

Creating A 'Happy' Success

A TRUE LIFE SUCCESS
CAN BE CREATED BY
AN INNER HAPPINESS!



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Re-Defining Happiness & Success

All of us dream of being successful, one way or the other. But how many of us actually realize what a true success actually means? Wealth? Fame? Power? Pride? What about radiating happiness in all we do and in who we are?

Imagine we have all the huge numbers in our bank accounts, several attendants surrounding us, even an authority to change orders in our society. But we are unable to close our eyes at night with a sense of contentment and peace with ourselves? Then we absolutely do not need this kind of 'fraud success' to begin with. Inner happiness is not only part of being successful at any stage of career and life, it is essentially the staircase to walk up towards success. We cannot actually make ourselves successful without being a happy person first and for all. Happiness gives us a lot of positive energy to conquer challenges, stumbles, and falls on the roadway towards success.

And what really is happiness, anyways? Try aligning our thoughts, words and actions in harmony with each other, growing from the goodness rooted within us. Taste and feel how 'happy' and 'true' we feel inside. It could be as simple as that: to be true to ourselves and the Almighty laws of virtues. As we become contented through inner harmony, we are absolutely able to achieve any world-conquering goals, and more essential so, to feel at peace with ourselves day and night.

Always learn like a
5-year old and be
perpetually humble.
Continuously
practice & perform.
Success is 'happily'
within reach.

The Trained Happiness

A useful piece of international brain research, reported locally on Channel 3 several years ago, indicated that we can simply train our brain to create healthy nerve communications just by 'positive thinking', for as short as 7 days. This practice magically re-wires brain cells to grow much more networks, thus gaining intellectual capacity. The more we practice being happy and remain positive regardless of life challenges, the richer these healthy brain networks are being created. And one day we become a person who is evermore contented and know not of grumpiness. This state of being, explained by both neuroscience experts and by faith, helps attract all the driving energy and possibility from the universe towards success. The 'growth' mindset helps us to be the cause of our own happiness, instead of an effect of other people's doings. So we maintain our drive to keep going.

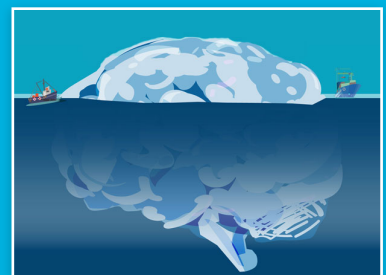
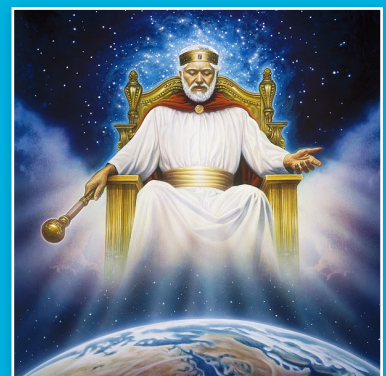
Apparently, positive thinking comes with an open mind: like a young child always eager to learn more. However, culture and conformism confine us, adults, in a 'comfort zone' filled with limiting beliefs: hindering us from growing into a better person. So we must first empty our 'glass full of water' filled with ego and arrogance, in order to open up for new blessings of knowledge and experience to flow in. Stepping out of a comfort zone can be scary, yet it is essentially rewarding. Like a caterpillar, it must peel off its skin through an intimidating process to become a beautiful butterfly. The great news is, we can train ourselves to become who we want to be. Every life situation gives us an opportunity to 'reframe': what else we can do to make it better: to keep growing. There is no need to compare ourselves with anyone else, but to become a better person from who we were yesterday, in any aspects of life: professionally, physically, emotionally, spiritually.

Secondly, state of happiness is never eternal. Rather, it must be regularly practiced and maintained as we face different kinds of people with diverse personality traits, having conflicts in everyday life. To maintain happiness, we must create positive relationship by being in other people's shoes, to regain understanding and harmony. Radiate positive energy of love, with forgiveness and gratitude in everyday of our life. Say thanks first to our very self for how great we have achieved each day. Be selfish in a divine way by forgiving those who trespass against us, and ask for forgiveness of our own shortcomings. Because this flow of thoughts creates positive energy around us and also encourages healthy brain communications. In turns, it gives us a lot of strength to carry on, regardless: come, what may.

Furthermore, when happiness seems to fade, we must also recharge it. The happiness charger is what we do as 'success habits', by regularly maintaining harmony of our mind and body through physical exercise, gratitude and space for silence, while visualizing clear picture of what we want to achieve in life, every single day. As we succeed in keeping up our good health and clear mind, we opt to achieve more in life.

Ultimately, learn humbly from those successful people before us. As we understand their lives, one thing in common is they all prompted their self values to create something better for mankind. When what we aim for involves much giving for the benefits of other people, it also furnishes us with countless amount of energy to move on no matter what. This is the laws of nature: what goes around, comes around. So the universe supports us, helping us attract all kinds of possibilities to drive us towards success. Without us even realizing it, we wake up with a great sense of contentment as we continue to achieve all through every single day of our beautiful life.

*Universe. God.
The Great Something.
The Unconscious Mind.
All is ONE; ONE is for all.*



Regardless of what we name so differently the Great Something above us, this Almighty is always supportive of our life goals most specifically when it is all about giving, sharing and doing good things for each other. And the Almighty supports us when there is congruency in all that we think, we speak and we do.