

Daniel's Reflection for week beginning 20th August Happiness happens when you Live in the Now

Nearly everyone is affected by regrets and guilt about the past, by anxieties and concerns about the future. Very few live in the HERE and in the NOW – the only real place of happiness. The secret of a healthy mind and heart, according to Buddha, 'is not to mourn for the past, worry about the future, or anticipate troubles, but to believe in the present moment, wisely and earnestly'. When you come to your actual physical senses at this moment – what you see, hear, feel - and try to stay with them, you cannot fall into depression or despair. The present is the only place to follow your dream, your passion, your heart. It is the only place of true encounter with people, with life's Creator; the only place to start being your True Self. It is your real home, the safest place from which to begin - NOW

'So many conditions of happiness are available in the here and now – more than enough for a happy life. Being aware of this brings you home to the present where freedom and happiness live.'

(Buddhist Master Thich Nhat Hanh)

(Happiness Habit, p19)