



The Secret To Happiness

You are probably here for one of few reasons: either you are sad and want to be happy, you are happy and want to be happier or you are just curious. No matter why, you can benefit from understanding what happiness is, how it's created and how to implement creating it into your life.

First, it may help you to know how I came to KNOW this secret.

I remember coming home from school in first grade and asking my dad "What do you call the funniest kid in the class?" This does lead to how I know.

His answer was an attempt to foil my fate of becoming a non-productive human being. "An ass" he stated very definitively.

Wow, I sure didn't get the answer I wanted. But my need to laugh and play wasn't diminished.

I already knew, at 5, I was an ass. It is my nature. I will always be an ass. Carl Jung, however, may have labeled me a little more kindly: the clown archetype.

My parents also get credit as they raised me in an environment conducive for happiness (I was loved, properly nurtured and nothing that shouldn't have happened to me did happen to me).

As a kid, I was thoughtful and introduced to concepts like denial, hypnosis, Maslow's Hierarchy and more that I later found useful. I spent time contemplating death, infinity, nothingness, mind and happiness.

Happiness, to me, always seemed like the best and only logical choice. It's was my favorite choice.

Not that I have never experienced struggle, sadness, loss, anxiety, etc.; I have. I have always been able to quickly return to happiness as I have always, it seems, understood that happiness is a choice. I just didn't know exactly what the specific choice was or how to articulate it.

My point being that I was always happy but I didn't know much more than how to be positive, rather than being negative.

As an adult, I took up meditation and a whole new world unfolded for me. During that journey, I discovered the secret to happiness.

In my personal journey I was investigating a theory I had that not one religion was “right”, but that all religions probably shared common themes and discovering those themes would be personally beneficial.

BTW, the common themes are: oneness, whole, complete, everywhere, undifferentiated; silent or no disturbance; and love, openness and acceptance. BTW2; if you cultivate the previous examples, the consequence will be peace in your mind and joy in your heart.

This path led me to discover that many religions had a mystical aspect that usually was hidden or condemned by the established. I figured that if I wanted to know, I had to do what they were doing: meditation. And I did. So I did. Then, mysteriously, I was literally guided and compelled to buy Osho’s book of secrets (longish story I’ll share another time).

That was the start almost 20 years ago that began my personal journey inside from which I discovered the secret to happiness.

Once I had the book, I started playing with the meditations. It was probably two years before I started the mediation where I solidified my understanding of happiness.

The secret comes from doing Vigyan Bhairav Tantra meditations. They are 112 meditations designed to help you to know The Ultimate.

The specific meditation is called Neither Mind Nor Matter. In it you are directed to imagine sadness, gloom, despair and death permeating every aspect of you mind, body and world constantly for 7 days and become aware of how it feels. Then for the next 7 days imagine happiness in every aspect of you world and become aware of how you feel. The meditation

continues deeper, but for this story, what is important is the contrast. If you did the mediation, you would likely see that what you imagine plays a large part on how you feel. Once you understand that you can change how you feel by changing what you think. You can at worst, make incremental steps towards the happier existence you deserve.

What Is Happiness

Before I share the secret you should know the benefits to happiness and what, exactly, happiness is. Then, I am going to give you the secret and tell you the best way to implement it into your life and what exactly you need to watch out for. There certainly will be some difficulties and challenges for you to face because you are going to make some dramatic changes in your life. This is very easy, but there is some resistance there that you need to watch out for. And then, I want to quickly summarize everything before you get started on your happiness.

So first, what are the benefits of *knowing* how to be happy?

They are innumerable. Your life will just be so much better knowing how to be happy. You won't have to be sad anymore; you will start to feel like you have some control - and this is just one thing. Happiness is one emotion, but this works for other things in your life too. So, if you have other emotions, you can get control over debilitating thinking and what is not working in your life. This is something that you can use to make a lot of changes in your life. Your life can be so, so much better, by what I am going to teach you.

You will also feel lighter, as you will be.

So, what exactly is happiness? Happiness is an emotion. What's important to know is, emotions always come from something you think. It's a disturbance. A disturbance of clarity and what you could see.

Don't just take my word for it; go ahead and test it out in your life. You can use this for any emotion. Any emotion that you have always comes from something you think. So, if you are aware of that, you can go back to those actual thoughts that you have when they begin, the ones that end up creating what's happening in your life; then you can change them and make other choices. If you make those other choices, you are going to get different results.

What I'm, kind of, saying here is, happiness is an emotion and you can choose which emotions you run in your life or not run. Because emotions come from something you think, you can change what you think and then you can run better emotions or don't run them at all.

Let me be clear here, emotions come from something you think, and you also have feelings that don't come from thinking. An example is joy. Joy is a feeling; it doesn't come from something you think.

Understanding this will help you be aware of the limiting emotions that you run. If you are going to run emotions, happiness is a much better one to run, and it's really not hard. It really doesn't take any effort at all - it actually takes less effort. Really, all you have to do is to change the software in your mind. Change your mind set. Once you do that, it really becomes second nature and your life will be just so much better when you're happy.

