
LIGHT AND BRILLIANCE

HAPPINESS

- Good fortune; pleasure; contentment; joy
- A pleasurable or satisfying experience
- Encompasses living a good life
- Living with sense of meaning and deep satisfaction

Happiness is a global pursuit. Experiencing wholeness at all levels of life it is a very challenging process. We can experience happiness when we are able to understand that:

- **IT INVOLVES MOMENTS OF CONSIDERABLE DISCOMFORT**
- **MONEY IS VALUABLE TO A CERTAIN POINT**
- **IT DEPENDS ON OUR GENETIC MAKE UP**
- **RELATIONSHIPS ARE AN IMPORTANT FACTOR**
- **LIFE CIRCUMSTANCES CAN ROB JOY**
- **THE WAY OF THINKING AND THE ABILITY TO EXPRESS FEELINGS PLAY A MAJOR FACTOR**