

Natural Healing Express Weekly

Column 235 Happy People, Part 3

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

Next week chatted about the tools of Happiness which are **Appreciation, Choice, Personal Power, Leading with your Strengths, The Power of Language and Stories and Multidimensional Living.**

We learned about the pitfalls that prevent happiness which are: Trying to Buy Happiness, Trying to find Happiness through Pleasure, Trying to be happy by resolving the Past, Trying to be happy by overcoming weakness and Trying to force happiness.

This week we will chat about finding the antidote to Fear. According to Dan Baker, the author of “What Happy People Know” in the ultimate analysis, human beings have only two essential, primal feelings: fear and love. Fear impels us to survive and love allows us to thrive. It’s really that simple. These two complementary feelings have been the driving force of human history.

Fear is the product of the reptilian brain and love is the product of the neocortical higher brain, where spirit and intellect reside. The shifting between these two “brains” (reptilian and neocortical) is literally the dance between love and fear. For you to be HAPPY, love must lead this dance.

And in the struggle for happiness, the only element of love that really matters is appreciation. Appreciation is the highest, purest form of love. Why is that? And how does it pertain to how you allow love to lead the love/fear dance? Well, Appreciation is a love that need not be returned. People who truly appreciate feel the same about the object of their love whether it is present or absent. Appreciation asks for nothing and gives everything.

When you are in an active condition of appreciation- whether it is a sunset, love in your children’s eyes, the love between man and wife or simply adoring music or a painting---your normal world stops and a state of grace begins. Time can stand still. Or you can “fall” quickly. Your senses are heightened or obliterated. Creativity flows, heart rate slows, the calm happens.

During active appreciation, your heart, brain, and endocrine system work in synchrony and heal in harmony. But most importantly, those anxious instincts of the reptilian brain are cut off. Simply, you cannot operate in a state of appreciation and a state of fear at the same time. They may alternate, but they are mutually exclusive.

During the state of appreciation, through the activation of intellect and spirit, you are free from fear during that time. Thus, appreciation is the antidote to fear. Understand?

In the love/fear dance, the more you are in the appreciation state, the less you are in fear. If you are not in fear, you are happy.

So, how do you really put this into practice? By focusing on the positive and your “anti-worry”. Yep, when you are heading down the highway towards fear- take the off ramp toward a feeling you KNOW will re-set your path. It could be your first kiss, a home run that was knocked out of the park, fishing, a chocolate chip cookie, a grandchild, the ocean----whatever is your “happy place’. Then focus on that and that alone until you get yourself into the appreciation state. You can then ‘re-work’ your path in your brain’s neurotransmitter to stay in the positive.

This is aided tremendously by prayer and a strong faith. I hope you have enjoyed this 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 204 W Main St, Lena, IL 61048.

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