

## **If you're searching for the 'Key to Happiness', then I have something important to share with you**

'It's *not* out there in the world. It never was'.

### **So what is happiness?**

It may appear different for everyone, depending on what's important to you but what we can be sure is, happiness is the one thing in life that everyone is looking for?

Most of us look for it out there in the world. We search in jobs, houses, money, people, sex, booze, drugs, you name it, and sometimes we search our whole lives, but only a few it seems, really find it.

And there's a really good reason for this, and here it is:

What if happiness is here all along, we're just searching in the wrong place, or in the wrong direction?

Think about this: When you meet someone and you realize, wow, this is it, what are you feeling? It's love, right?

Well, where are you feeling it?

It's within you.

Do you ever feel love outside of you?

All your feelings are within you, because of that, all these feelings are your choice.

You choose to feel happy or sad, loving, or angry. It's your decision whether you love someone or hate them.

You base your feelings on things external to you but they're still *your* feelings.

Some of you will feel empowered by this and some will be offended, angry and hurt by it. Again it's your decision.

### **So let's ask this again. What is happiness?**

Happiness is just a decision.

Decide to be loving and positive no matter what. Decide to send feelings of love to that person who pisses you off.

Decide to send feelings of love to the driver who over takes you, then slams on their brakes.

We all have rough days, but it's precisely at those times that we should say to ourselves, "*I am going to be loving and stay positive no matter what,*" and then say in your mind, "*I love you*" to whatever situation or person (including to yourself) that is causing you to choose a negative path. Then keep saying it until you feel it.

It's simple but it's not always easy.

If it seems too hard in that moment, fake it until you feel it.

It's just you making a decision and committing to it. You can do that right?

**What is the 'Why' of all this?** Why should you care?

You should care because underneath it all, we all want to be happy more than anything.

No matter what you do in life, your position, family, role, level of success, we all want this thing called happiness.

So make a decision for one day, or even one hour, to be happy and loving no matter what happens.

Write down how things appear throughout that time. Do you find things seem easier, less complicated or less daunting?

Check it on consequent days.

Does it help with business relationships, with that annoying co-worker, or your boss?

Does it improve your relationship with your teenage kids?

There is only one way to find out, and that's by doing it.

Here is something to help with all this, because we have failed to grasp it:

*Stop thinking in terms of wanting to be loved.*

*Instead*

*think only of being loving.*

Lester Levenson

If we all did this, consistently, it would change the world, and it would do it fast.

**By Rob Christiansen Ashford**

**Books that open your mind**

Love Yourself and let the other person have it your way – Lawrence Crane  
No Attachments No Aversions. The Autobiography of a Master – Lester Levenson  
The Ultimate Truth About Love and Happiness – Lester Levenson  
Keys to the Ultimate Freedom – Lester Levenson  
The Divine Matrix – Gregg Braden  
Spontaneous Evolution – Dr Bruce Lipton  
Unlimited Power – Tony Robbins  
Your Inspiration is Needed – Robert Christiansen