

Natural Healing Express Weekly

Column 234 Happy People, Part 2

Last week I started a series called “Happy People”. This week, we will discuss even more! Last week, we discussed the 12 qualities of happiness with those being: Love, Optimism, Courage, Sense of Freedom, Proactivity, Security, Health, Spirituality, Altruism, Perspective, Humor and Purpose.

This week we will chat about the “tools” of Happiness. There are six!

1. **Appreciation**- This is the first and most fundamental happiness too. Appreciation is the purest, strongest form of love. Research shows it is physiologically impossible to be in a state of appreciation and fear at the same time.
2. **Choice**- Choice is the father of freedom and the voice of the heart. Having no choices feels like being in jail. Lack of choices leads to depression, anxiety and a condition called learned helplessness. Anyone can choose the course of their lives, but only happy people do it. Unhappy people make the mistake of giving in to the automatic fear reaction, which limits their choices drastically, to just fighting, fleeing or freezing. Happy people turn away from fear, and find that their intellects and spirits contain a vast warehouse of choices.
3. **Personal**- Personal power has two components: taking responsibility and taking action. It means realizing that your life belongs to you and you alone, and then doing something about it. Personal keeps you from being a victim.
4. **Leading with your Strengths**-When you take the path of the intellect and spirit, you naturally begin to focus on your strengths- and start to solve our situation. Leadings with your strengths feels good, and that’s why it works. Simple but true.
5. **The Power of Language and Stories**-Language, as the single most fundamental force of the human intellect, has the power to alter perception. Words have the power to limit us or set us free; they can frighten us or evoke our courage. Use them wisely.
6. **Multidimensional Living**- There are three primary components of life: relationships, health and purpose (work). Many folks put all their energy into one area and that puts us out of balance. Happiness comes from a full, balanced life.

Now that we chatted about the tools of happiness, there are a few “pitfalls” that prevent us from being completely happy. As Dan Baker, author of What Happy People Know concludes. There are five happiness “TRAPS”.

The Five Happiness Traps are

1. Trying to Buy Happiness
2. Trying to find Happiness through Pleasure
3. Trying to be happy by resolving the Past
4. Trying to be happy by overcoming weakness
5. Trying to force happiness.

Avoid these “traps” by taking a long hard look at your own life and seeing which ones you may have been ensnared in. Next week, we will finish our series!

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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