

## **Article 69: Happy About Happiness -part 1**

While no one is certain about what happiness is, everyone agrees that unhappiness certainly exists, ...and they will explain and justify their belief by telling you of all the unhappiness they have seen and experienced in life ...without ever realizing that if unhappiness exists, then happiness **must** exist. Unhappiness therefore confirms the very existence of happiness, ...for certainly that which is not a thing cannot exist if the thing it is not ...does not exist

### **Happiness exists!**

And if happiness is a truth, then it must always and in all ways present happiness, for if ever there is even one moment or condition of unhappiness, then happiness cannot be a truth. From this, it seems that unhappiness "proves" that happiness exists ...which "proves" that unhappiness does not exist.

### **To be secure and comfortable is natural, to be happy is extraordinary.**

Now, this cannot be a paradox,--meaning something that is or appears to be self-contradictory—for the universe, having no contradictions, has no paradoxes, ...therefore, that which appears to be self-contradictory cannot be real ...and we are deceived only by our point-of-view, ...so let's consider happiness/unhappiness from a different perspective.

### **Happiness may be part of your plan for yourself.**

As we said before, since everyone will certainly confirm that unhappiness is true, then unhappiness must always and in all ways be true ...and happiness cannot exist as an exception to unhappiness, ...but no one will accept this concept, for everyone wants happiness to exist, ...in fact, people insist that happiness **MUST** exist, ...though maybe, they suggest, it is not to be found in this world, ...therefore, you should seek joy elsewhere, ...beyond the confusing limitations, restrictions, and unenlightenment of physical life. Possibly, we will be more successful by stepping outside of the seeming paradox of happiness/unhappiness.

### **Happiness is satisfying and self-fulfilling.**

Despite our seeming focus on and certainty of unhappiness, let's consider that happiness really does exist ...and like truth is always and in all way happiness, ...and is never disguised as success, possessions, fulfilling relationships, or transmuted into joy. Could it be that, as

Parmenides declared twenty-five hundred years ago that through his language, man has created things that are not ...and struggled endlessly against those "not-things" as though they were real. Now, Parmenides defined "not-things" as things that are only defined as not being another thing, ...and since all definitions of unhappiness ultimately resolve to being "not happiness", then maybe unhappiness, as a not-thing, doesn't even exist.

## **Stay in tune with oneness and be open and receptive to happiness within you.**

If you question why both happiness and unhappiness cannot exist simultaneously, we will remind you that a truth must always and in all ways be true, without any exceptions, ...therefore, if happiness/unhappiness exist simultaneously, they will annihilate each other. Also, an untruth cannot possibly exist, simply because, if a thing exists, it must be true, ...for there it is! ...and any untruth of a thing that exists is therefore meaningless; ...besides, any untruth would void the truth ...and itself. Following this awareness, happiness as a truth must exist ...and unhappiness is a meaningless not-thing, ...unless of course you are willing to accept that *only unhappiness exists* in the world, ...which religions try desperately to convince you is true. It seems therefore, through all of these verbal wanderings, that our only reasonable choice is to assume that happiness always and in all ways exists ...and unhappiness, as a "not thing", does not exist, ...which indicates one of the reasons why it is that *you cannot create or cause happiness*, ...**you must be and live your happiness**. But what exactly does this mean?

## **Happiness may appear in many guises and feelings.**

Five hundred years BCE, Aristotle revealed "his truth" that all things are caused, and all of these causes are effects of prior causes ...which are effects or preceding causes ...which are effects of earlier causes ...which are effects of..., ohh, you understand this. Aristotle taught that this reverse sequence of causes and effects continues back to the "first cause" known as God ...which, being self-caused, is actually uncaused. Now, since a truth must always and in all ways be true, by declaring the "first cause or God" to be uncaused, Aristotle, created a time and condition when his revealed "truth" was not true, ...therefore, this single exception alone disproves his "truth" that all things are caused. By

assuming that all things precede from a single beginning, then the only sequence that remains true or can ever remain true is that **from the beginning, all things have been and remain uncaused**, ...which is certainly consistent with happiness not being caused, ...yet you always try to cause this uncausable happiness, ...why is that?

**Refuse to accept appearances for truth.**