

Formula for Happiness

26 April 2014

17 Comments

Q: Esteemed Committee, how do humans find the happiness we feel is missing?

C: Happiness is never missing; it's just a little bit obscured or out of sight.

Q: OK, so simple, we just pull back that curtain drawn across the answer to any trouble we might find.

C: Yes.

Q: Just like that?

C: Yes.

Q: Seems so stupidly simplistic, makes me want to stop right here.

C: Why is complication so attractive, we ask?

Q: I didn't expect that answer, or rather, question.

C: Well? What about complication in life makes it so prevalent? It is a common thread in the lives of almost all humans. Almost nobody proceeds through life believing in nearly general contentment all the time. One who does, she or he is considered somewhat crazy, daft or a little off. Is this not true?

Q: Yes, generally.

C: If discontentment and unhappiness are common for the many of you, at different times and places in your life, it would be easy to conclude that humans are inherently defective, flawed or mistaken. Is this true? For many religions will suggest imperfection is an absolute human trait that must be accepted. This is not true.

Q: That comment earns a few blasphemy points!

C: Do you see the suggestion of imperfection setting the table for a religion as the offering of salvation? From what must you be saved, yourself? If this is true, the religious order offering such salvation or redemption must explain how it is composed of only humans and yet possesses ability to erase the imperfection it hopes to sell you. Have you heard this explanation?

Q: I haven't but what the heck do I know about religious salvation?

C: This explanation is not offered; it cannot be. All humans are already perfect; no division into groups of differing levels can be made in the absence of a misbelief given as a certainty.

Q: Christianity would say God is perfect and we should aspire to this, that Christ died for our sins.

C: Sins as this religious order defines them are permanently occurring, and keeping the activity alive supports the belief. Christ was a man named Jeshua and he died not for you. He lives as eternally as you do. You do not die for a sin, and you are not constrained to a definition of sin others supply unless you also choose to agree. If you choose a belief that no sin exists, none does.

Q: So this means anything done anytime, no matter the effect, can't be a sin?

C: No. What we offer is that an action will have a consequence you will encounter, apart from and aside from humanity. You will encounter the effects of your acts, always and without fail. How the view is chosen for the temporary stay in your body, you choose, individually and sometimes, collectively. The encounter with the effects will come, sooner or later. To insert intermediate steps of judgment and

classification of acts as good or bad, this is a human choice you need not follow. If you choose to consider acts as negative, it will be done solely by your own mind and hand. No others will sit in judgment of you or impose punishment. The notion of sin is constructed inside a human view.

Q: OK, so we eliminate sin from life, as we have learned it and chosen it, and then how does this lead us to happiness?

C: Happiness is memory; you locate it inside your recollections. It is not elsewhere, hidden and stored for your discovery, unpacking and use. It is inside you and around you.

Q: So many great challenges befall so many people, how could we say to the crime victim, the war victim or the disadvantaged in so many ways – all through no own fault, by virtue of storms, attacks, accidents and economics – that happiness is also theirs?

C: By saying it. The reactions to these things are largely learned and often by your choice. It is not popular to believe this, as it seems as if blame is placed upon the victim. By doing so, the perpetrator is absolved? This view is common. We say firstly, no perpetrator is absolved of any harm done, despite Earthly appearances. We suggest not disappointment at tragedy but offer that other views are possible. The possibilities are not commonly followed; does this mean they do not exist?

We offer an example; the ritual of burial and mourning of the recently passed. These are done entirely for survivors; the unknown who might hear of the death, they have learned to express sympathy to those seemingly affected. Do any of these practices help the dead? Can the deceased be brought back to life? Should they? So imagine if the passing of a close friend or relative were ignored beyond disposal of the body. We can assure you, there would be zero effect on the soul of the newly returned and the effort and energy given to sadness, mourning and sorrow could be applied elsewhere. Could there not be an immediate listing of the deceased's accomplishments and a celebration undertaken about them, appreciation shown to all who have benefited? The idea a death has to be tragic ignores the reality you shall all die. If absolute certainty will always be tragic, then why live? Yet you all do, and we can say, you do not travel to live upon Earth to culminate in tragedy. We can say this with certainty so the perception of death as tragic for the survivors? Why? It is not a tragedy for the dead, who have not ceased to exist.

Q: Esteemed Committee, few will embrace this view.

