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# HAPPINESS

The purpose of your life is to enjoy and learn from your experiences. You were not put on Earth to suffer. You're not helping anybody by being miserable. Regardless of your philosophical beliefs, the fact remains that you were born and you are going to die. During the time in between, you get to choose whether or not you want to enjoy the experience.....

Michael Singer

"HAPPINESS IS A CHOICE WE MAKE EVERY MOMENT OF EACH DAY"

"To the Person, Who Chooses not to be Happy, the List of reasons is Endless"

"He Complains"

"Today it is too cold Yesterday it was raining This morning the neighbour's baby was crying, and she woke me up When I arrived at work, my boss needed an urgent project delivered today instead of tomorrow."

"On the other hand, a happy person responds to the same event in a completely different manner"

"Finally the winter is here, I get to wear my new red sweater. The sun is shining today. Gosh! The little girl next door was crying all night, let me go check on her.  
I had an extremely productive day at work and time just flew by."

"There will always be a reason why we shouldn't be happy, but we can opt to be happy for no reason instead"

"You can turn around and say, My best friend passed away; how can I be happy? The fact remains that your feeling unhappy doesn't help you, nor your friend, and definitely not their family and your family while a merry dance isn't being suggested here, serenity and compassion would be far more welcome than an unhappy, grieving demeanour."

"Life is a brief, unreliable visitor at your doorstep, and you need to make up your mind firmly to be happy irrespective of the persistent devils of death, illness, arrogance and ego that keep knocking at your heart's door."

"Happiness is, after all, a state of the mind, so let's not make it dependent on everything beyond our control and forsake our claim on it. Whoever put you and me here had the intention for us to come in crying to announce our arrival, but preferred to see us joyful and peaceful after that initial wail of surprise. It's a tough task, and we all fail a zillion times, but that's fine."

"Let's Try Again Today."

"We Have Got To Get This Happiness Piece Right One Way Or Another Before It Is Too Late And The Opportunity Is No Longer Available."