

PUZZLES OF HAPPINESS



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Puzzles
of
Happiness

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*Do what you believe in,
Believe in what you do!*

BOOK I

What does happiness mean exactly and how do we understand it?

Has something good happened to you today?

You automatically answer: “nothing”...
That's not true! Think!

A car stopped to let you walk across the road? Or
maybe the city bus driver waited for you to get on... By
pure chance you discovered that you can do more than
you thought you could? You lost 100 grams being on a
diet?

This is happiness!

The small events which make your day better. You

have to see that the good appears in the details! Because it's usually hidden there! Happiness is beauty hidden in short, fleeting moments, but those brief moments make your smile stay on your face.

Think, what may make you smile tomorrow?

Sun shining from behind the clouds? Golden leaves falling on your head because of the wind? A child babbling happily in the pram in a city bus? A doggy jumping around your feet out of joy? Or maybe it will be a surprise SMS from a loved one?

Happiness is hidden under the guise of everyday life... Even if the media and colourful magazines are trying to convince you that the measure of complacency are luxury yachts, sport cars and a million other things...

It's up to you to see the truth!

Happiness is a state of mind.

You can feel fulfilled without having all these items! Of course, life with a million in the account would be a lot easier, I'm not even going to deny it, but since none of us has such an amount right now, let's enjoy what destiny has already given us.

Search for small joys in your surroundings. The more details you notice, the more happiness will appear in your way... Over time you'll see more and more of it... Until happiness finally settles in your life for good... You will see that it will give you strength.

Think how many happy events the fate can bring you today! Believe that this might be your lucky day! And let that thought be your guiding theme from now on!

Still not convinced?

Think!

Are you awake? This is a reason for joy! And now think

- how many good things happened to you in the past few days, weeks, months! You are smiling now, right? You are lucky!

Your whole life is made up of moments.

Those fleeting moments make us keep going forward! It depends on us how many of them we have in our lives!

There has never been anyone spoiled with good moments in every second, minute or hour of his life. Thanks to sadness you see joy. Hate enhances love. You appreciate the sun because of the darkness of the night. Unpleasant tastes or smells emphasize the charm of those wonderful.

Create your own puzzles of happiness from these few minor joys!

But before you start to search for your puzzles, of which you will create own unique image, notice a few basic things. Aiming for the future you have to understand the past and fix the present. So do your obligatory "homework."

Sit down and think for a moment: How many positive feelings do you send into space per day? Five? Ten? Twenty? Or a hundred?

Each of them will come back to you like a boomerang sent back by a higher power! Smile! Approaching the topic with fairness... Understanding... Every act of kindness and every good deed... Truth and honesty...

I know that nowadays these are very often luxury goods, and people have stopped sharing them... But because of their lack the world has become a treadmill... Positive feelings and deeds make the sun shine brighter,

the stars sparkle more intensely, love is stronger and life is happier!

Every day take care of your positive feelings (but honestly!). Appreciate the beauty of the world and life...
And they will answer with the same!

Remember, everything you do, think or say comes back to you! Maybe not the same day, week, or month... But it will come back for sure!

Therefore, sending positive energy to the world is worthwhile!

A smile! A nice gesture! A good deed! A little patience!
It's all totally free! And it makes the world a friendlier place to live in!

In addition to that there has to be a bit of empathy.

The definition is quite simple:

The ability to feel other people's mental states, to understand their way of thinking and seeing reality.

So ask yourself: how much empathy is hidden in you?
Can you be empathetic when it comes to joy, concern, happiness or pain felt by other people? Can you understand the motivation behind their behaviour? Have you even tried to do it?

The world needs empathy because communities built on it and it can do a lot of good to their members.

Members of a community who care about each other can survive the greatest crises, disasters and emergencies...
By feeling and understanding other people you become richer internally...

Can you see how important happiness is?
Are you wondering how to find it?

The answer was given by Erich Fromm:

*„Happiness is either a coincidence or a gift from the gods.
Happiness is something that each of us must work out for himself.“*

Do not stop at your work and step by step, moment by moment, try to improve your life! Enough of complaining and making excuses!

As a wise man once wrote:

"The bad news is that no one knows the key to happiness, the good news is that it is not closed."

Minor changes made today will build the foundations for a better tomorrow!

Do you want change and you're ready for it...? Are you going to make the changes? In a day, a week or a month... You are just waiting for the right time... the perfect moment!

I have a message for you!

The best time to change something is „NOW“!