C: So go the choices of Earth society and culture, yet we return to the subject of happiness. As few might consider death a cause for celebration, we know you who read these words appreciate its possibility, even if you remain unwilling to do it. Thus we suggest, you are all equally able to see the happiness within yourselves independent of and often, in spite of the circumstances you believe reduce it.

Q: “Aw, this makes my head hurt, just give me the winning lottery numbers” some might say to themselves.

C: Yes, and replace current troubles with new and larger ones? No happiness is located in that money. Happiness is you.

Q: Esteemed Committee, my thanks for the time.

C: Most welcome are you, return soon.

Comments

Renie 26/04/2014 6:07pm

So much of our unhappiness seems based in fear-fear of death, poverty, illness, loneliness. How do we move past the fear?

Patrick 27/04/2014 10:40am

This is a question for the big "C".

C: "You cease to create it. Halt production, stop manufacturing. The fear of the things you mention can, at its most extreme, be attributed only halfway to them. Do not fear death, embrace your return home. Do you know of any human that lived forever? So is all of life just a stream of fear leading to the fateful, tragic end? No, it is not yet every human dies. Few humans fear death to the point and place where it cripples them, disables them from taking any risk or moving forward in any meaningful way. Poverty is not to be feared; desire to consume beyond ability is the cause. Poverty can be erased steadily and permanently in all who choose it. Illnesses can be managed and cured and understand that, while they are not seen arriving, they are almost always planned. Loneliness is a choice where there are billions of humans. There is not an easy solution, so this means no choice exists?"

Renie 27/04/2014 7:01pm

Awesome answer! Yes, I can see the role that choice plays...we can choose to see Heaven or hell in all situations...thank you Big "C" and Patrick!

Robert 27/04/2014 1:18am

"No happiness is located in that money. Happiness is you."

Be that as it may, this Earthling would STILL like to be happy me with 247 million dollars! : D

Patrick 27/04/2014 10:32am

I suggest the shock and initial joy of a windfall like that would fade faster than you might imagine, as half the people you know would suddenly see you and treat you like a checkbook. It would be difficult to either invest or begin a business without potential partners, bankers, investors, employees, suppliers and customers finding out. Half of them would also treat you the same way half your current friends and family might treat you.

Ajh 27/04/2014 2:37pm

That in itself may be an interesting experience. that said, personally i'd be 'happier' in a society where a money means nothing whatsoever. Back to cooperation, i say. Won a lotto? *scoff. Who cares..

Veronica 27/04/2014 7:49am

Hi Patrick, Thank you for asking this question and for the Committee's answer. Wonderful. Timing could not be better in my life. I think I am getting it. In a nutshell: It is not what happens, but how we react to it. Our actions create reactions combined with situations we have created with fellow earthly humans to create lessons. We are not victims. We are ultimately perfect, living eternally. That's pretty comforting to know, I feel happier already.

Patrick 27/04/2014 10:43am

You earn a channeling gold star, Veronica; The Committee has spoken to you with great effectiveness. See your channeling in action? Do you believe what you wrote was entirely the result of what you read, no channeling did you do? Possibly not, consider otherwise.

Ahmed 27/04/2014 10:43am

Great post, but I still struggle to understand or maybe apply what I understood. Like someone already said, fear can be hard to overcome, fear of death can only be overcome by either a certainty of eternal life or an acceptance and living in the moment (a philosophy I do not find very useful in face of oblivion). So here my happiness depends on achieving this certainty, which is hard, if not impossible.

Fear of not achieving certain experiences in life like success or love or travel are other things, what does The Committee suggest in face of that? Acceptance and letting go of what you cannot obtain? Part of me feels like that's surrender and apathy.

Patrick 27/04/2014 11:46am

Life is either eternal or it is not. Do you accept that your body is eternal? Probably not, since no human body has ever been this way and thus yours likely isn't, either. Against the evidence, the expectation a body could avoid expiration isn't realistic.

In the meantime, does every human being turning towards Mecca, Buddha, Christ etc etc engage in false, empty self consolation as they pray? Does every thought called prayer simply flow into a huge septic tank to decompose?

Are your thoughts empty, frivolous and useless beyond the moment they occur? Experience, study, learning - i.e.

memories - all involve thought but do those thoughts fade and vanish? So if not, why would thoughts directed towards deceased love ones, friends and symbols of Heaven be essentially empty?

