

excerpt from

The Secret of Happiness

A Quantum Meditation E-transcript

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Now, indeed, understand the emotions are both the constructive and destructive forces. Happiness, affection and love lead you to better health and longevity.

To define happiness is to define those things that make you happy. Happiness is an expression; happiness does not exist on its own. One can be cheerful, one can be content, one can be at ease or in harmony, but happiness is the harvest of that that is planted; it is the reward of the action or the deed taken.

Like all emotions, there is a cause and there is an effect. Happiness is the effect. Look for the cause and you will find what you are looking for: happiness.

Now, beyond this, in order to be happy, one needs to remove stresses, concerns and worry — which are themselves the result of something else, are they not? The mind can only think of one thought at a time. The body can only express one emotion at a time. Emotions and memory are linked together. Remembering the ‘good old days’ provokes happiness, does it not?

As one continues to understand the link between the mind and the emotions, you begin to control your emotional reaction, your emotional *selection*, and you are not triggered into unwanted emotions. Of all the emotions, love is the most constructive and the most profound. Any derivative of love, therefore, is to be pursued: harmony, enthusiasm, contentment.

Happiness is the result of something else. Happiness may be chosen as an emotional response over something else. In short order, you select how you are going to respond to anything emotionally, whether you know it or not. Those that are emotionally mature do not

allow themselves to be triggered into the lower emotions or those that are destructive. Laugh in the face of despair. Is this not a selection of an emotion, a response? Indeed it is.

Therefore, the pursuit of happiness is the pursuit of those things that have proven in the past to make you happy. It is also the pursuit of those things that you have yet to experience: new things, new experiences. Selecting those experiences, whether old or new, is through the mind. The mind is the builder, and the mind is the way. Notice how at the most inopportune time, a time of great despair or crisis, just when everything seems to be at its worst, there is no hope, someone makes a phone call, someone gives you something, someone comes to your assistance, someone is on your side. Something happens to change your mind and to show you, in a moment, that despair that you were expecting is now not going to happen. In a moment, the features change. Laughter comes from within. Relief, release, the letting go of worry and stress; all gone in a moment, and happiness is now present.

To pursue happiness all over the world is to pursue those things that, in a moment, can change your mind, to change your expectations of what is about to happen, as you would think, or worry, or be concerned about. Happiness is next to love. Love is of God, for God is love and love is God. Happiness is to become like the little child, expecting always the best, reaching out and accepting that that is offered. Happiness is the result. Look for the cause, old or new, and you will find that that you are looking for: happiness.

Remember the emotions are fickle; they change from moment to moment. Those that are emotionally mature do not allow reactions, knee-jerk or otherwise, to change their mood, to change the moment. To worry about something is to put the mind on hold. It isolates you from all the opportunities that might occur to change the circumstance. Worry might, therefore, be considered the greatest sin. Worry can prevent happiness from occurring. However, one can select how they will respond. One can select whether to worry or not. But happiness is produced by an experience, by something else. See?