There is no need to wait! Start changing your life „now“ and „tomorrow“ you will see the first results!

You say it's not that simple? That it's not possible to change the whole outlook on life and reality in one moment?

You feel that you are missing out on something no matter what you do? Do you think that happiness steers clear of you?

Realize what you have! How many positive things you meet in your life!

If you want to realize their multitude, I encourage you to perform a little experiment.

Start "A diary of happiness."

Write down even the smallest things that made you smile and feel happy.

Perhaps at first the list will not be too long, but with time you will learn to recognize these "little pieces of happiness", and it will extend the list greatly. This will make you understand one thing:

Very often we are happy even without knowing about it.

This, however, does not give you the reason to abandon the quest for joy and happiness in life. Therefore start to write! Because from small dreams you will go to these larger, and finally you will fulfil the dream of your life!

Remember:

- Happiness is the beauty hidden in fleeting moments
- Good deeds come back to you like a boomerang
- Being good costs nothing!
- Arrange your own puzzles of happiness
- Empathy is the answer to many problems
- "Now" is the best time
- Write a diary of your own happiness

BOOK II

How we perceive the world and ourselves

Headache? Fatigue? Reluctance?
Listen to yourself! Your body is trying to tell you
something!

Get some rest! Regenerate now!

Who will give you strength, if you do not guarantee it
yourself? Take care of yourself! Do not let chronic fatigue
get you!

Look in the mirror! What do you see?
I know, I know... It sounded like some ad... But that's
not what I meant, so let's get back to the point....

Stooped posture? Tired eyes? Sallow complexion?
Stretched gym suite put on in the morning in a hurry?

Forced smile?

If you answered „YES” to at least one question, it's time to change something!

Relaxation and greater self-confidence... Only this will help you to change what you see in the mirror...

You will say it's because something is wrong in your life. Well, unfortunately that's how things are, and this is the reason why people still worry about everything. But do not forget about one of the old truths:

Everything in life is temporary, so a bad moment will pass, because nothing can last forever.

If you have any influence on your problems, try and solve them as soon as possible.

However, if the solution does not lie in your hands, simply smile and live on until life tells you "what's next" about your trouble.

Scientists prove over and over again in their subsequent studies that an average person is worried about things that do not even happen. So please, get rid of „mediocrity", so that the statistics could decrease drastically.

Are you sure you can look at your life with detachment? Can you look at some situation calmly? Can you shut out the thoughts running through your mind in the evening?

I know, sometimes it is difficult. There are too many things going on at the same time. Too many problems accumulate in a week, or even a day...

Unfortunately, all this has negative impact on the quality of our sleep and the condition of the body...

During the day you should deal with all the issues

which solution lies in your hands... Organize notes, get ready for the next day...

BUT! Entering the house, leave your problems outside!

Yes, I know, sometimes the problem is your relationship with the members of your household, and I will not go into details of who is the source of the problems... What then? Find a “corner” just for yourself where you will be able to calm down, relax and catch the proverbial breath...

Why?

In the daily course, among a million important things... You rush forward, faster and faster, work, home, work, sometimes a short break with friends, work, home, work...

You forget about your own dreams, small pleasures and moments when you can take a deep breath.

Watch out!

One day you will wake up hating your life, you will pack your suitcase mechanically and you will want to get away from the frustration that has built up in you. Do not let this happen!

Find some time just for yourself - right now, before it's too late!

I know! In the present world everything has to be done in time, for today, and sometimes even „for yesterday”!

An old proverb says:

“Haste makes waste”

And indeed it is so!

If you act in haste, unfortunately, you are not able to concentrate in 100% on the work, so paradoxically, it takes you more time!

Are you lost in the multitude of responsibilities?

I understand it perfectly! However, you should determine your priorities! Start with the most important things - then the brain is still rested and works efficiently. Then move on to those less important and end your day with the smallest issues.

This is the moment when I want to ask you something:
Can you still remember why you go to work?

Yes, I know... Money... We all need it to live... Time, work... All these are pushing us forward.

But can you still remember your goals?
Yes! These dreams that you wanted to realize through work...

I see your inquiring eyes.

You forgot!

Get off the carousel of life for a while... Stop for a moment! Take a deep breath... Silence yourself... Take a break. A short walk or even time for a cup of tea can replenish you energy!

Remind yourself what this is all about...
A better start for your child? A happy family? Your own satisfaction? The sense of fulfilment? The reasons can be numerous... It is important not to forget them!