

## Antique History Books - Happiness Defined by Science

Antique history books discuss happiness and the state of joy that can be created on earth, and in the mind. As one who meditates and as a follower of Transcendental Meditation this has been a week of reflection among those who meditate. Maharishi was not perfect, no man was, but to follow his way to meditation was modern and perfect for the times. So when he visited my city in 1968, his fame through the Beatles had me at his feet and I have meditated since 1969. And as all the electrode studies have shown it does lessen strain, place one in a more contemplative open way. This scientific finding is no surprise to those who meditate or were alert during Sunday School. It is worth contemplating. Happiness is always elusive to feel in a consistent state, as depression can be so difficult to shake off. We know more quickly when we see happiness in others: a laughing couple, a tender holding of hands between an elderly couple, a child on a swing in the park with adoring family nearby with their arms out. Within our own lives, it can be obvious as well: a meeting with a long unseen loved one, almost any time with a grand child, a sense of achievement at completing an overdue task, the praise of one we respect, the smile of a loved one, the tail wag of a dog or the purr of a cat. How to maintain that state is unlikely over a lifetime given inevitable tragedies ahead no matter how carefully we and our loved ones live. But some research has been done by University of California psychologist Sonja Lyubomirsky and others. Their findings confirm wisdom back to Socrates, Aristotle, and up through the ages to a young man still 27 who began to publish Poor Richard's Almanac which became an instant success and created fame for Franklin and notice of America as a brave free new land. This research found that we would all be happy if we followed what we learned in Sunday school or kindergarten, or any of the antique history book genius found in there. -Count Your Blessings -Practice Acts of Kindness -Savor the Joys of Life -Thank a Mentor -Learn to Forgive -Invest Time and Energy in Friends and Family -Take Care of Your Body -Develop Strategies for Coping with Stress and Hardships We will discuss each of these elements that science has found exists among those who live longest and report highest rates of personal inner happiness. We can find ourselves wiping our brow, sweating, with grand children at their school or getting them some urgent thing they need and you were there. Receive because you have earned, as I have done, and make amends as you can. Savor your Best Grandpa Ever award and look at it and whistle while you work, and realize that science can predict some pretty predictable things that is so good to know. For when the crabby lady makes a rude comment, you somehow can really sense she may not have practiced these eight great ways to be happy. And so we will gather around the fire here again shortly, and talk some more on this. The words stand so well, I thought they should be savored, in case my additional words on this may take it away. When I was first rising (I was a mail boy at Head Office) I found I could remember all the eight names of the vice presidents. Their names followed when I stepped off the elevator and thought their initials, "mebssbsm". So, each day you prepare to step off your elevator and face the bosses, make them think you are clever by saying all names as your circle that floor. Here you recall "cpstltd". Or change the key letters to fit you. So, for now, we can start with "cpst", "ltd". As easy as Later Alligator, In a While Crocodile. While you do your good deed and smile.

## About the Author

Derek Dashwood is fascinated that Wise Men were there to welcome Jesus and we have been on and off since. Time to all meditate together in joy, as is happening again now in China. Now it is in front of you at low net prices at <http://www.antiquehistorybooks.com>

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