

# The Path to Happiness

Sometimes when we are feeling down, the words of others can lift us up. A great philosopher and economist, John Stuart Mill is believed to have had one of the highest I.Q.'s on the planet. So it seems a good idea to start out with his words of wisdom addressing how to be happy:

"Those only are happy who have their minds fixed on some object other than their happiness: on the happiness of others, on the improvement of mankind, even on some art or pursuit, followed not as a means, but as itself as ideal end. Aiming thus at something else, they find happiness by the way."

What makes each of us happy varies from one person to the next, but this quote seems to hit home on the most important concepts of living a happy life.

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*A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.*

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I've been an avid collector of quotes for years. Sometimes one quote can have more of an impact than an entire book on a subject. That's why I keep many quotes in easy viewing range to remind me of basic fundamentals that are easy to forget. Here

are some of my favorite quotes on the subject of happiness:

"Catch a passion for helping others and a richer life will come back to you." This was said by William Danforth, the founder Ralston Purina. We all have a tendency to sit in front of a fire and say, "Give me heat and then I'll throw in the wood." But a fireplace doesn't work that way—neither does life. If you help others, a richer life will come back to you.

"The secret of happiness is freedom, and the secret of freedom is courage." So said Thucydides, a Greek philosopher in ancient times. But what is courage? Courage is to the ability to do things that you fear; things that make you feel uncomfortable and help you find out more about yourself.

It takes courage to try new things, but it is only in trying new things that we grow. And in the end, it is our growth and ultimate fulfillment as human beings that brings happiness.

Winston Churchill had these words to offer, even as he played statesman to Great Britain in very difficult times: "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."



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Problems exist in every life; not a day goes by without a problem. People can choose to let that thought weigh them down, or see it as the challenge of living a happy life. What does it take to do such a thing? Here's a hint:

There's an old Hindu legend that says that at one time, all men on earth were gods. But men abused their divinity, and Brahma, the god of all gods, decided that the "godhead," the source of their happiness, should be taken away and hidden someplace where they would never find it.

"Why don't you bury it?" asked some of the gods. "No," said Brahma, "because man will dig down in the earth and find it."

"Why not sink it in the ocean?" they then asked. "No," said Brahma, "because man will learn to dive and find it there."

"Hide it on the highest mountain," they said. "No," said Brahma, "because man will someday climb every mountain on earth."

"Then where shall we hide it?" they asked. "I will tell you," said Brahma. "Hide it down inside man himself. He will never think to look there."

We all have the ability to find the happiness within ourselves. We just have to look for it. ▲

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