

Remembering Happiness ([Listen to this Tip!](#))

A prospective client called today. The presenting concern was that although this individual pretty much has it all, and despite apparently being particularly adept at manifesting-"sometimes instantly," there's still uncertainty about what would actually bring happiness into being.

My first thought was that this sounds like a pretty philosophical issue. *What is happiness?*, I thought. *How would we even know if we were happy? Doesn't it change all the time? Is there really some inner thing called happiness?* On the other hand, the client called me to talk about this, so certainly if I've attracted the client into my life there must be a way for me to help beyond a philosophical discussion.



As I thought more about this, a picture began to emerge. Certainly happiness is something that we have all experienced at one time or another, if even for a brief glimmer of a moment. If this client had not, how would there be any awareness that there was not happiness in this moment? What would be the frame of reference? So my working assumption is that we all know what happiness is. The job then, with this client as with ourselves, is to reconnect with a bit of past happiness, to get to know it well, and then to use that memory to create happiness today. The last step? Allowing today's happiness to exist every day.

The brain doesn't know the difference between remembering an experience and experiencing something in the moment. If we reconnect with past happiness through a memory or even through a fragment of a memory, we will experience happiness in this moment of reconnection just as we did during the original event.

So, I invite you to give this a try. Sit quietly for a few minutes and ask yourself one question over and over: *What really makes you happy?* Write down what comes to mind—a word, a thought, an image. Don't judge what you write; don't think about it at all. Simply ask the question, free associate, write your response, and ask the question again. Keep going until you've exhausted the answers. What will emerge is a collage of the happiness you have already experienced in your life.

Next, choose one of the things that you've written, and begin taking steps to bring it to life. For example, if one of the items on your list of things that make you happy is "making others happy," then institute a regular practice of intentionally doing something that pleases someone else. Once you've got that started, choose another item, and another, until everything on your list is getting attention in some way or another.

This need not be an elaborate or laborious process. The simpler the better. And as you work on each item on your list feel the joy and splendor of whatever that is.

Finally, take a few moments to reflect on your list each day, and each day choose something from the list to give special attention to for that day, even though you are giving attention to several items concurrently already. Choose one and let it be the day's focus.

Give this a try this week. With just a bit of practice it will take little time at all to let a past moment of happiness grow into a present filled with happiness. There is no rush. You'll never finish. Just live the process and allow it to do its job, that is all that's required, and have fun!

Have a great week, and Enjoy the Journey!



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