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## The Happiness Prayer

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When we look at **The World**, we see that:

- *Everybody wants to be happy*

It is in **Our Nature** that:

- *Everybody wants to be happy*

*This is so **True** that:*

*When a person is unhappy, he seeks for Happiness, having Known it before*

Even for the very **First Man**, the **First Human**, he wanted to be happy.

We think that it is in **Our Nature**:

To want to be happy

It is **Good** that we want to be happy!

### Wanting People To Be Happy

When people want to be happy, to Experience Happiness, then they try Different Ways to do it.

Some people find Happiness more than others do.

Hey, that's the way it is, some people do better at Happiness!

Everybody would Love a Definite Way to be happy

*If there was a **Certain Way** to **Find Happiness**, then:*

*Probably **Everyone** would **Take it***

Afterall, as we said:

- *Everybody wants to be happy!*

Many times, when we find out how to be happy:

- *We tell Our **Friends** about it!*

**Remember:**

Everybody **wants** to be happy!

## The Ways of Happiness

In order to Find Happiness, or to be happy, we would want to know:

- *How Happiness works?*

If we know this:

- *How Happiness works?*

then we can be **Closer** to **Finding Happiness**

*One thing for sure:*

*If we **Find Happiness**, then we **Tell Ourselves***

*We have **Found Happiness***

*Or **This** is happy!*

So, in order to Find Happiness, then we would ask:

- *What are the **Ways** of Happiness?*

Many people have many ideas about:

- *What Happiness is*
- *or the Ways of Happiness*

so let us Start out by asking:

- ***What is Happiness?***

## What Happiness Is

Happiness is Something that we have all **Known**

Happiness is a **State** we strive for:

- *The **State** of Actually **being** or **feeling** happy*

If we have **Known** it, then, we could ask Ourselves:

- ***What Is Happiness?***

To begin, we might very well want to **Determine**:

- **Happiness Nature**
- **What Happiness is Made of**

*This would be, then:*

*What is The **Nature of Happiness***

*What is It?*

## **Happiness Definition**

We could say that:

- *Happiness is a **Feeling of Joy***
- *It is like a **Fullness***

It Manifests or Presents Itself for different people in different ways

Also, people find Various **Types** of Happiness

For example, some people think that:

- *Happiness is a **car** or a **house***

Many people think:

- *Happiness lies in having **Material possessions***
- *or in **Status** or **Fame***

*There can be:*

*Various **Definitions of Happiness***

*Yet it seems **Safe** to say that:*

*Happiness is a **Feeling of Joy***

*It is like a **Fullness***

## **About Happiness and Being Alone**

When we live in Our Society, in Our Day to Day lives, we know that:

- *We Are Not **Alone***

*We always **see** other people around us:*

*On **The Street**, in **The Store** or even in **Our House***

When we see this, then we know that:

- *We Are Not **Alone***

We always **see** other people around us

## **A Fun Question**

If we are Not **Alone**, then:

- *A **Fun Question** to ask Ourselves, when we **Feel Happiness**, is:*
- ***Are we Alone?***

Afterall, when we Feel Happiness, then:

- *It is **US** that is **Feeling The Happiness***

Usually we don't mind that either!

So, the **Fun Question** is:

- ***Are We Alone?***

When we **Feel Happiness**, we say that:

- *Happiness is a **Feeling of Joy***
- *It is like a **Fullness***

*It is a **Full Feeling**, A **Fullness**:*

*and most people **think** that it is:*

*like "**being with Someone.**"*

*So, about the **Fun Question**:*

***Are We Alone?***

*We usually don't **Feel** like we are **Alone***

## **Looking At What Happiness Is**

Happiness is Different for Everybody

One person's Happiness is:

- *Not the **Same** as **another person's Happiness***

So, again:

**What is Happiness?**

Is it a **State of Mind**

a **Mood**

or a **Way of Living?**

Again, many people have many **Descriptions** of:

- **What Happiness is**

Well, maybe it is:

- All of these **things**
- and maybe **More** too

We often Wonder:

- Is there a **Way** to **Create** Happiness
- can we **Make** it
- or **Design** it?

For example:

Some people **think** that:

Having more **money** may make us somewhat happier

or **Quality Relationships** might make us happier

We do **try** a lot for Happiness:

So we must **Know** Something **about** it by Now

## **Finding Happiness**

If we Do Find Happiness, then:

- Usually it Makes us **Feel Better**

I know that I **Like** it when I **Find** Happiness!

