

Making Happiness a Reality

People may define happiness in many ways, depending in large part upon their particular point of reference.

For many, to be happy – in their thinking – is linked directly to financial well-being; people play the lottery because they believe winning will guarantee happiness.

But there are sources of happiness that are quite independent of money. For example ...

- A millionaire does not enjoy a book more than a poor man.
- Plain food tastes as good to a worker who has earned his dinner as do the choicest delicacies to the man or woman whose appetite is jaded from an unnatural diet.
- The outdoors is as beautiful to a woman working in a factory as to the wife of the factory owner.
- A boy on a sandlot baseball team gets as much fun out of his sport as does a polo player.

The conclusion of these situations? It is evidence that things that really count are available to virtually all of us in this great land of ours.

Most of it boils down to a matter of choice. The poor man can go to the library and have access to the greatest books of all time, written by men and women who really have “been there and done that.”

In this way, we can appreciate vicariously the experiences, share the wisdom, enjoy the beauty, join in the laughter, and receive equally all the emotional rewards that go with being well-read and creative. We can also sit in the quietness of our home or yard and reflect on life and the beauty of a sunset.

Will Rogers – actor, humorist, newspaper columnist and social commentator – said that most of us can be about as happy as we make up our minds to be. Turning off the television set and visiting with neighbors over the fence or inviting them over for a cup of coffee or to pop some popcorn or grill a hot dog can help make that happiness a reality.

Wisdom consists of using and enjoying the things around us and sharing with our friends.

Blessed (or happy) is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her (Proverbs 3:13-15 ESV).

– Beecher Hunter