

IN SEARCH OF HAPPINESS

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I will be happy when?

Sounds like the opening statement of another whinge!

I will be happy when... when, I finish uni, renovate the kitchen, when the government..., when the weather cools down, when the boss goes on holiday...

The vibrations from these message statements tingled like tinnitus around my eardrums as the company I was with made conversation.

Such life affirming statements alert us to ingrained habits! Do you still make declarations like these or have you made the decision to change your talk, change your conversation mantras. Ah.. the yardstick! Confirmation of how far we have journeyed and the changes we've made.

I will be happy when, impedes us from the full experience of happiness now.

There is another branch!

Each of us needs and wants to belong—to something, and ultimately to someone, it is a natural desire.

It is natural to want to love and be loved by someone special with whom we can share the joys and sorrows, challenges and adventures, companionship and conversations of life.

Contrary to popular sentiment, sex is not love.

Sex without love is emotionally and spiritually empty and destructive.

It deprives the soul of love and loveliness; the body may get some satisfaction, but not the soul!

What was thought to be embrace is not.

What was thought to be freedom is instead a prison of guilt of one's own making! Pain and disappointment invariably result. And worst of all, respect for the other disappears.

No matter how consensual and tender and loving sex may be, without commitment it is self-centred and self-destructive.

I will be happy when... life is not only a gift to be shared but a deeply uniting experience that strengthens the love we are ultimately created for.

Cherish your days with love.

Is this helpful to you? I invite your comments. Sylvia Marina.

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Sylvia Marina resides in Western Australia. When you are ready to have a program in your business or community contact her for available dates. Often she can add your event to a conference where she is booked to speak or some other event she is attending. This means her travel costs are shared with more than one event! <http://www.sylviamarina.com/calendar>