

Exploring the Source of Happiness

Every single person on this planet is striving to be happy. This is the state of being that we all know from the time of our birth. It is a state of being that we recognize as our true self – who we deeply are.

Now, for most of us, this happiness doesn't last. It gets replaced by a striving force to survive, which feels more like the opposite of being happy. The reason we are doing this is astonishingly simple – *because we are told to do so.*

- Our heritage tells us what to think and feel
- Our government tells us what to think and feel
- Our society tells us what to think and feel

Our current world view is determined by a centuries old paradigm – Newton's world view of the universe as a giant clock works is studied, as it has been for centuries, in our schools. This world-view teaches us that we humans operate similarly to a mechanical clock. This view teaches that everything is ruled by cause and effect, and almost everything can be replaced when it's damaged. In addition, we are taught the concept of the survival of the fittest. Together, these two ideas condition us to accept that people, like animals, must function in a state of mechanical perfection or be replaced by more perfectly functioning components in the system.

These old concepts have led to a society that is completely self-centered, ego-driven, irresponsible and environmentally destructive. They have led us to a cult of happiness seekers who get their adrenalin rush by buying more useless stuff on a daily basis – all in a subconscious attempt to maintain the illusion of perfection.

We have been conditioned to consume the world in an effort to attain this illusory perfection, and it shows in our day-to-day lives. Simply put, we work at places we don't like in order to buy stuff we don't need.

We have forgotten that the source of happiness lies within the center of our spiritual being, and we have replaced it by seeking it in the material world. We have things backward.

What is the Manifesting Process?

Where does it initially come from: Desire? Wanting something? Bettering ourselves?

Take a good look at your life right now. Where do you live? What does your furniture look like? What kind of car do you drive? How much money is in your bank account? Look in the mirror – how do you look? Everything has been manifested one way or the other, by you. You may not be aware of how far-reaching your ability to manifest truly is in all its aspects.

Have My Thoughts Created All This?

Yes! Whatever you see in the physical universe has been created in one way or the other by your thoughts. Your thoughts are the blueprints of what later becomes physical form. Everything starts with an idea, which is a thought. That's why it is crucial to pay attention to your thoughts.

If you worry about getting all those bills paid you will create more of the same thing, simply because you have thought about it. Your thoughts are nothing more than frequencies or vibrations that resonate with similar vibrations already existing. Place two guitars side by side and pluck a string on one. The string on the other guitar will start vibrating, even though you haven't touched it. It is the principle of resonance. Fascinating, isn't it?

You *want* to be able to control your thoughts, given that they create your reality. If you can control your thoughts, you can control what you want to create and manifest in your life. If you can't control your thoughts, things will manifest that seem random and unconnected to you – and they are – they are actually manifested from other people.

Your consciousness is like a radio station. You can send signals and programs and you can receive signals and programs. Sometimes you may want to receive and sometimes you may want to send. To know when to send and when to receive is one of the greatest success factors in life. It is the balance of knowing when to create and when to experience. You cannot constantly create for you would miss out on the other part of the experience. On the other hand, if you only experience things, you will never get to manifest anything.

Another way of putting it would be *responsive responsibility* – the ability to *consciously respond*. In every moment, you have a choice about what you want to do, and what you want to decide. If you don't exercise this power nothing happens in your life – at least not what you want. This brings us to the next topic.

In Summary

Happiness is the state of being of our true self, which we have deeply recognized from birth. We lose sight of the source of our happiness through a variety of cultural, social, educational, environmental and relational conditioning.

When we respond to life from our true selves rather than from our conditioned selves, we are able to manifest what we want.