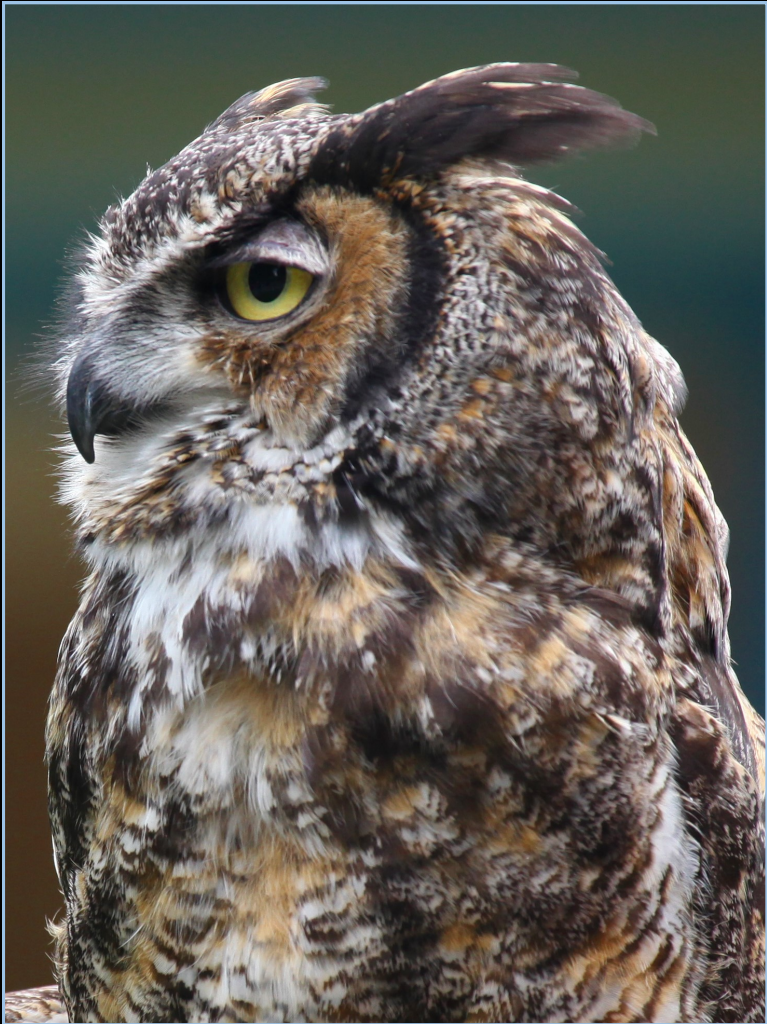
Happiness can be measured externally or internally, but an internal sense of making some progress at something worthwhile we are trying to do, seems to be more intense and last much longer.



Once you assign certain words to capture the essence of happiness, you limit what it is and can be, as well as what it can do with the power it has.



One thing is sure about relationships—other people can't make you happy, only unhappy and those are the ones to avoid.



