



HAPPINESS NOW!

By Steve and Pamela Krummeck

The term happiness conveys quite different notions in many minds. There is a tendency to equate happiness with material possessions. Yet those deemed fortunate to have all they 'require', or could possibly wish for, are known to experience unhappiness despite having all the material possessions they dream of. The latter and many others in varying circumstances long desperately for happiness, but have no idea what it is comprised of, or how to find this elusive quality of being.

In my (Steve Krummeck) book titled 'The Game of Life & Success – Steps to Self Mastery & Happiness', I say the following, "As individuals and as societies, happiness is what is most longed for: it is our highest goal even if we don't consciously acknowledge it. And because of its positive effects, it strengthens our desire and ability to achieve many of our other cherished goals." I emphasize that the most important change to make is to dedicate yourself to establishing in your mind the belief that YOU DESERVE TO BE HAPPY AND CAN BE HAPPY.

What is happiness? The term 'happiness' refers to the emotion, mood, and state of happiness. The Oxford Universal Dictionary gives several definitions for "happy." Definitions number one to three describe it as fortune or luck. Definition number four suggests that it is a feeling derived from satisfaction with one's circumstances. Webster offers the following clarifying distinctions - "Happy generally suggests a feeling of great pleasure, contentment, and so on. Glad implies more

strongly an exultant **feeling of joy**. Cheerful implies a steady display of bright spirits, optimism, and so on. Joyful and joyous imply great elation and rejoicing." Finally, Webster defines Bliss as "great joy or happiness." In my opinion the feeling and state of joy is happiness, it's being in our essence, being in flow, being at one with all that is, just Being, that in my humble opinion is being happy. For the purposes of this article, the following definition of happiness will be used. Happiness is an inner 'state' of peace, of quiet contentment, a state of Being happy. That is, living from a state of inner happiness, of joy, a state of Being, a state of Being in our 'essence' or authentic selves, a state of Being at one with Divine Consciousness, with all that is.

Modern research across several fields continues to provide us with information which proves incontrovertibly the benefits of happiness. The following are some of the benefits of being happy, which I present here in abbreviated form.

- More likely to be more cooperative, pro-social and charitable.
- Stronger immune system.
- Superior work outcomes - greater creativity.
- Increased productivity.
- Higher quality of work.
- Higher income.
- Longer life.
- Larger social rewards.
- More likely to marry.
- Less likely to become divorced.
- More likely to have more friends.
- More likely to enjoy stronger social support.
- More likely to enjoy richer social interactions.
- Better emotional health.
- More activity, energy and flow.
- Less symptoms of psychopathology.
- Less depression.
- Less suicide.
- Less paranoia.

- Greater self-control and coping abilities.
- More likely to exhibit greater self-control and coping abilities.

Happier people:

- Persist longer on tasks.
- Select higher goals.
- Greater self-control and coping abilities.
- More likely to exhibit greater self-control and coping abilities.
- Produce superior outcomes.
- Discover rewards in mundane ordinary events.
- Have better relationships with their peers, boss and customers.
- Have a bolstered immune system.
- Have more energy and are more active.
- Are more productive and engaged.
- Have greater control and better coping abilities.
- Enjoy an upward spiral of success.
- Feel lighter, alive, and energetic.
- Are more likely to accept change.
- Are in 'flow' with life, are at peace with themselves, those around them and with life in general.
- Are able to feel and express love more easily.
- Have passions that they pursue with vigour: they have a 'purpose'.

The Dalai Lama refers to "the opening of our heart", then asks what it means to open the heart. He says that we understand that the idea of the heart is a metaphorical one. In most cultures the heart is perceived to be the wellspring of compassion, love, sympathy, righteousness and intuition rather than merely the muscle responsible for circulating the blood through the body. He tells us that the Buddhist view is that the mind is located in the middle of the chest, and that an open heart is an open mind. A change of heart is a change of mind. An open heart is a happy heart.

Until individuals realise the connection between heart and mind, they will find them-selves living in a world of frenetic activity, of almost never-ending stress: or feeling utter frustration. The following discourse will lead you to understand that

connecting with your heart lifts you onto a level where there is greater mental clarity, emotional equanimity, a sense of peace, and happiness. In addition to these benefits, it is usual for intuition to play a part in the growth process and all in all you will be led to experiencing happiness.

It is also important to consider the physical aspect of the health of the heart in relation to your state of mind, emotional patterns, and therefore your happiness. Every unhappy person will define the 'reasons' for their discomfiture. These reasons can be turned into stepping stones leading to introspection and contemplation. Understanding will follow, either gradually or rapidly: it is not important how long it takes.

