

AUTHENTIC LEADERSHIP

C E N T E R

Thoughts on Happiness

Happiness is not merely a life lived by accumulating moments of pleasure. On the contrary, happiness is a long lasting enduring enjoyment of life; it is being in love with living. ~ *Ellen Kenner*

The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside self. ~ Hugo Black

If you follow your bliss, you put yourself on a kind of track, which has been there all the while waiting for you, and the life that you ought to be living is the one you are living.
~ *Joseph Campbell*

Happiness is the realization of God in the heart. Happiness is the result of praise and thanksgiving, of faith, of acceptance; a quiet tranquil realization of the love of God.
~ *White Eagle*

To accept ourselves as who we are and allow love into our lives, and to commit to being who we truly are, is the beginning of true happiness. ~ *Source Unknown*

Happiness is when what you think, what you say, and what you do are in harmony.
~ *Mahatma Gandhi*

Author Hugh Prather writes, "Happiness is gentleness, peace, concentration, simplicity, forgiveness, humor, fearlessness, trust, and now." This wonderful explanation describes not only what happiness looks and feels like, but also where and how to get it. Notice that none of the elements listed are conditions outside ourselves. They are attitudes, points of view, choices we can all make. ~ *Veronica Ray*

I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience I have found that the more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life. Since we are not solely material creatures, it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace. ~ *Dalai Lama*

Be happy. Talk happiness. Happiness calls out responsive gladness in others. There is enough sadness in the world without yours...never doubt the excellence and permanence of what is yet to be. Join the great company of those who make the barren places of life fruitful with kindness. Your success and happiness lie in you...the great enduring realities are love and service...resolve to keep happy and your joy and you shall form an invincible host against difficulties. ~ *Helen Keller*