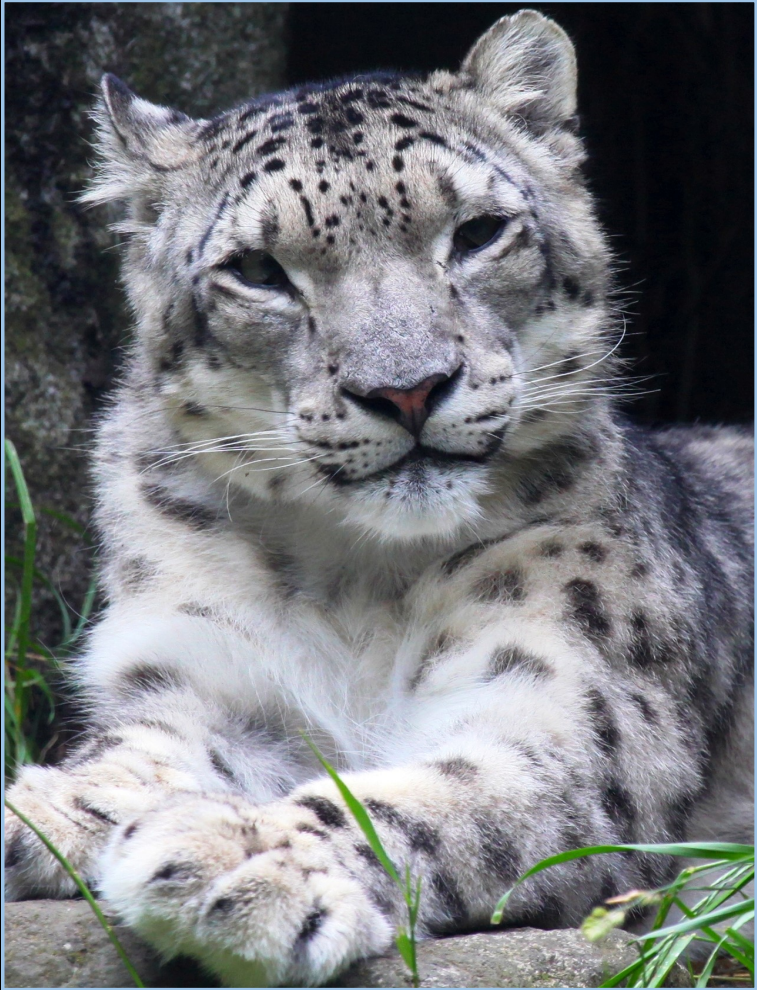
In old age, happiness can just mean good health and bad memory.



There is no one-size-fits-all brand of happiness. I guess that is why we don't volunteer to share or borrow each other's happiness secrets.



Happiness is probably the most sought after, yet most misunderstood state of being we can ever experience or try to understand , as we try to.



The feeling of happiness seems to be mostly momentary and we seem to know what it actually is, best, by comparing it to what it isn't.



Keeping score on happy vs. unhappy times in life doesn't make a whole lot of sense. We are just comparing what seems to be going on now with the two different experiences in the past, with abstract memories that have long lost their substance.



We often go after a thing thinking it will bring something else more important, when we have the order of those things mixed up. Such as the case of success and happiness. You can't be successful until you can learn to be happy being unsuccessful.



Happiness is best enjoyed warm in the present and not cold anticipating it in the future or trying to remember it in the past.



Happiness is often a side effect of getting your thoughts, words and actions aligned.



We can cry during both moments of extreme joy or extreme sadness. Understanding this dualism unlocks a great mystery of life—that things appearing to be opposite are really just different sides to the same coin.



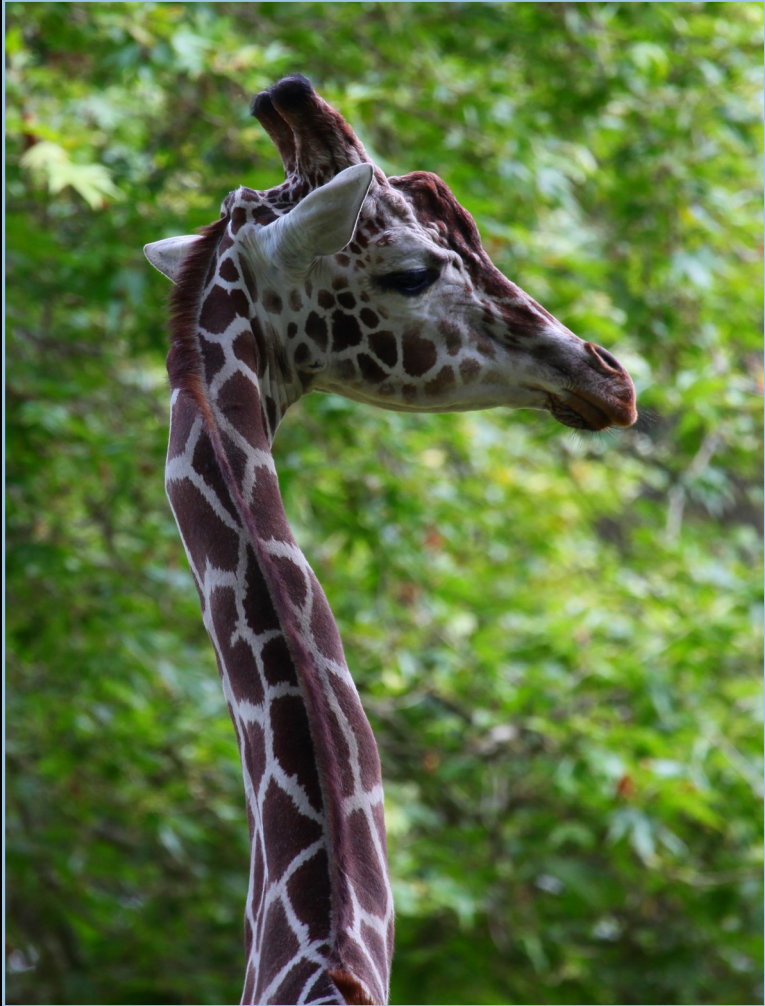
Some philosophers and psychologists make the distinction between the ideal genuine/authentic happiness and the real, regular happiness; but this judgment just ruins the experience by abstract words far removed from the real thing. It is like trying to drink air instead of water.



