

HAPPINESS

By Pierre Zimmerman

Being comfortable doesn't necessarily mean that we are happy. Pleasures usually last for a short time, dissipate faster than we want them to, and unfortunately, we need to create new ones, as we are very often compelled to do, yet we are rarely satisfied for long.

What makes you happy? What contributes to your happiness? What takes away from your happiness? We need to ponder these questions often.

All sentient beings want to be happy. We want to have a connection with the truth of our being, the sacred dimension of life, lasting contentment rather than being ill at ease or experiencing malaise. There are many things that contribute to our happiness and other's. It is good to reflect and contemplate these three questions (above) in depth. They bring us to our senses, back to our tender heart, back to the ground of being.

We love and appreciate simple things: our family, partner, children, our avocation, our friends, nature and many passions and hobbies. Happiness is an aspect of being at ease in body, heart and mind. To be, is itself happiness. When we are listening to people with distractions, dropping our agendas, showing benevolence, able to be fully present, contributing to the needs or welfare of someone else, we experience happiness.

We connect with the truth and sacred dimension of life, cultivating values, having an ethical stance, purpose and self-worth. Zen master Dogen talked of happiness as "the intimacy with the ten thousand things," which means with everything!

How much energy of my life force am I putting into what makes me and others happy? Contemplate what contributes to your happiness and you will be surprised by what you will discover. We don't need to be told or to tell others what nourishes happiness. What touches our heart and soul will move and awaken our sacredness, beneficial speech, our lives and the turning of the heart.

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