

The Truth about Happiness: Powerful Secret You Can Use Today to Enjoy Life

Have you heard the one about the duck in the Sahara desert? I hope not, because that would be a scary sight. Stick with me for a moment. Imagine what it would be like for a duck to find itself in the middle of the Sahara desert. A strange place without the resources to live. Maybe you haven't seen a duck in the desert, but I bet you can identify with feeling like you are a stranger in your life. A stranger to a life of meaning and joy. There is so much chaos going on around you, that you can't figure out where to turn. How do you find true happiness? Powerful lessons can come from simple things: As I was taking a walk today, I saw a family of ducks, bathing, playing and swimming in a pond. They looked healthy. And in a strange way, peaceful. This is the environment that they thrive in. The place where they are comfortable, nurtured, and fed. Now back to the Duck and the Sahara Desert. If you took those same playful, radiant ducks and put them in the Sahara desert, how do you think they would behave now? There would probably be a drastic difference in their appearance. Dull and sluggish. Feeling out of place in an environment that does not support their growth and health. And they eventually starve and die. How do you feel when you are in an environment that does not support your ability to be confident and live boldly from your spirit? Maybe it's your significant other that tells you that you are not good enough or deserved to be talked to a certain way. Or a job situation where your boss passes you for a promotion even though you put your heart and soul in the work that you do. He ignores you. Again not good enough. Just like the duck in the Sahara desert, a part of you dies. Today, in a quiet moment, grab some paper and allow yourself to write down what it would feel like to have an environment that would support you? Really get into this one. Put a picture of this scene in your mind until you can feel your heart leap with excitement. What would it look like? Allow yourself to write without correcting yourself and over thinking. This process will allow you to get in touch with what truly makes you happy. Then put it in a place where only you will find it. This is your heart's treasure of happiness to look forward to. Everyday look at this treasure and make it into reality. Remember this: You are worthy of the life you want to live. The choice is yours.

About the Author

Pharmacy Online.ca is an online Canadian pharmacy that provides Canadian pharmacy drugs to patients at discount prices. Pharmacy Online.ca is proud to have.

Source: <http://www.productsherbal.com>