The single behavior that seems to be mostly linked with happiness is unconditional love ; nothing else seems to be needed.



Much like success, how you define something like happiness, determines how much or how little of it you have. The broader you define it, the more everyone has.



Spontaneous creative efforts may be the second best source of happiness, other than loving behavior.



At this point in my own journey, I have an undeniably, profound sense that there is surely more to come and I certainly don't anticipate being disappointed.



The best way to repay life for giving you happy moments is to appreciate them fully.



You can be about as happy as you make your mind up to be.



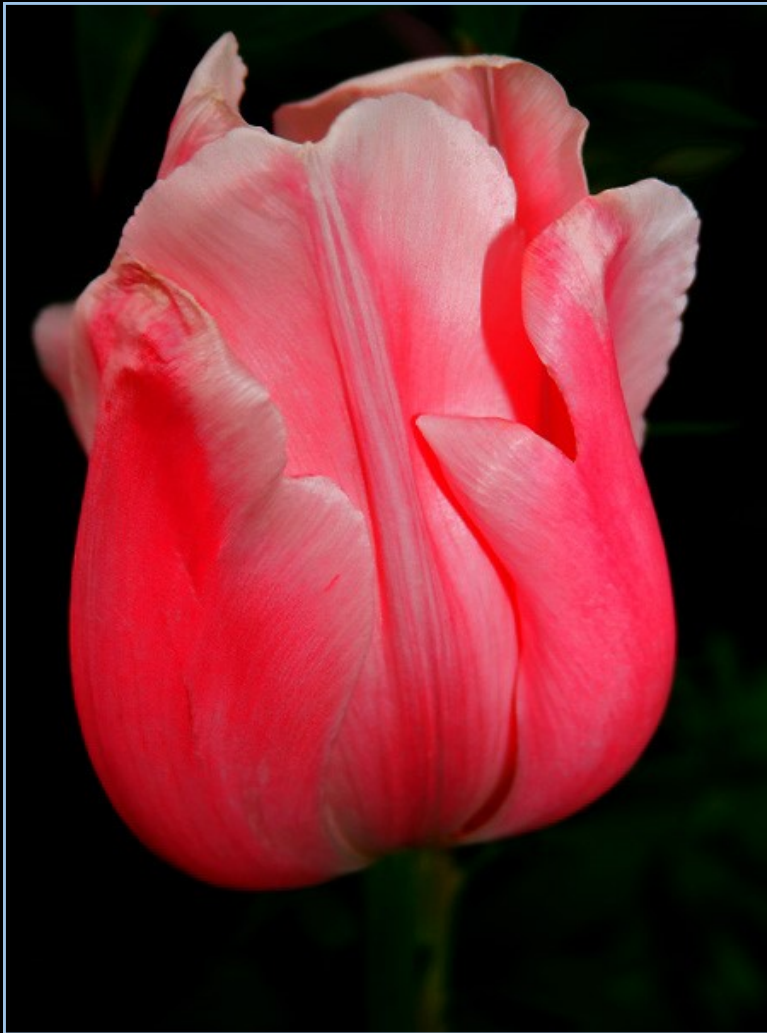
Happiness is more of a consequence of what you are doing and enjoying right now.



