

Letting Go of Unhappiness

8-28-11

Happiness is easy. It's letting go of unhappiness that's hard. We're willing to give up everything but our misery. A hundred times a day our love of happiness is cut short by our even greater of it. A happy thought is inevitably followed by a "realistic" one. If we find ourselves laughing with abandon, singing in the shower, or whistling loud enough to be overheard, for some nagging reason we feel we must resume a "serious" state of mind. And yet it's happiness that is truly practical and serious. It positively affects our mental and physical health, our relationships with friends and family, our job performance, not to mention our relationship with God. Happiness connects us with Reality; unhappiness disconnects us.

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