

Science, Healthy Lifestyles, Happiness - Eight Steps to Bliss, From Buddha to Science

Scientists at the University of California have now measured thousands of people and found there were eight common variables among those who reported the happiest and most fulfilling lives. These same people reported best health for their age group, were active and helpful in local volunteer work, they tended to believe in a God and an afterlife, and they also had no doubt they were going there, but were in no hurry. These life winners tended to believe in a God and an afterlife, and had no doubt they were going there, and were in no hurry. These eight attributes to bliss are here for you to follow. Count Your Blessings. Commit acts of kindness. Savor the joys of Life. Thank a mentor. Learn to forgive. Stay close to family and friends. Take care of your body. Develop strategies to cope with stress and hardship. We suggest making an eight day game of it with those who you spend your daily life or earn your daily bread. You be the Count or Countess of Blessings. Live the part or you will not remember, which is your fast track to bliss. Otherwise, if you lack the attention span of Buddha, you could meditate till the cows turn holy and still not imprint these eight virtues. By the way, that is Hindu belief which Buddha, like Jesus did not accept. But back to bliss, if you act this road map out until you can walk it blindfold, act it out. Make sure you include the name of everyone hearing your memory building exercise for your advanced psychology class. You can explain that it is better not to talk about it, or we forget, we need to go deeper and imprint until it "sticks", as science reports. You are in quick mode to bliss, so it is in your mind, yet mysterious because we cannot witness the miracle connections inside our frontal lobes and cortex that allow these circuits to stay green light on. That is our search on this mission, yet you do not want to seem to have looped out so far that you have joined a cult. In Beijing you would be hauled off by police, but on this side of that narrowing pond we should be OK Joe with this. Cynics will convince themselves that you have some devious plot, and from now on you are then going to fake nice and serene the rest of your working days. See how some might hate you already? Have fun, let your boss know the truth: you are trying to get into the bliss button and you have been given the route. It's your secret. At least until the eighth day. And by then you will need a rest, but do not revert. If the cat gets pushed off the couch, you may be having a recoil call from hell. Change channels quickly. Pat kitty till she purrs. She is close to a self centered jailer so it is good practice. For you both, purr in harmony. Life is only beginning anew. That direction, Mr and Miss Mew, is up to you. Purr or claw your way up, live long with friends, or die rich alone and nasty. Scrooge, Cratchet, Tiny Tim or the loving nephew: who your model is, you become. Careful, you are playing with you mortal soul as well as bliss on earth. Snarl or smile, the world is pretty much going to do what it will do. It is how you greet life and people anew each day, may well determine how those Gates Above swing open or not for me. Or You. It will be too late when we stand in line trembling or beaming. Beam down here first, from Buddha to Jesus to modern science to you and I. No time to waste, I am late for a very important date.

About the Author

Derek Dashwood notices how science is measuring everything from bliss to happiness and we find that amazing. Check our site and notice in the top right we show our Other Healthy Sites with much more <http://www.dashforpower.com>

Source: <http://americanahost.com>