

DANIEL
O'LEARY

the
happiness
habit




garratt
PUBLISHING

Part one

THE FIRST HABIT FOR A HAPPIER LIFE:
FINDING AND LOVING YOUR TRUE SELF



The happiness you seek is already within you.



SAMPLE



THE AIM OF YOUR LIFE IS TO BE TRULY YOURSELF,
FULLY ALIVE AND GRATEFUL

To live out your most precious dreams, to blossom into the best possible version of yourself, to grow into your full power, to find your own voice and to use it – that is the purpose of your whole life, the reason you were created. In the end, that is what good teaching, good parenting, good friendship, good religion and good art are about – to convince you of the beauty of your own ‘wild and precious life’, and of how to make it flourish. To be fully alive is the greatest gift you can give to yourself, and to the universe. ‘Don’t ask what the world needs. Ask yourself what makes you come alive and then go and do that. Because what the world needs is people who have come alive’ (Howard Thurman). Take a moment now to ask yourself what makes you feel alive.

*To thine own self be true, and it must follow, as the night
the day, thou canst not then be false to any man.*

WILLIAM SHAKESPEARE

SAMPLE

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BECOME WHO YOU ARE MEANT TO BE; IT IS THE
ULTIMATE GOAL OF YOUR LIFE – NO MORE, NO LESS

Do you believe that? Really believe it? That your first and only responsibility is to be your authentic self? Treasured beyond measure, you are the shining image of your Creator. All you are called to be is what you are meant to be. Have you noticed something within you always urging you to be your True Self? You are forever surrounded by, and filled with this attraction to something greater and deeper, to a more beautiful way of living. This healing light shines even in your dark days. It may not always feel like it but it is there! Once you try to accept the truth of who you really are, you are already well on your way to wholeness and happiness. But you are asleep. ‘O terrible human blindness,’ wrote John of the Cross, ‘So great a light about you and you do not see it!’

Nothing can dim the light which shines from within.

MAYA ANGELOU



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TRY TO LOVE YOUR WOUNDS; THEY CARRY THE SECRET OF YOUR NEW POWER

Your wounds, in the long run, can make you stronger. Is your current suffering healing you or damaging you, making your heart stronger or weaker? Life breaks all of us, but many learn to grow at the broken places. The place of the wound is the place of healing. Learn how to turn the stumbling blocks of your life into stepping stones to your new freedom. A huge secret of happiness is knowing how to accept, to use and thus transform your pain, your humiliations, tensions, and past injustice. If you resist, deny and fume in angry emotions, you will stay stuck in narrow ways, victimised by your own thoughts. This is not going to be easy. Loving your wounds is a tall order. Yet every world religion, every wise counsel, places the cross of suffering at the centre of its teaching about acquiring a happier heart.

Is not the cup that holds your wine the very cup that was burned in the potter's oven? ... look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

KAHLIL GIBRAN