Part of **Looking** for Happiness is:

- What **Value** does it have

For Example, we might ask:

- Does Happiness **bring** better Health?
- or **Longer** Life?

As we have said:

We do **try** a lot for Happiness:

So we must **Know** Something **about** it by Now

The **Question** that Everybody **wants** to **know** is:

What if we could **Find** a **Lasting** Happiness

A **Happiness** that would Really **Stay Around** for **Us!**

## How To Find Happiness

This idea of:

- A **Lasting** Happiness
- A **Happiness** that would Really **Stay Around** for **Us!**

is **Something** that people have **Thought** about for a **Long Time**

Everybody **wants** a Happiness that **Lasts**

We can **see** this in Our **Old Folk Wisdom** like:

**Hitch your Wagon to A Star**

The **Thing** that **Lasts** is:

**Easier to Remember**

## Considering The Happiness Prayer

If we want a **Lasting** Happiness, a Happiness that would:

- Really **Stay Around** for **Us!**

then what we **Need** to **Do** is:

- Find a **Method** to **Connect** with **Happiness**

Yes, and it does make **Sense**:

If we have a **Way** to **Contact** Happiness

To **Connect** with It

Then we could **Try** to **Find Relationship** with It

Afterall, when Happiness does **Come** to **Us**,

We usually don't **Mind That!**

Most people **think** that:

It is Great to **Connect** with Happiness

So, with an **OK Method** of **Connecting**:

We could **Try** for Happiness

## Trying Prayer For Happiness

As we say:

- Looking for The **Ways** of Happiness

Is as **Old as Man**

Yes, we have been **looking** for Happiness for a **Long Time!**

We are Always **looking** for Happiness

And when we Do **Find** it, **Happiness**, then:

- It is Always in The **Place** of Happiness

And we do **Like it** when we **Find** Happiness!

Look at **The Happiness Prayer >>**

## The Happiness Prayer

We mention that:

- It might be **possible** to use **Prayer** for **Contacting** Happiness

One Way that we **Know** to **Contact** or **Gain** Happiness is by **Reciting**:

- **The Happiness Prayer >>**

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## *The Happiness Prayer*

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*Lord Raise Us up in Our Times of Need*

*And Promise Us Peace in this Hour of Trial*

*Help Us to Accept the Things we cannot change*

*And help Us find within Us both Peace and Happiness*

*Let Us find the Joy to Sing Your Name*

*And to Dance in Praise of Your Great Deeds*

*Help Us to know Right from Wrong*

*And Let Us live One Day at a Time*

*Help Us Enjoy Each Moment*

*And Find Happiness in this Life*

*Put Us where we are Meant to be,*

*Safe from Harm,*

*And Tell Us that there is no Burden that You cannot Manage*

*We Beg Pardon and that We might have Faith in Thee*

*And Please make Us happy in Your Presence*

*Make Us an Instrument of Your Peace*

*And let there be no Hatred or Doubt*

*Please Clean Our Injuries*

*And Grant Us Both Happiness and Light*

## **After The Happiness Prayer**

The **Happiness Prayer** is **Peaceful**:

- *It is **Solemn***

After **Reading** this, we can see the **Value** in **Us**:

- *We don't have to be **Limited** and **Tied** to a **Chain***

*It is **OK** to **want** Happiness!*

In **USA** Our Constitution says:

- *We have inalienable **Rights**: Life, Liberty and the Pursuit of Happiness*

We **Cherish** this and so **Hope** to **Live** a **Good** Life

*We **think** that:*

*As long as We get **along** with people*

*Then We can **Consider** having a **Good** Life*

## **The Good Life Poem**

We **Hope** that Everybody can **manage** themselves

We **Hope** that Everybody can **Try** for a **Good** Life

We have **Energies** in Us that are **Different**,

*But we also have:*

**Many Things the Same**

*It is **Possible** for Us:*

**To get Along Together**

**To try Together**

**And to Manage Our Affairs Together**

We **Hope** that:

Everybody **Tries**

*Everybody **Connects with Positive***

*And that **Everybody Makes it***

*With **Hope, Together**, it is **More than One***

*We are not **Alone**, so, **Together**, We are **Better!***