If there is fear from not achieving another experience, is the experience that IS achieved appreciated? In other words, all of us - ALL OF US, NO EXCEPTION - achieve experiences. Why are these lesser than other experiences? Human choice to see lesser versus better, that is all. Change your views and your experiences will be altered all that much more.

"In the face of oblivion"....well, what is oblivion and why is it in your face, or you in its face? Define it as you understand it, then examine where you see your face - or its face - in relation to your definition. Do you agree with what the dictionary says oblivion should be? If so, when has this dictionary definition of oblivion occurred on Earth such that you should fear it, that it could be even remotely likely?

What is certainty? Once you have defined it, in steps, pieces and parts, you can acquire those pieces and assemble them. Does certainty involve five billion Brazilian cruzeiros? These were considered valuable and in this suggested amount, once represented great acquisition power in a large and developed country. Today a good segment of the people of that nation barely remember that currency, much less its relative purchasing power in today's money. Having it likely defined a fat part of certainty, for many people, at that time. Today, no certainty exists for it, only faded memories.

What do you choose for certainty?

You may obtain anything you imagine; what will you do with it once you have?

Ahmed 27/04/2014 12:37pm

I understand that The Committee is trying to make me see things from a different perspective, but just as you said people pray and believe many different things, the only logical way I have to judge what's true and what isn't is by evidence.

As for thoughts and memories, from our view at least they can seemingly disappear with brain injury or ailment. So while we can argue about whether thoughts have an independent existence of their own from a philosophical viewpoint, again I require evidence to reach certainty.

What is oblivion? Nothingness, non-existence, a void. Before birth I have no memories of existence, so not existing after death is a reasonable deduction without evidence to counter it.

What is certainty? An absence of doubt, very little is certain in this world, least of all money, but death is, and there either is something after it or there isn't.

What is evidence? Supernatural occurrences that have no other explanations without a spiritual or soul component, e.g. a physical manifestations of the "dead", information conveyed through a medium that can only be from the "dead", etc.

Anyway, the point of this is not to enter into an argument about life after death, been there, done that, several times and I only feel like I'm going in circles. I guess I was just trying to make a point about fear and happiness.

As for experiences, it's true that we give value to our experiences, however is that value entirely arbitrary? From a purely physical perspective, isn't the experience of being in love better than the experience of being in pain. Isn't having an enjoyable conversation better than boredom? Should I simply accept every experience as valuable, even pleasant, even if it doesn't immediately feel that way? Should I stop pursuing those experiences I see as worthwhile to avoid the frustration of not achieving them?

Oh Committee, you always give me more questions, :).

The Committee 27/04/2014 10:34pm

"Must evidence you accept always be brought within your chosen subset? Is the range of evidence never expanded? For how long was Earth deemed flat because no evidence proved otherwise?"

The moon was brought to Earth one hundred ten centuries ago, and has orbited your planet for approximately eleven thousand Earth revolutions about your central star. What proof will convince you this happened?

We suggest you have no memory of your parents' upbringing; can this be taken to mean they do not exist or were not brought up? Unlike the former satellite of Jupiter now orbiting your Earth, you will accept certain evidence, such as photographs and stories, that your parents had an upbringing and that they are your parents, despite no memory of yours. See your evidentiary subset expanding? Is it permanently limited? Your choice.

Insist evidence be convenient and inconvenience will insistence create.

Be well, now and always."

Bee 27/04/2014 1:27pm

Patrick, your blog is the first thing I turn to each day, and I can only tell you, again and again, what a valuable service you provide all of us. I am left with new attitudes and outlooks each day. Thank you so very much for all you

Patrick 27/04/2014 10:37pm

You're welcome. Thank you, Bee.

Hazra 27/04/2014 3:08pm

i definitely believe that fears are the main cause of unhappiness.

Fear of not having enough _____ money, time, health, love, ideas, dessert :)

Fear of not being enough.

We've got to address our fears...

Hazra 27/04/2014 3:35pm

So I am now questioning my fears and find they are rooted in specific beliefs...

ajh 28/04/2014 5:35am

can't reply to committee;

'Unlike the former satellite of Jupiter now orbiting your Earth..'

- so selene used to be jupiter's girl? why doesn't anybody tell me about these things :p