

Natural Healing Express Weekly

Column 233 Happy People /Challenge

Well, this past week has certainly has held its share of sadness. The world lost Country Music Legend Merle Haggard on April 6. He was arguably, one of the greatest singer/songwriters ever. We will certainly miss him, but his music will live on. The next day, we lost Jimmie Van Zant, a Southern Rocker who actually recorded a song written by our up and coming country music star, Nashville Recording Artist, Corey Cox. That song was "That'll take You Back". If you would like to see Corey perform this live, he happens to be in our area this week. Corey will be at the Lena Brewing Company in Lena on Tuesday, April 12 and Rachel and Ray's in Blanchardville on April 13th. If you haven't seen him, come on out for a great time. I will be there and probably requesting a few Haggard tunes. Godspeed Merle and Jimmie! God, you sure must be putting together a heck of a band!

So, despite the sadness, this article was intended to be about Happiness! And it looks like we may end up having more than one part, so watch for the series. Dan Baker wrote an interesting book called "What Happy People Know", which is a somewhat scientific approach to getting yourself to your happy place. Now, because I realize we are all getting more and more desirous of "quick and easy" solutions, I will attempt to summarize his approach.

He begins with this quote – "Happiness is the whole aim and the end of Human Existence", Aristotle. Wrap your brain around that one for a second. Yep.. Seems a little odd, huh? I think it means that as we intend to be "happy" we try to acquire everything we think will make us happy – money, freedom, friends, family, etc., but we somehow at the end of the day it is the "simple" happiness that we need in our heart. Kind of a conundrum.

To me, happiness is about losing the "fear". I choose to do that through my relationship with the Lord. Baker describes it a bit more scientifically by stating, "The biological circuitry of fear is the greatest enemy of happiness." This means that because of our past fears, experiences, traumas, we being to become "hard wired" for hard times. What has saved us regarding our own survival (and generations previous) slowly has become our enemy. And we know fears will come up. Everyday. Many times. But our spiritual gift and our evolutionary gift I suppose, is that we CAN rise above our fears.

Since this is a bit more scientific, let's look at Baker's 12 qualities of happiness, so we know what we are striving to learn.

1. Love- this is the wellspring of happiness, renewable and everlasting
2. Optimism- Optimism provides power over painful events. Even in hurtful events, there are lessons and the more it hurts, the more you learn. It's not an attitude, is a way of being. If you do nothing else here, please BRING THIS INTO YOUR HEART – the more painful the event, the more profound the lesson and you get to BENEFIT from the lesson.
3. Courage- This is the strongest weapon for overcoming the split second power of the fear system. Courage is the quality that allows us to thrive. Just press on. Courage stops us from buying into the fear of the moment.

4. Sense of Freedom-When we choose, we define who we are. I just posted this on my FB this morning – “the Ultimate Freedom is to be FREE of the need to impress others,” by Joyce Meyer. Choice is truly available to anyone who has the courage to exercise it. If you want a fun start, take a 13 year old and his two buddies to a drive through, you will see a demonstration of at least sixty ways to make a choice, or decision, or choice or for the love of God, please order something!
5. Proactivity- Happy people make their own destiny...They aren't waiting for anyone or anything to make them happy.
6. Security-Happy folks know nothing lasts forever. They make the most of the now and don't measure their worth by calendar, calculators or others' opinions. They do not become slaves to popularity or statuses. They rock what they have, when they have it.
7. Health- You think I could go on and on here? Ya, maybe. It's hard to feel happy if you don't feel GOOD. But, even when the body fails, the spirit will survive. This is an even more important time to connect to God, your higher power. What I am talking about is achieving true health – study our Bio-Individuality model- the Behavioral, Physically, Intellectual, Emotional and Spiritual aspects of yourself.
8. Spirituality – this one is so special; it has its own listing. Let Go and be welcoming to extraordinary experiences. Don't be concerned about dying, be concerned about not living!
9. Altruism – Most unhappy people are too self-absorbed to be altruistic. But happy people know how happy it makes them to give of oneself. It gives you a purpose and takes you outside yourself.
10. Perspective- Happy people see shades of gray and offer a lot of forgiveness. They learn to prioritize their problems and turn them into possibilities. Happy people don't lose sight of life's big picture during bad times.
11. Humor—this is a shift in perception when things look the darkest. It gives people the guts to go on, plus laughter is one of the best healers out there. I wish we could bottle it and sell it.
12. Purpose- Happy people know why they are here. They are doing what they are born to do. And if they died today, they would be satisfied with their lives. I have had the blessing of seeing this come to fruition for many of my clients/friends. It is really the whole reason I do what I do. Being on purpose takes a lot of the BS out of the equation. For an example of being on purpose, I can tell you this, I know my pal Toby Keith was born to sing, and he was uniquely placed in a position to relate to our military soon after 9/11 by writing us an anthem called Courtesy of the Red, White and Blue. If you have heard it, you know what I mean. There are a million more examples, but when you are living your purpose, happiness cannot be stifled.

We will continue this series next week! Anyhow – regarding the Challenge- Our Bone Broth

*Previously, we mentioned our bone broth challenge and described it as follows: As I have studied this ever-developing trend, I found a quite interesting 21 day bone broth “diet”. Now, I hesitate to really call it a diet, but since we research everything here before we endorse it, I am forming a 10 person “board” to work with me on this 21 day endeavor. The gist of it is that we will follow her 21 day “diet” utilizing our broth and analyze the process and the results. I am carefully selecting this committee and am looking*

*only for those volunteers who are willing to work at this with me, be positive and provide great feedback. I would like to encourage those who truly are desirous of a change in their own life to get in touch this week. We will meet twice a week for three weeks and start in April.*

*There is no cost to be part of this and our broth will be provided. I am looking for folks with joint concerns, surgery/injury recovery, 10-25 pounds of weight loss or low energy. Again, I plan to work with a very small group on this, so if you are not chosen, please do not take it personally. This is intended to be a specific and task oriented group. There is no compensation involved, only the broth provided.*

With that said, we have just finished a batch of our bone broth and will have several for sale when this publishes. We will be in the store Wednesday from 10:00am to 8:00pm and Saturday from 9:00am to 1:00pm. If you need to make arrangement for pick up at other times, we always accommodate. Just reach out at any of the numbers provided.

As of this date, I am still looking for one more candidate to take part in our Bone Broth Challenge. If you have questions, feel free to reach out.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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