Tears are a necessary part of life, but smiles are more fun.



For Suzie cat, happiness is very simple—She rules!



Much happiness comes from right doing and right thinking.



All seasons are happy, but Fall always seems more so for me.



For Riley dog happiness is "Feed me, love me and never leave me!"



An attitude with gratitude is happiness personified.



Be happy with what you have, not unhappy with what you don't have.



There is no happier feeling than to make someone smile.



Happiness is a habit that needs cultivation.



My camera was very happy in stumbling upon this magnificent scene.



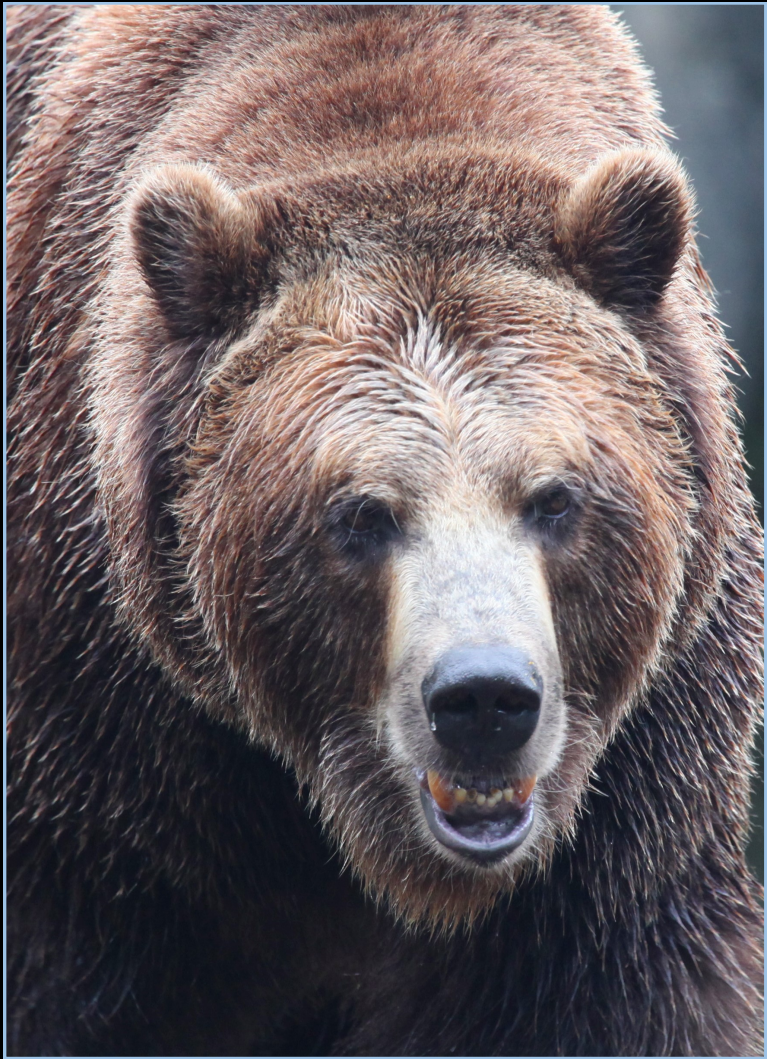
It doesn't take much to make me happy—a pretzel cracker from you will do!



Be content with being happier than you deserve to be.



You can't talk yourself into being happy, but you can certainly have happy thoughts.



Unshared happiness has no taste!



Never leave your happiness in other people's hands.



Happiness doesn't have to be complicated.