

Happiness

Happiness is an attitude and a state of mind. It comes from within not from outside. It is a sense of gratitude for the blessings that we have. It is small things in our life that make us happy, not big things. If we wait for things to get better, they never will. If we wait for people to change, they never will. If we wait for big events or outside factors to make us happy, we might wait for a long time, or we might never see that happy day. We cannot change people, nor control circumstances. We can only control and change ourselves. Once we change and control ourselves, our outlook towards life, events and people will change. Some people might change jobs, change houses, change places or the countries they live in, but still continue to carry that burden of unhappiness within them. Why? Because they carry themselves, their state of mind and attitude wherever they go and their self is still there in whatever they do. There is no magic, nor miracles. If we want to be happy, we have to change the way we look at things, the way we interpret things and the way we respond to things. If we look at what happens to us as a learning experience and we think of life as a an ever-changing process, a process in which we grow and become more mature, then we might feel better and happier.