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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to find True Happiness!

By Carl Cholette

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To maintain an unchangeable sweetness of disposition, to think only thoughts that are pure and gentle, and to be happy under all circumstances, such blessed conditions and such beauty of character and life should be the aim of all, and particularly so of those who wish to lessen the misery of the world. If anyone has failed to lift himself above ungentleness, impurity, and unhappiness, he is greatly deluded if he imagines he can make the world happier by the propagation of any theory or theology. He who is daily living in harshness, impurity, or unhappiness is day by day adding to the sum of the world's misery; whereas he who continually lives in goodwill, and does not depart from happiness, is day by day increasing the sum of the world's happiness, and this independently of any religious beliefs which these may or may not hold.

He who has not learned how to be gentle, or giving, loving and happy, has learned very little, great though his book learning and profound his acquaintance which the letter of Scripture may be, for it is in the process of becoming gentle, pure, and happy that the deep, real and enduring lessons of life are learned. Unbroken sweetness of conduct in the face of all outward antagonism is the infallible indication of a self-conquered soul, the witness of wisdom, and the proof of the possession of Truth.

A sweet and happy soul is the ripened fruit of experience and wisdom, and it sheds abroad the invisible yet powerful aroma of its influence, gladdening the hearts of others,

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and purifying the world. And all who will, and who have not yet commenced, may begin this day, if they will so resolve, to live sweetly and happily, as becomes the dignity of a true manhood or womanhood. Do not say that your surroundings are against you. A man's surroundings are never against him; they are there to aid him, and all those outward occurrences over which you lose sweetness and peace of mind are the very conditions necessary to your development, and it is only by meeting and overcoming them that you can learn, and grow, and ripen. The fault is in yourself. Pure happiness is the rightful and healthy condition of the soul, and all may possess it if they will live purely and unselfish.

"Have goodwill To all that lives, letting unkindness die,
And greed and wrath, so that your lives be made Like soft
airs passing by." Is this too difficult for you? Then unrest
and unhappiness will continue to dwell with you. Your belief
and aspiration and resolve are all that are necessary to make
it easy, to render it in the near future a thing accomplished,
a blessed state realised.

Despondency, irritability, anxiety and complaining, condemning and grumbling; all these are thought cankers, mind-diseases; they are the indications of a wrong mental condition, and those who suffer therefrom would do well to remedy their thinking and conduct. It is true there is much misery in the world, so that all our love and compassion are needed, but our misery is not needed; there is already too much of that. No, it is our cheerfulness and happiness that are needed for there is too little of that. We can give nothing better to the world than beauty of life and character; without this, all other things are vain; this is pre-eminently excellent; it is enduring, real, and not to be overthrown, and it includes all joy and blessedness. Cease to dwell pessimistically upon the wrongs around you; dwell no more in complaints about, and revolt against, the evil in others, and commence to live free from all wrong and evil yourself. Peace of mind, and true reform lie this way. If you would have others true, be true; if you would have the world emancipated from misery and sin, emancipate yourself; if you would have your home and your surroundings happy, be happy. You can transform everything around you if you will transform yourself. "Don't complain or feel sorry for yourself...

Don't waste yourself in rejection, nor bark against the bad,

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but chant the beauties of the good." And this you will naturally and spontaneously do as you realise the good in yourself.

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Carl Cholette is a young entrepreneur who specialized in finding, creating and publishing old but very informative books, courses and programs on various subjects like yoga, health and motivation. He believes that these old manuscripts are pure gold and filled with very useful informations which most people would benefit if they knew about it. You can visit his website at <http://www.yoga.myinfobiz.net>

improve your life and find your happiness. Only 9.95 Seven ways to improve your life and find your happiness.

Where Do We Find True and Lasting Happiness?

By Dove

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For the longest time I was convinced that I was not happy unless I had a partner to share my life with. I just knew that having someone to share glorious sunrises and romantic sunsets would make me happy. I even came close to marrying someone who made me feel as if I was the happiest person on the face of the earth only to find out that it was not actually him that made me happy.

This is the mistake most all of us make when we are dating and even more so when we have been married and have become accustomed to having someone around all the time then suddenly we are thrust back into this crazy dating world that has changed so much since we were gone that we need to go to Dating College to get educated and learn the lingo not to mention the new rules to even be a player in the game. OK, so you think you know the answers, what makes you happy, what will keep you happy and that special something that will attract you and keep you attracted? I think you are going to be surprised at what I have to say.

The greatest lesson I have learned if I have learned anything in my dating trials and tribulations is that I am the only person on this earth that is responsible for my happiness. The only place that happiness lives forever, with or without a partner is within you. You have the power to create and maintain your own happiness. Love is great to have and share, but in order to share what you have to offer, you must first find that happiness within yourself and the person that sees that happiness in you will want to be part of that happiness.

So you see, the search and the quest for that fulfillment is endless as long as you choose not to look inside yourself. Enjoy the journey, experience what life has to offer, always keeping your happiness in focus, first and foremost. YOU, are the reason for your happiness, let it shine, share it with the world and you will receive that happiness back in your heart ten fold.

Your Friend in Love ~Dove

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