

the ONE with the Little moments of happiness

by Guru Mani H

She curled up on the sofa, *feeling* the warmth of the fire and the thick blanket, under which she now snuggles.

The *smell* of the fresh air, combined with the pine needles all around, lifted the man's heavy spirit, as he quietly walked alone through the forest.

The *taste* of his favourite tea, sipped in a rare moment of alone-time, brings his soul a much-needed moment of peace, calm and happiness.

Turning the corner in their car, they *saw* the snow-covered mountains, against the backdrop of perfect blue sky and brilliantly warm sunshine. The happiness of that brief glimpse stayed with them for days to come.

With her headphones on, the young woman *listened* to this new favourite song, on repeat, soaking up the music and lyrics, letting it touch her mind and heart.

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In all decision making, keep your happiness a central focus.

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My little moments of happiness...

...sitting in a Jacuzzi, the warm water bubbling all around me

...my bare feet on the sand, with the waves of the sea gently lapping over them

...even the simplest of meals, but prepared by another

...alone at my favourite spot in nature, gazing out at the hills in the distance

...engrossed, even for a short time, in my favourite TV show
...a beautiful sunrise, against the backdrop of a clear sky on a crisp winter's morning
...curling up under the duvet in the daytime, cuddling my pillow
...a clear night sky, the stars twinkling in the distance
...a song that touches my emotions, played on repeat through my headphones
...a pyjama day [or even part-day], squeezed in between hectic days before and after

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If everyone gave as much energy to making *themselves* happy as they do trying to make *other people* happy, doctor's waiting rooms would be a lot emptier.

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Happiness is not an *event* to aim for in the *future*, but an *experience* to appreciate in the *present*.

The one who says they are happy *all the time* – well, how do they know if they have no other feeling to compare it with; but the one who knows what it is to feel down and sad, appreciates even the *smallest moments* of happiness.

If given a choice, would I prefer *one day* of pure happiness a year, or *5 minutes* a day, every day? It adds up to basically the same.

Don't be so busy that you fail to take the little moments to do something for you; to bring a smile to *your* face and heart.

You may not have time in the responsibilities of your life to find *big* moments of happiness, but you can certainly find *small* ones.

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Find the little things that make you truly happy, then build them into the patterns of your life.