

## WHAT CAN WE DO TO BE HAPPY?

According to Aristotle, happiness is the meaning and the goal of life, the purpose of any human existence, the aim of all aims.

According to the Dictionary of Italian Language Zingarelli it is “the condition, the status of those who are happily satisfied in their own desires.

Happiness – let’s keep it in mind - is like a butterfly. It is necessary that it perches, if you try to retain it, it would get spoilt.

*“He who becomes the slave of habit,  
Who follows the same routes every day,  
Who never changes pace,  
Who does not risk ...  
Slowly is dying...”*

*(da Pablo Neruda)*

Usually, everyone has a subjective perception of pain, heat, cold and other stimuli perceived by our body, our emotions, our thoughts, as well as a personal feeling of being happy.

We should consider that in each of us is present a genetic– hereditary inheritance, but also circumstances, thoughts, habits, feelings, words and actions we can attend to consciously and of our own will.

We may say that happiness not always is due to our success, money, some personal relationships or other external reasons, on the contrary it derives more from our state of mind, which can be regulated through suggestions that cover all aspects of our Ego: mind heart, soul, emotions, will.

It is obvious that we cannot be happy just wanting to be so.. However, we can daily follow some rules of “biopsychic hygiene”; some principles that help us to achieve a state of deep and enduring peace, inner joy and happiness apart from external factors, “happiness without reasons”.

First of all,, we must choose happiness as our purpo-

se .It has to be found through the most appropriate preparation, especially developing the art of taking care of ourselves: loving ourselves and life without any fear or anxiety for existence.

Just to take “possession” of happiness, in the sense of living happiness and not chasing it artificially, it is necessary to try to make the cells of our body happy (such as through an appropriate and balanced diet).

Then, we should not believe in everything we think, everything we feel emotionally, not be influenced by thoughts, emotions, feelings. We ought to maintain a healthy detachment, objectively paying attention to what can create us anxiety and worry. To behave in order that love could be the guide of our lives, with love and care for ourselves and for others. To take care of our spiritual range, living inspired by high values \_\_and spiritual purposes, also establishing relationships that may enrich and transmit the essential values. This is another step towards happiness.

Another support may be produced by the imagination that shows us, when properly used, expressions of happiness and an inner peace of mind. For instance,, building a billboard of what happiness represents for us as the first step with our creative imagination and, as our second step, with concrete images.

It is also important to identify the factors that lead to unhappiness and those that lead to happiness, removing the first ones and improving the others, according to the suggestions of those we can consider as the Wise Men, including the Dalai Lama, for instance.

The moment we can feel this happiness, we experience a sense of lightness and optimism, a sense of flowing with life, openness, growth and fulfilment; we find the pleasure to forgive and to be thankful for what we possess; we feel alive, vital, energetic; in other words, being at peace with our life, full of love and not scared of life