

## Find Your Highest Happiness



*Happiness is defined as: delighted, pleased, or glad, as over a particular thing: to be happy to see a person. 2. characterized by or indicative of pleasure, contentment, or joy: a happy mood; a happy frame of mind.*

I read somewhere a while back: The mathematical equation for happiness is the number of desires fulfilled, accomplished or achieved, divided by the number of desires entertained.

Sounds all well and good to me but how do we actually raise the bar and increase our happiness and continue to get the higher happiness rush each time. Do we lessen the stuff/ideas that make us feel good or do we work harder to fulfill these desires? A question for you to personally start asking yourself and see what unfolds.

For me, happiness has always been some kind of invisible drug that I really enjoy feeling and sharing with others.

Can you remember being a kid of five, setting your sights on that amazing Christmas or Birthday gift? The anticipation of it possibly coming, the thoughts of wonderment if you actually had it and the huge smile it brought to your face as you pondered actually owning that particular gift. Have you ever noticed how most of the time in your early life, you did get that gift and you played with it, made some use of it and then it faded to the back of the closet or you just no longer wanted to play with it?. You were totally excited and then it faded away.

And to this day, this is how most people operate in life when it comes to their happiness. They have a certain desire, like getting a new car. They are extremely excited and then a short time later, it just becomes a vehicle to get from A to B and back again. Many people are complaining about the cost of Insurance, the price of gas and the steady stream of repairs to keep it running smoothly. What happened to all the excitement and energy around that new car? Where did the happiness go to?

Have you ever jumped into your car and maybe just patted your hand on the dashboard and said Thank You, I appreciate you car? I know I do almost every time I jump in my car. It still brings a smile to my face and I know it is a car but, call me crazy, the car always ensures my safety going from point A to point B and back again. I'm certainly happy with my car.

I used to be somewhat of a collector of stuff and held onto a lot of my childhood things. Every so often I would open up that old box of goodies and look back only to feel the huge smile come across my face like when I was that kid. We all have that happiness inside of us just begging to emerge. Why not let it flow every day of our lives?

So I pondered the question once again; how do I increase my happiness in my own personal life?

After the usual pros and cons being debated in my head, I came to the conclusion that I should be setting higher goals for myself. By doing this the lower desires become almost non-existent or even eradicated and it opens up that whole new energy field to flow into me. The next goal I set will be higher and so on. There is no end to how happy I can be. As long as I am moving upward with my desires and goals, I am happy. The minute I stop setting higher personal goals, I get caught up in the routine and I become stale and mundane.

The drug for me is not having all the money in the world to obtain happiness. The money is amazing but it will only give

me happiness until I put that toy back into the closet again. The real happiness high is stretching and expanding myself to the next level knowing that there will be many more levels beyond this piece of money happiness. What's next Wayne? Bring it on, I want more happiness.

These stepping stones of higher happiness put me in a place of internal contentment so when I place my head on the pillow at night; I am sleeping within a few minutes. Peace of mind and happiness all rolled into one little brain, resting on my king size pillow. What more can I ask of me?

To your higher happiness, whatever that is for you....

Peace and Love

Wayne

[Email Wayne](#)