

You are a human, being

We are usually defined by what we do. What do you do? is often the first question we ask when we meet a new person. She's a doctor, He's a teacher and so on.

When the Dalai Lama was asked by author Howard Cutler to describe his work, he replied, "Nothing. I do nothing. I just look after myself". The Dalai Lama was very clear: The purpose of life is to be happy.

But happiness isn't something we do — it is something we *are*. However most of us believe that in order to *be* happy, there is something we must *have* and therefore something we must *do*. For example, in order to be content, you must have a bigger house which means you have to do your job even if it is killing you.

Notice that what we're really after is a feeling. Given this, there is a more direct route. Instead of trying to achieve this feeling by doing and having, start with the state of being itself. This means that you decide to be happy *first* (or generous or empowered or wild or peaceful or whatever). So, before going for a job interview, you make a conscious choice to be happy about the opportunity, regardless of the outcome.

This calls for a certain detachment from results. You can *see the perfection* even when it is not immediately obvious. Even when you fail the interview, don't experience the healing, or don't get to be with your soulmate... you don't lose heart.

You can choose to be happy in any of these situations, because happiness has zero to do with exterior circumstances. And once you realise this, you have great peace.

Try this...

1. Think of something you really want: a new career, a more fulfilling relationship, a better sex life
2. Ask yourself: What do I think this will bring me? Get to the feeling: a sense of contentment, excitement or security for example
3. Go inside and find this feeling within. Let this feeling flood your body. Enjoy!
4. Now ask yourself, if I were to start from this feeling, what would I do?