

Happiness Is A State Of Mind, I'm Happy.....I Think!

By Richard Vegas

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You have the power to attract and repel anything in life you want! It's all in your hands. Contentment, happiness, and joy are right around the corner. Hang in here with me; some of this is going to go against the grain of previous thinking.

The Moment Of Truth!

Regardless of whom you are, you are unique, you are special, and you are a wonderful person. Yet, certain people may not think so. Nah...not me you say :) if you feel that they react negatively and offensively to many things that you say and do, you may discover some insight here: They are just as human as you are.

You might not want to believe this but; everything that makes you special makes them special. If something offends you, it might also offend them. If something influences you, in some given manner, the same thing might also influence them.

Undesirable reactions on the part of others could be due to what you say and how you say it. Or, it could be because of inner attitudes and your true inner feelings.

The spoken word is often a reflection of the hidden thoughts and attitude of the mind. It may be difficult at times to realize that the fault lies with you. And, it can be just as difficult to initiate a change when you do realize that the fault lies with you.

A Little Difference Makes A Big Difference!

There is a very little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it's positive or negative.

People who want to be happy make the decision to have a positive attitude. People who have a negative attitude, many times, think they have a positive attitude and repel the very happiness they are trying to achieve.

What they attract is unhappiness and go around scratching their head trying to figure out who busted their chops. They don't recognize it, but a negative attitude is what robbed them of their happiness.

It Just Goes To Show!

Most people don't really give much thought to "happiness". They just observe whether or not they are. Most people will try to obtain happiness by searching for it. Most fall flat on their face.

You see, happiness is not obtained by searching for it. Happiness is not obtained by acquiring things like money. I know; I can hear someone now saying, "You're speaking heresy"! Now listen. There are rich people all over the world that are miserable. And, if you set out to make yourself happy, you will find happiness to be very elusive.

One of the surest ways to obtain happiness is to bring happiness to someone else; when you do this, happiness comes to you. What happens is; it turns on the attraction mechanism and you can't beat it off with a stick.

Raining Cats And Dogs!

The more you share happiness, the more you will get. But, if you share unhappiness and misery you will get back unhappiness and misery. Sounds logical right? Have you ever known someone who was constantly in trouble? I'm not talking about "opportunities" in disguise.

I'm talking about the person that no matter what happens to him it just isn't good. This guy will find gasoline in his water bucket if he needs to put out a fire. The reason is; this type of person is always sharing his troubles with someone else.

What happens then? Others begin to avoid him which just makes his unhappiness worse. Other people know if they get around him all they will hear is, "woe is me".

Whether he will admit it or not, He is trying to get happy by making others feel sorry for him. And maybe they will do something to "fix" his unhappiness; although, he won't admit he is unhappy.

Someday My Ship Will Come In!

These are the kind of people who long for happiness and love but never seem to get it. They are repelling the very thing they yearn for with a trouble mentality. They just secretly hope that something good will someday somehow come their way.

Take notice of a conflict sometime between two people. If two forceful personalities are similar you can determine that one personality will respond in the same way the other responds.

It's amazing; one harsh word spoken brings another harsh word. One soft word spoken brings another soft word. For these two personalities to get along in harmony, one will need to develop a mindset of a peacemaker. There will be no harmony until one does so, just a lot of bickering.

Getting To The Top!

The simplest illustration of making this work is that of a salesman and his customer. Every salesman is doing his best to create feelings of happiness and trust in another person. He won't be able to do that by rubbing where there's already a rash.

And, that's where the problem is in most cases. We try to "rub another person's rash". They need honey not vinegar. So, we try to achieve our "happiness" read what we want by causing others to do what we want; instead of giving them what they want.

It just seems normal to get what we want by force, power, position, authority, etc. All we end up with most times is a can of worms. In the heat of battle, it seems backwards to do otherwise.

So, we put on the boxing gloves and come out swinging. The salesman by contrast, if he has any training at all, will come out with his silver lined tongue all prepared to bathe us in honey and promise us whatever will give us our hearts desire.

Now think about it. If the sale is made, who won? They both did. Who got happy? They both did. Who got what they wanted? They both did. Who laughed all the way to the bank? They both did.

Now just imagine how you could persuade your teenager to clean his room by using the salesman strategy. The point is; we have within us the power to attract everything we want or, repel it into the bottomless pit.

When we get what we desire, we get happy. When we give others something that they feel will make them happy, then happiness comes back to us in waves.

So, what comes first is the sharing of something good and desirable with someone else. Then, something good and desirable that we seek will come back to us.

An Ace Up His Sleeve!

This type of salesman strategy is difficult to adopt. The salesman says the customer is always right. The salesman says there is something that the customer wants and, I have to find a way to give it to him and then I will get what I want.

Think about this: If you find that you are offended when someone yells at you or speaks in a harsh way, you can be sure that someone else is offended by it also, even if it is your five year old son.

Everyone has emotions that need to be stroked. To get what we want we find a way to give them what they want. That's not to say we let them do whatever they want. Not even a salesman can do that. There will be some things about the product that can't be compromised. But, that doesn't stop a sale from being made.

A good persuader will find a way to give the other person what they want and at the same time give themselves what is desirable. If you like being complimented, then it is safe to believe others will like it also.

What Goes Around Comes Around!

So, can happiness be attracted? Can unhappiness be attracted? The answer to both questions is yes. Happiness is attracted by sharing happiness with others. Unhappiness is attracted by spreading trouble, domineering and manipulative attitudes, and imposing selfish desires with no concern of returning something of value to the other person. It's the, "all about me attitude".

Richard Vegas ©

Richard Vegas is a popular recording artist and internet marketing professional. He invites you to subscribe to his FREE weekly ezine "Wing-Tips" Teaching The Success System That Never Fails, at:

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