

Finding Your Joy



Mushiba: A common goal most seem to share is the quest to be *happy*. Books, magazines and, television programs tell us how to be happy and even have short tests *to learn if we are happy* ~ and thus, having us compare ourselves with others. The question then is, "What is happiness and how do we gain it?"

Waith: "*Inner happiness for one is something different for another and it matters not that you would compare.*"

For me, *inner happiness* is the same as joy within and that *Finding my Joy* is a life long journey and is attained as I learn my lessons ~ percentage point by percentage point. Joy within Self brings in a sense of peace for me that I am completing my lessons, step by step. This means that my joy ~ happiness ~ is achieved over time as each learning increment is added to my *completion column*.

What makes me happy is different from what makes another happy ~ and, it is the differences in what makes each of us happy that is so wonderful. When I experience my joy within, I am able to see joy in the external ~ and as I see joy in the external, I have joy within ... and the neverending circle continues.