Lasting Happiness

The real reason why we sometimes experience a lack of real, deep lasting happiness in our lives is dependency. We are taught to make our happiness dependent on some event, condition, person, object etc. This is why we keep delaying our happiness until things are just right in our life. We think we will be happy in the future and then wonder why we are not happy now. But life is never just right, and the future never comes – there is only now! And that's why, in order to be happy we must make our happiness a decision and not a dependency. This may seem slightly difficult in the beginning, because we have just spent our life being dependent on acquiring something or someone, or seeing the result we desired, or wanting some pain to go away, before we allow ourselves to be happy.

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