By taking stock of your strengths and weaknesses, and sifting through various longings which have persisted over time, it is more than likely that you will begin to focus on what you feel strongly about. Developing your idea/s may involve adaptations, even changes. Clarity comes during the ongoing activity, and the initial idea/s, or attitudes, may be modified or even altered.

Longing for happiness in a relationship, in the workplace, in a change of career, all require clear thinking and attention to what calls for adjustment, adaptation or outright change. Courage, intention and perseverance to do what is necessary call for vision and decision. Honest communication with oneself involves actually hearing what you think and being truthful about what you feel. When you accept your present situation you will begin to see where change would be beneficial. A certain amount of probing will be inevitable.

Freeing hidden negatives creates space for new perspectives. Like the onset of spring bringing spurts of new growth, you too can move into a new season in your life. Happiness, like the blossoms of spring, will bring forth the fruit you desire. As in the cultivation of an orchard, it is the ongoing attention and care which bears fruit.

Happiness is a way of being. It is not something that can be planned and moved towards. It is essential first of all to have a fair picture of oneself. This does not mean that this picture is your totality: this is just the starting point. From here on you choose how you want to develop and grow yourself, and this ongoing growth and discovery is what is bound to foster and contribute to a feeling of happiness. There is no 'totally right' or 'totally wrong', there is ongoing experience which is helping you to discern more clearly over time what you value, what is important to you, and what shifts you into a state of happiness.

There can be no doubt whatsoever that happiness hinges on how we feel about ourselves. Accepting oneself makes it

more likely that we will be happy as a whole.

If there is going to be an improvement in human relations in the world, it will be because each of us is creating an environment for the magic of happiness to infiltrate into our lives.

The field known as psychoneuroimmunology (PNI) is recognised by many medical practitioners and scientists and has been included in the treatment of patients/clients of alternative health practitioners for well over two decades. Studies of the affect our thoughts and emotions have on our health (and therefore happiness) have been central to the teachings of many spiritual organisations since at least the early 1900s. There is a great deal of evidence that points to how our thoughts and emotions have a negative or positive effect on our physical and emotional health, and therefore our levels of happiness/depression.

It is far too common for many of us to deny our thoughts, emotions, and true feelings. Humans tend to pretend, to put on masks. Pretending creates barriers, preventing open communication, flow, and a natural way of being. Expressing our feelings, emotions, and thoughts (appropriately) allows us to be more in flow.

The discussion about the effect of our thoughts and emotions on our bodies and in our lives is crucial and alerts us to the fact that the possibility to experience happiness more often than not rests with us. Each of us is created as a complete universe. The interactions between our minds, emotions and bodies function according to our commands, thoughts, and emotions. This being so, it is therefore possible to influence our mental, emotional and physical health in such a manner that no matter the extent of difficulties we may face, we have the choice to be positive, to be happy, and to explore the spiritual side of our nature.

Whatever our circumstances may be, it is important to remember to give thanks each and every day for that which is good, beautiful and life-enhancing. Happiness arises from within. It does so when we recognise that we are capable of experiencing ongoing growth and happiness. Living in this manner inevitably affects those whose lives we touch: they too will feel more secure in accepting their possibilities. In this way happiness knows no bounds.

Steve Krummeck runs the only Happiness Now workshop of its kind in South Africa. The workshop runs over eight weeks and includes his Book, "The Game of Life & Success – The Steps to Self Mastery & Happiness". For more details on the workshop, go to the following website address <http://www.twrcc.co.za/workshops-happiness-now.html> The website also

contains steps you can take immediately to raise your happiness levels, NOW.

The book, "The Game of Life & Success", leads you step-by-step towards developing techniques which assure you of progress in the journey towards discovering not only yourself, but what is meaningful to you so you can plot your route leading to happiness. For details of the book, go to the following website address <http://www.twrcc.co.za/the-game-of-life-&-success.html>

Steve Krummeck
The (W)Right Coaching C
Internet – www.twrcc.co.za
Telephone: 011 704 1395
Cell: 082 900 0679



Since the mid 1970's, Pamela has attended countless countless talks and seminars, some concerning ecology and sustainable agriculture, women's potential to explore their capabilities, new approaches to psychology and human relations. She felt it important to become better informed so as to gain greater 'understanding'.

During 2000 Pamela wrote lengthy 'Letters to the Editor' concerning topical issues and many were given prominence.

It was when Pamela edited the E-book written by Steve Krummeck: 'Keys to Personal Transformation and Happiness' that she was given the opportunity to examine her life experience, probe the depths of her understanding, and encourage intuition to play a role in her contribution.

Pamela declares the overall experience has been life-changing and taken her on a whole new journey.

Pamela Krummeck

Telephone: 021 799 7274