This secret here will change your life so that you will be happy! More people, better relationships and good fortune will gravitate to you - it changes everything.

So, the secret to happiness!

The Secret To Happiness

I want to say it like this: **Happiness is a consequence of a playful attitude.**

The important thing to understand in that sentence right there is 'consequence'. What's important about that - I'm going to tell you the best way that I can think of. I don't know if you were ever taught as a child: when you give a gift, you give it for no reason - if you really want to get the joy out of it. You don't give a gift hoping to get something back; if you do, then you are going to lose the joy in giving. This is the same type of thing. I'll share the commonality between the two in a second.

The other word that is important to understand is the word 'result'. The word result is a little different. Result implies that you are present. So: 'if YOU do this, then this happens'. That's not the way happiness actually works. If you are present, the happiness is diminished the same way it is when you want to give a gift to somebody, and you are present. If you want to get something back, then, it's not going to work. That's the difference between consequences and results. Consequences - you are not present; results - you are present. Just like giving.

So, happiness is a consequence of a playful attitude.

Attitude is really just a set of beliefs - how you generally feel and think about something. That something in this case doesn't matter. It could be anything, everything or nothing.

Play means doing something for the sake of doing it. The results don't matter, there is no goal and you do not have expectations of reward. It is purposeless.

Nothing in the future, just now!

Children play best. That's what Jesus meant when he tells you to be "child like". Not childish, but child like. When you look at life with a child like, playful mentality, happiness is the consequence you will experience. Not later but then.

The other side of playful is seriousness.

If you are serious about the world, then you will always be present. It is the opposite of what you want. You're not going to be happy if everything in your world (job, possessions, status) is taken seriously. Life will be a giant struggle.

Keep an open mind to this. Think about it because it is the way it works for any situation. Not everybody likes to hear all of this, but it is, in fact, what happens.

So, happiness is a consequence of a playful attitude. So, if you cultivate a playful attitude, then the consequence will be happiness.

The more you can do this, the happier you will be. Okay?

It is a choice, and what you are really choosing is not to take everything so seriously and be playful.

Yes, if you have children, you have to take their care seriously. That's your responsibility and it doesn't stop you from being happy.

The idea is to not be so serious. When was the last time you were serious and happy at the same time? It really doesn't work that way. But if you have a playful attitude where you don't take everything so seriously, then it's kind of a game that you are playing. Life is a game that you are playing. The consequence will be happiness. To be clear, being playful does not mean being irresponsible.

Maybe another thing that I should mention here again is the difference between happiness and joy. Joy is something that comes from inside; that's a feeling. That doesn't come from what you think. Joy comes from living correctly, doing a lot of things correctly; but it is inside. When you are living life, when you are connected to your source, and you are living the way you are supposed to be living, if you are living the life that you are supposed to be living - then, joy will be what emanates from you.

Okay?

But that comes from what's within, joy is a feeling. It's not an emotion. Happiness is an emotion; joy is a feeling.

Now, you also have sadness too; but just because you take the world seriously, it does not mean you are going to be sad, either. That doesn't work exactly like that, either. You will likely have more sadness, anger,

disappointment, grief, etc. in your life. You definitely will not be experiencing as much happiness as you deserve.

So, now: how to implement this in your life?

How To Implement The Happiness Secret

Actually, the fact that you are aware of this now means it's implemented in your life, already. Even if you don't believe me, it's like a seed. It's planted there; it'll always be there. Once you hear a truth, it is always with you.

Hopefully, you will think about this a little bit, and you can really implement this in your life. The way you do that, really, is first to be just aware of it - which you are, now. So now you can choose to run better emotions.

The solution to every problem is awareness, and you really, really want to pay attention; because, there are other thoughts and beliefs that are in opposition to happiness. There are things in your mind that are going to tell you that this isn't true, it's too easy to be true and work, and other thoughts that are in opposition or sabotage the implementation.

You are just going to be aware; you have old patterns that you will run. But you just be aware and fix them as they come up. The more you are aware of your thoughts, the more you can change and the happier you will be.

Simple?

Actually, you may find it hard at first, but it gets easier.

Now, what I always tell everybody is, when you catch yourself running low emotions, like anger or something, and you catch yourself, you become

aware of it; you're going to see that anger ultimately comes from something you think. You seriously believe things are supposed to be a certain way. You are, what the religious scriptures would say, worldly. If you take everything in this world so seriously, then you won't be happy and you will be running emotions like anger.

So the next time you're angry, see that. Once you catch yourself running a low emotion, all you have to do is, just say to yourself, very kindly - like you are speaking to a child, or as if you are a child and you would want somebody to say this to you. You don't make a big deal out of it; you just say, "No! Running low emotions is not helpful. I am playful. I am choosing clarity over running emotions and being so serious." Whatever you need to tell yourself, do it. Basically, use one or two sentences like that; just kindly correcting yourself in the positive. Then move on.

