

Article 284: Happiness and Intimate Communication –part 1

It is frequently indicated that to meet your expectations of achieving happiness takes more than effort, you must know what happiness is and realize what it is not, ...and, most important, you must have a practical method for achieving the happiness you desire. Well, this would be okay if happiness were a goal or a reward to achieve ...or even if it were a process, but happiness is not any of these things, it is a **doing** without a goal or purpose; it is a by-product or benefit of such actions. We are not saying that happiness is meaningless, but the minute you create a purpose for happiness, a purpose as happiness, or a goal to attain or achieve happiness, you lose all happiness.

Yet, despite this commonly shared awareness, people seek happiness as a goal or condition, and researchers in the field of psychology constantly issue surveys to discover what happiness is ...and who is happy.

These surveys reveal that to be happy ...you must:

1. Have self-esteem.
2. Feel in control of your life.
3. Have an optimistic outlook.
4. Be committed to a noble purpose.

In addition to these inner-qualities, surveys reveal that the following items are also important components of living happily:

5. Having meaningful work and play.
6. Maintaining lasting, loving relationships.

We have frequently declared that "you do not have an intimate relationship in which you communicate, communication **is** your relationship, ...and this is true of every area of your self and life. Thus being true, happiness and communication are integral, for you cannot communicate your unhappiness and be happy ...or communicate what you are not ...or what you are not doing and be happy. Also, if you are happy, you will communicate happiness, ...therefore, we must look carefully at these aspects of happiness and see what is revealed about open, honest, intimate communication ...and what you are really doing.

1. **Do you have and live your self-esteem?** Self-esteem is pride in oneself, but with all the beliefs and teachings about ego, and the admonitions against pride, how can you truly feel pride in yourself? Also, since "feeling pride in self" is a *reaction*, this presumed inner-quality is actually a judgment of outer matters and a reaction to your judgments, thus, this "inner-quality" is actually an "outer-event". However, relative to ohi

communication, inner or outer is not the problem, the issue is that without "pride" in yourself and your actions, without pride in the results and consequences of your actions, and without pride in the future of your self and life, you will never communicate openly, honestly, or intimately, you will always use language and all other forms of communication to hide behind.

If you cannot be happy without self-esteem ...and you cannot communicate ohi without self-esteem, it seems obvious that *you cannot be happy without communicating openly, honesty, and intimately*. Of course, ohi communication does not guarantee happiness, but without ohi communication, happiness will elude you. Expressing pride of self creates an attitude of self-esteem which is then carried into every action and experience. Let your ego speak clearly and truthfully!

2. **Do you feel in control of your life?** Again, this "feeling of control" is a response to outer-conditions, for you cannot feel in control unless there is a real sense of controlling, ...actually, without pride in yourself you won't feel in control of your life ...and without feeling in control of your life, you will not feel proud of your self and life.

Consider the difference between "controlling others" and "being in control of your self and life". Obviously, if you feel the need or desire to control anyone, you feel out-of-control, ...therefore, you can never feel in control by controlling another in any form, ...and you will never communicate openly, honestly, or intimately while trying to control your words, the conversation, or another or others to whom you are communicating. Never attempt to limit or control your communication or yourself; ...are you always willing to live and communicate openly•honestly•intimately as you truly desire such that no control is ever necessary? ...and you never feel out-of-control?

Feeling out-of-control is feeling that you have no options. Remember, no matter what happens, you always have options ...especially if you are not trying to control others or outcomes.

3. **Do you have an optimistic outlook?** Optimism does not require you to expect the best or most hopeful outcomes from actions or events, a tendency to expect an appropriate or desirable outcome is quite sufficient, ...yet, the most optimistic outlook is to always act as you truly desire at every moment ...knowing that whatever occurs will be desirable and certainly appropriate. Would you communicate openly, honestly, and intimately while concerned about possible consequences? Of course not! ...and you will not take pride in yourself or feel in control of our life ...either.

An optimistic outlook is necessary for ohi communication ...which effects an optimistic outlook.

4. **Are you committed to a noble purpose?** Is there a more-noble purpose than always living and communicating openly•honestly•intimately as you truly desire? Consider this question carefully, for everything in your life begins•continues•ends with what you are communicating, ...therefore, if you are false, deceptive, or lacking in communication, your life will outcome these things, ...you can be certain of that! Or you can be optimistic that by always communicating openly•honestly•intimately your life will follow that pattern as well, ...which pathway will you follow to happiness? ...and will your happiness be false, deceptive, and lacking ...or open, honest, and intimate?

It seems that all of these inner-qualities of happiness are actually outer-events•actions which you simultaneously communicate to•from yourself, so let's consider the last two components of living happily and see what, if anything, this reveals about communication.

5. **Do you have meaningful work and play in your life?** Can you honestly declare that anything in the universe is meaningful? If so, how do you know? ...or how do you know what meaningfulness is? Isn't it possible that the meaning of the universe is showing no meaning so you, and everyone else, can determine and live the meaning and purpose you truly desire? This is free will! Therefore, the question should be "have you created meaningful work and play ...or put meaning and purpose into everything you do?"

6. **Are you maintaining lasting, loving relationships?** Since you do not have relationships in which you communicate ...but communication **is** your relationship, if you do not know yourself and what you are truly doing ...and are not clearly communicating openly, honestly, and intimately in every area of your life, you cannot create or maintain lasting, loving relationships, for what you withhold from communicating withholds you from happiness.

Can you distinguish fact from language?
...actual doing from languaged-doing?
...or even yourself from language?