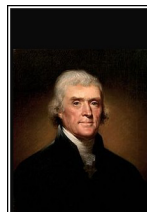




Today's Lesson
I'll Be Happy When...

Power Point notes available at:
www.unityofbakersfield.org

I'll Be Happy When...

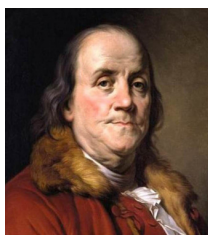


We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness.

(Thomas Jefferson)

ixquotes.com

I'll Be Happy When...



Benjamin Franklin once wrote that, "*Happiness consists more in small conveniences of pleasure that occur every day, than in great pieces of good fortune that happens but seldom to us in the course of our lives.*"

I'll Be Happy When...

The **HAPPIEST** PEOPLE don't necessarily have the best of everything; they just make the best of everything they have.

DandelionQuotes.com

I'll Be Happy When...

Happiness is a state of consciousness, of being. Everyone has their own concept of what happiness means to them. Happiness is therefore a choice one makes in their lives.

Tomorrow millions of people will celebrate the 4th of July by watching firework displays or setting off their own to the delight and happiness of those involved. But for others it does not bring happiness to their lives.

I'll Be Happy When...

Over the years I have heard people share with me what they feel would make them happy. Here are a few examples of the "I will be happy when..."

"I get that promotion or position."

We get the promotion or new position and we're still not happy.

"I have him/her in my life."

We get into the relationship and discover he or she doesn't make us happy any more.

I'll Be Happy When...

"I'll be happy when..."

"I get into that house or apartment I'm looking at."

We get into the house or apartment and find things we didn't see before.

"I hit the lottery and my problems will be over."

We come into some money only to find that half the world has become our friends and relatives suddenly appear out of nowhere.

I'll Be Happy When...

"I'll be happy when..."

"We finally leave on our vacation."

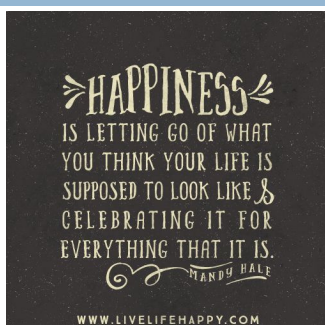
We're three days into the vacation and fighting.

"I finally get married to him or her and we start a family."

We wake up one day to find out the honeymoons over. The baby's here and now we can't sleep, we can't go out anyone, we've lost most of our old friends, we feel trapped... on and on it goes.

I'll Be Happy When...

What do all these things have in common? *Our need for acquiring happiness in our lives is based on things outside of ourselves.*



I'll Be Happy When...



If Life Is a Game... Dr. Carter-Scott writes:

Many people believe that they will be happy once they arrive at some specific goal they set for themselves.

The "there" for them may be losing weight, finding a soul-mate, getting a better job, a new car, or anything that they believe will make them happy.

I'll Be Happy When...

However, more often than not, once they arrive "there" they still feel dissatisfied, and they move their "there" vision to yet point in the future.

Think about your past "there" visions when you said, "I'll be happy when...and then ask yourself, "Was I really any happier when I actually arrived there?" Perhaps for a brief moment, but when the feeling of happiness passed you found yourself on another quest for happiness, never really finding it in the present moment.

I'll Be Happy When...



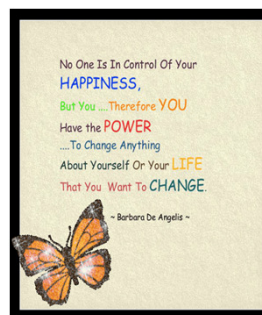
"Therefore, do not be anxious about your life saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For your heavenly Father knows that you need them all." (Matthew 6:25-34)

I'll Be Happy When...

There are four easy steps that anyone can use to help create more happiness in their lives without saying, "I'll be happy when..."

Step 1. Creating a blessing journal. In the journal write down all the things you are grateful for. It does not matter how big or small the gratitude is. What matters is that you are developing a consciousness for appreciating the 'here and now' not the "there and then."

I'll Be Happy When...

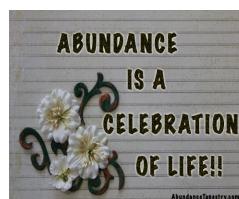


Step 2. Unattachment. When we attach our sense of happiness to anyone or anything, we put ourselves in a position of being unhappy due to unfilled expectations.

I'll Be Happy When...

Step 3. Create an abundance consciousness. This step is very hard for many people because they grew up and where raised in "scare city" where everything is limited and there is never enough so their focus and energy are spent on trying to fill the "lack" in their lives. This cycle can be broken. Creating an abundance consciousness must be built on the fundament truth that we have everything we need to manifest happiness in our lives.

I'll Be Happy When...



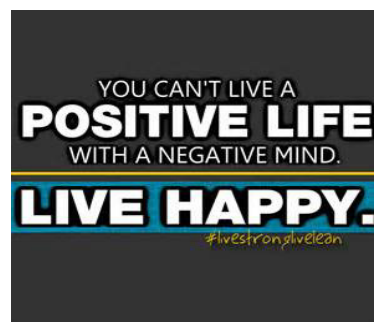
Abundance is an attitude of mind that says, "All things are possible." No matter what the appearances are, the Universe deals in giving greater good, never withholding or denying.

I'll Be Happy When...

Step 4. Develop a sense of peace. Someone once said, "A mind at peace brings happiness to the soul." Spiritual teachers the world over have taught that the key to creating happiness is a peaceful mind, and the only way to achieve that sense of peace is to live in the moment. This is accomplished very simply by pausing (Sabbath) to stop, look, and listen to the abundant beauty and blessings that are in the moment.

I'll Be Happy When...

After all...



I'll Be Happy When...

Remember not to take life too seriously, even your spiritual one. Take note of these spiritual affirmations from Sharon Janis in Spirituality for Dummies:

A. "I'm detached from all material possessions!"
EM. "I'm flat broke and don't have a penny to my name."

I'll Be Happy When...

A. "I'm not my body!"
EM. "So pass another slice of pie."

A. "It must be your karma!"
EM. "I don't want to get involved, so don't ask me for help!"

A. "O Lord, my life is in Your hands!"
EM. "What I tried didn't work, and I'm in hot water now!"