Okay, so you catch yourself and you say, "I am playful," or "I choose to quietly witness." When you do that, you will become ever more aware of those negative emotions. One day, you start to run one and you see the initial pattern, you'll become aware of it sooner, and sooner, and sooner. So that, eventually, you will be aware of it even before it even starts.

I don't know who said it, Lao Tzu or somebody, and I'm going to paraphrase here, because I don't know; one of my favorite sayings is, "Problems are easy to solve before they begin."

That really is the truth here.

All problems start in your mind - or, somebody else's mind. So, if you can stop them there, if you can see what's actually going on, then you can make

better choices and one of those better choices will be to not run those lower emotions. And then, the consequence actually, will be, happiness. But you are in charge of that, and that's the key.

You're going to catch yourself, just give yourself the one-minute manager. "No, I'm not doing that; this is what I do." Replace it with the good, positive "I'm in charge" and "I run better emotions" or "I am playful", or whatever works for you to correct yourself.

What To Watch Out For

Now, something really important to talk about is what to watch out for, you know, if you want to be successful. Mental resistance is really big. Your mind is going to tell you that "This doesn't work", "It's too easy" or "It can't be that simple", "You're wrong", "I'll think about it later"- and then, the classic "I need more info. Maybe he is right, but I need more info." No! You don't need more info. You've got it right now. You just need to do it. Don't let negative thoughts derail you. Correct them the same way.

Correcting is easy. You just be aware of it and correct it and move on.

You just do it. It is simple, but most of the good solutions are. It's really, really not difficult. All these things really take less effort than running the other emotions. That's why, if you ever get angry, you notice you are tired afterwards; it wears you out. You certainly have a lot more energy when you are happy. BTW, you'll have even more energy when your life is filled with joy.

The other thing that is likely to happen, is that you are going to forget all about this when life starts jumping on top of you. That's the time when you

really, really, really need it. Come back to this book every so often if necessary.

Just be aware because, like I said, when you are getting tired and you are running all those negative emotions, a lot of it could be coming from the fact that you are taking things, especially yourself, too seriously. Don't do that.

Cultivate a playful attitude; have fun with it. Look at life like it's a game, because it really is. Have some fun with it, and you will have a much, much better life, and so will everybody else around you.

What's Next?

So, here is a quick recap. Happiness is an emotion, that you are in charge of, and you can decide whether you run this emotion or another emotion, or no emotion at all; it's all up to you.

Really, a lot of what I'll - what I'll always going to be talking about - is you becoming aware of that, and knowing you are in charge; not your mind, not your emotions. Your mind shouldn't be in charge of your life. There's a you deep inside of you that needs to be brought out, it needs to be cultivated. That's what needs to be set in charge - the real you.

To find who you really are, ask “Who is it that is aware?” You want to know who the one aware of your emotions and thinking is. That's the real you!

The benefits of this knowledge are, like I said, innumerable: better health, better friends, better relationships, more energy. You just feel sense of well-being when you are happy.

How to implement? Again, it's not difficult. Just become aware and whenever you catch yourself running something you don't want to run, then you tell yourself that, "No. We're going to run the good stuff".

Specifically with happiness, don't take things too seriously, and cultivate a playful attitude - that's really all that's needed. Change thoughts that are negative and poor, unhealthy and in-optimal into better thoughts. This process will change your attitude.

Watch out for sabotage - mental resistance, avoiding and telling that it's 'too easy'. So, go out and practice this today.

You know what? Be aware, don't take things too seriously, play and have fun.

Now go and be happy!

About The Author

William Cassidy is a #1 bestselling author, publisher and business strategist that helps business owners and professionals use their knowledge and experience to get recognized by national media news outlets for accelerated business growth and increased profits.

William's background is management, marketing and technology. Bill, as he is mostly called, had many corporate successes before opening a computer services business on the south fork or the Long Island. For over 15 years Bill helped many residential and business clients with their computer, technology and web development problems before deciding to go totally digital. During retooling, Bill noticed very few businesses had effective marketing programs and saw the opportunity to marry his unique business skills with digital publishing.

Personally, Bill's passions have always included, in addition to business and marketing; personal growth, health, fitness, meditation and performance. Bill is an avid reader of self help and business and marketing information. He has been managing businesses and meditating for over twenty years and is convinced others can benefit from his experience.

In 2014 Bill created Goodwill Digital. The marriage of publishing and marketing with a focus on useful information that helps people live better lives was ideal. Basically, earn a living publishing and marketing quality information and helping others do the same. Helping people help people became the tagline.

Bill then became one of the first to offer what is now called authority marketing or authority positioning services. Authority Marketing is the process of creating newsworthy events positioning yourself as an expert solving a problem, then leveraging the credibility and trust gained with smart marketing principles for increased profits and accelerated business growth.

He has been featured on ABC, NBC, CBS, FOX and SmallBusinessTrendsetters.com.

If you would like more information on how to become a recognized authority in your field, visit [Authority Launchpad](#).

If you want Bill's help [click here](#).

Bill also enjoys family, travel, craft brews, Philly sports (especially Big 5 Basketball) and owns a 40ft recycled bus conversion he calls Spider Bus.