



The Pathway to Happiness

By James A. Johnson © 2019

“Life is not always a matter of holding good cards but sometimes playing a poor hand well.” – Jack London

INTRODUCTION

Do you consider yourself to be a happy person? Happiness is that elusive state that philosophers and psychologist have long sought to define. It is more than simply a positive mood. Happiness is a state of well-being that encompasses living a good life with a sense of meaning and deep satisfaction. Money cannot buy happiness but only freedom from worry about the basics in life such as food, housing and clothing. Researchers estimate that much of happiness is under personal control.

Many people experience a measure of happiness when they obtain a desired item or reach a certain goal. But that surge of happiness is only temporary. Real happiness is an ongoing state of well-being characterized by relative permanence by emotions ranging from mere contentment to deep and intense joy in living. Some of the qualities of life that promote happiness are physical and mental health, contentment, love, forgiveness and purpose in life.

FAITH

What is faith? When people say they have no faith in a higher power, it is because they adhere to material things. Faith is a stage after belief and an essential stage before wisdom and enlightenment. Do not focus or dwell on negative things because you will be programming your subconscious mind in the wrong way. The subconscious mind does not reason and it is not creative, it just obeys to what you tell it to do.

Faith requires us to listen to our intuition or to the wisdom of those whom we trust. The benefits of faith are enormous. Unlike doubt, which erodes and is destructive, faith regenerates. It is constructive in nature and through faith we can draw upon our inner strength and power in a balanced way.

Faith is not about everything turning out OK;

Faith is about being OK no matter how things turn out!

Faith requires character and patience. Last year a classmate called me about a legal problem. I explained the law to him and told him that he needed to have faith. He paused for a moment and said OK, now what's her last name? 😊

PHYSICAL & MENTAL HEALTH

Smoking tobacco leads to disease, harms every organ and system in your body. Your mind and body work together and are inextricably linked. You must control negative and harmful emotions such as anxiety, envy and anger. Try to focus on positive thoughts because if you are happy you are likely to have less physical illness in the future.

LOVE

Love causes a person to show sincere concern for the welfare of others. The love that I am referring to is not romantic love. This love is patience, kindness and not jealousy. It does not

brag but it forgives. Forgiveness means pardoning an offender, eliminating anger, resentment and thoughts of revenge. It does not mean condoning a wrong or pretending that it did not happen. Real forgiveness is a personal choice that reflects a commitment to maintaining a good relationship with the other person. To truly forgive requires a deep understanding and knowing that we all err or sin. When you reflect on the misgivings of others in your life together with genuine complaints of mistreatment by others, you may have to work at forgiving. *If you hurt someone be quick to apologize.*



Jimmy Johnson (5), Ed Driscoll (13) Jimmy Lawrence (21)



Jimmy Lawrence (21) Billy Dunn (21)-far right

LIFESTYLE

To be happy also requires a wise lifestyle in regard to diet and exercise. Try aerobics, walking, jogging, swimming or tennis. Now if you are in great physical shape you can try my sport - half-court basketball. There is more happiness in giving than in receiving. Generous people are happy because they enjoy making others happy even if it is only giving a little of their time. What they get in return is respect, love and genuine friends that no amount of money can buy. Happiness results from following a good path in life and living in harmony with sound

principles. *Keep in mind that real happiness as an ongoing state of well-being is not a destination or goal but a journey.*

For those of you who are almost at the state of happiness consider the following:

HOW TO BE HAPPY

*ARE YOU ALMOST DISGUSTED with life, little man?
I'll tell you a wonderful trick
That will bring you contentment, if anything can,
Do something for somebody, quick!*

*Are you awfully tired with play, little girl?
Wearied, discouraged, and sick-
I'll tell you the loveliest game in the world,
Do something for somebody, quick!*

*Though it rains, like the rain of the flood, little man,
And the clouds are forbidding and thick
You can make the sun shine in your soul, little man,
Do something for somebody quick!*

*Though the stars are like brass overhead, little girl,
And the walks like a well-heated brick,
And our earthly affairs in a terrible whirl,
Do something for somebody, quick!*

Author Unknown

About the Author

James A. Johnson is a Conard H. S. alum and a proud ambassador of the town of West Hartford. He was captain of the basketball team and along with the late Ed Driscoll piloted the team to the state tournament. Jim is an accomplished attorney and a member of the Michigan, Massachusetts, Texas and Federal Court Bars. He concentrates on serious Personal Injury, Sports & Entertainment Law, Insurance Coverages and Federal Criminal Defense. He can be reached at www.JamesAJohnsonEsq.com