

Practicing being happy

You can develop the habit of being happy just by practicing feeling happy. This habit is not about deception or fooling yourself or others but, instead, tapping into an amazing spiritual law of life. Your inner being and outer expressions reflect one another:

- If you feel happy inside, it shows up in everything you do. (See Chapter 3 to explore how your inner feelings and tendencies express in your surroundings.)
- In the same way that your inner feelings are expressed outwardly, expressing happiness outwardly also affects your inner state of mind, thereby creating greater happiness inside yourself.

During good times, allow yourself to smile; and during difficult times, still do your best to smile. It doesn't even have to be a big, outer smile. Just think, "Smile." Think "Contentment." Sense what it would feel like to have a spontaneous, sincere smile playing on your lips. (Try it now!)

Be Careful

I'm not suggesting that you disregard your grief or sadness or that you walk around with a fake, plastic smile to hide what you feel inside. In fact, certain states of sadness or melancholy can be part of the spiritual growth process. Still, even in such cases, you can go through the grief or sadness while still lifting yourself above the dramas of your mind through spiritual practices. You can experience a sense of happiness that remains steady beneath whatever stormy waves may be pulling you into choppy waters.