

Article 71: Happy About Happiness -part 3

Since you choose your desires with every true belief, thought, attitude, emotion, word, and action ...and the universe always and simultaneously fulfills these choices, ...why is it that you are not truly happy? The problem seems to be that, by believing in happiness/unhappiness, you feel you must judge all things in order to select the specific happiness-constituents that will create the happiness you want and believe you desire, ...but this happiness/unhappiness belief, combined with your belief that all things are caused, keeps you forever judging ...and struggling to cause a specific happiness or to create your particular vision of happiness. In other words, instead of always choosing what you desire and living happily in your choices, you are unhappily choosing and living with things you do not desire ...in the futile hope that this will cause happiness or earn you the happiness you desire, ...but, since you believe you *have to* do this to gain the happiness you desire, you are actually struggling against yourself, the universe's goodness and benevolent offerings in all things, and the happiness you desire; ...doesn't that seem to describe much of your life?

Happiness is always available to you.

As you cannot select sulphur and oxygen and expect to get water, you cannot select and live constituents you do not want and expect to gain or cause the happiness you desire.

Your life is as exciting as you imagine it to be.

Well, what do you believe and visualize about happiness? Do you believe that happiness always and in all ways exists ...and follows your desires and choices? ...and that unhappiness as a "not thing" does not exist? Do you believe that happiness/unhappiness exist simultaneously ...and that you must judge constantly and carefully ...and choose wisely? Do you believe you can cause or gain happiness? ...that happiness is an uncaused emergent miracle? ...or that happiness cannot be attained in this world? Do you believe that to have happiness you must choose and live in specific happiness-causing ways? ...or have a happy personal relationship or desirable living conditions in order to be happy? And finally, how do you know what you actually believe about happiness, ...or about anything for that matter?

Allow the happiness within you to shine on all you meet.

As you believe ...you experience, and as these experiences seem to confirm your beliefs, you strengthen your beliefs ...and experience more strongly and intently ...which further intensifies your beliefs and

experiences. Nothing in this indicates that your original beliefs are or must be "correct" in the universe ...or "correct" for you, for any real belief, regardless of what that is, will create your experiences according to that belief. Remember, at one time, people believed the horizon was the edge of the earth; that all of the universe revolved around the earth; and that your brain was a radiator to cool your body; ...and for those individuals with those beliefs, everything they experienced seemed only to "prove or substantiate" their beliefs.

**Do your best with the beliefs you have,
or do some serious thinking.**

In the same way, what you believe about happiness is what you will experience ...and have been experiencing for years, which certainly strengthens your original beliefs about happiness, ...but, like the beliefs in the preceding paragraph, instead of discovering "the truth", you are probably conflicting with and struggling against yourself and your happiness/unhappiness beliefs. So how do you know what you believe about happiness/unhappiness? Since you only experience as you believe, look to your experiences and what is all around you and within you ...and understand how you feel about these things, for these things will always reveal your true beliefs; ...but, since none of your beliefs, experiences, matters, or feelings need to be as they are, by changing just your beliefs ...every thing, experience, and condition in your life will change accordingly. This does not mean, necessarily, that any person, circumstance, or event will be different ...but, for you, everything will be different.

Develop and live only enriching beliefs.

What do your experiences and feelings reveal about your happiness-beliefs? If you look carefully and insightfully, you will probably see that you believe that to cause, achieve, attain to, earn, or have happiness given to you, you must struggle through or against unhappiness. Realize that, with the belief that both happiness and unhappiness exist, you will constantly judge all things in your attempt to choose and live and offer the "good-happiness" you desire, ...even if, in that, you must strive to avoid or fend off the "evil", false beliefs, unworthy activities, wickedness, inappropriate desires and enticements, and unhappiness of physical life ...and bear the burdens, illnesses, hurts, and problems which you believe are imposed upon you. This does not sound like happiness to us, but these conflicts in your life reveal that you believe in happiness/unhappiness. Does it seem wise and desirable to continue these beliefs? ...and do you really believe

that such beliefs will offer you the happiness you truly desire? ...yet you continue your beliefs and constant struggles, ...does that seem reasonable? Or do you measure and enjoy your happiness by how much unhappiness you seem to avoid or struggle against?

**Study your mind carefully and deeply
and look closely at all such duality beliefs.**