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Principles of Human Misery / Happiness:

By Joseph Ghabi

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Principles of Human Misery / Happiness:

Sometimes we are so occupied with our daily routine in life that we forget that "we" are the most important element of our existence. We need to be nourished in order to grow.

When we look at the people around us, we most likely find that most people's favorite pastime is to complain. And just why do we complain anyway? Is it because we need something? Is it that we lack something? Is it that we need or want sympathy? Is it because we need attention? Is it just that we just like to complain; or is it that we just like to hear ourselves talk? Is it becoming a pattern with you? These are some of the most common elements that describe our problem.

I generated a list that can either make us happy, or it can make us miserable. Sometimes we need to draw the line for ourselves, and we are the only ones who can do that!

Be Happy!

- 1-Just simply be happy and content with yourself, and who you are.
- 2-Love yourself.
- 3-Accept yourself for who you are, and as you are.
- 4-Life is simple, stop trying to complicate it.
- 5-Life is about understanding. The lessons and experiences you have are only for your own growth and for better soul awareness.
- 6-Discover who you are, and your soul, and get acquainted with that.
- 7-Make some time for yourself every day.
- 8-Learn to listen.
- 9-Pay attention to your child(ren), help your elders, and you will feel fulfilled.
- 10-Be good to yourself.
- 11-Accept humiliation as part of your growth.
- 12-Always have peace of mind. It's not easy, but try to create it.

Principles of Human Misery / Happiness:

Life isn't what challenges us, "we" challenge "ourselves".

Be Miserable!

- 1–Do live for other people and feel miserable.
- 2–Do look to others for support, become dependent on others.
- 3–Do live up to a fake image that is not you.
- 4–Do take care of everyone before yourself.
- 5–Do always negate yourself.
- 6–Do love others before loving yourself.
- 7–Do live according to traditions just to please others or do things that do not fit in with your own

philosophy in life.

- 8–Do live other people's life karma who they are. That including your family. Live your own life karma.
- 9–Become greedy, jealous, stubborn, or too sensitive to accept criticism.
- 10–Do allow your ego and pride to take over your life.

Life is simple so let's stop complicating it.

Choices are out there. It is up to you to choose your own direction in life. It is very important to realize that we hold our own destiny in life, and no one else's. It is also very important to understand your own rights, because you do have FREE WILL. Even the GOD, which I refer to as a "Great Energy Force", that you believe in respects your Free Will because you are part of this GOD and that energy is in us always. If your GOD does not respect that, then it becomes a contradiction and goes against all that's out there in all religions. This "great energy force" is all about love, forgiveness and compassion, and not anything else.

When our GOD will respect our Free Will, why aren't we humans respecting each other's Free Will? In many instances we have been raped of our Free Will by the many limitations which are inflicted upon us every day. Such limitations can manipulate the direction we will take in our lives, thus affecting our karma. We do this as individuals and as a society.

When a human Soul says NO to someone, it does NOT mean YES or that they can try to manipulate the other person in order to change their decision, by tapping into their weaker side. No means No and that has to be respected at all times otherwise we are creating karma for our soul.

As a society, we witness this being manifested throughout history by every empire, civilization, or source of power that had surfaced over time. They all came, and disappeared quickly. Why is that? Very simple! When these civilizations were taking control over other civilizations, against their Free Will and their way of life, it helped to create a deep anger, and frustration and all kind of energies that accumulated and became a universal force which was ready to explode at the right time. At the same time these civilizations became greedier, and wanted to control everything until things started to crack and fall apart. We have seen this throughout history and, as we know, history has a way of repeating itself because we never learn. While the pattern remains misunderstood, we will keep repeating it until we learn the intended lesson. I will go over, at a future date, the concept of a nine-year cycle for us as

individuals, and how we can apply it to our society.

Money is power – power is control. In our universe there is an abundance of this. Once we learn to share this money, or power, we'll manage not to be afraid that someone will be taking something away from us. Then we will have peace. This kind of inner peace, and the cycle of life, will move us to higher ground. Until then there will be no peace in ourselves. Example: Take rich 'powerful' men. Forget what they can buy, the majority of them are NOT happy and they will always feel like there is something missing, or that cannot be bought with money. Why is this? Very simple, until that rich man learns and understands his wealth and is sharing it with his fellow man and not just giving it away for the sake of giving it (perhaps as a tax write off) that peace will never be found. It is all about sharing the knowledge on how to make it, and to never be afraid that by sharing it they would have anything taken away from them, because there is always an abundance of wealth in the universe. The minute they learn this, they will start to find fulfillment in their life. Consider this for a moment!

So what is Free Will in the first place?

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Free Will is very simple. As human beings, it is the one thing that we hold as our ticket in life and that allows us to change the direction of our life when we choose to actually use it.

Free Will, in my view, is the way we perceive our life as well as the way we portray ourselves. When we always see ourselves as victims then there is no place for Free Will in our subconscious. When we see ourselves progress, we see that we have a choice to make a difference, and then we are using our Free Will. We might think that we have no opinion or have no choice in the matter because this is what our society has dictated to us. Many of these influences came upon us only in order to help control our views, and direct us to what they think might suit them, and not necessarily us.

Some of us do not believe in Free Will. That is alright with me because that is their choice and they have the Free Will to do so. I respect this. Believing in Free Will or not, you are still exercising it in your daily life whether you know it or not. Just simply by saying YES or No! How come? Your circumstances and direction in life are dependent on that YES or NO choice that you take and you will live according to that decision. It was your choice wasn't it?

In human terms as an example, it is like the Veto that they have in the United Nations, when countries vote on a resolution. Certain countries have the veto power to turn down a resolution. Now Free Will is given to us to use anytime we need to take a decision in life. Why? In life we are held responsible for all of our decisions, and should not feel guilty any time we use it. It is given to us from that "Great Energy Force" that created our universe, and space, and that allowed us to come here and experiment our growth and evolution in order to be enlightened and progress.

In the end, you can live happily or you can live miserably. Take your life in your own hands and make your own choices! Simplify instead of complicating life.

Joseph Ghabi
The Free Spirit Centre

<http://www.freespiritcentre.info>

Joseph Ghabi's early career began rather 'technically' with a Bachelor of Science in Electrical Engineering and a Master of Science in Computer Science. Always intrigued by spiritual phenomena, Joseph's spiritual life began rather early in life. At the age of eight he discovered his clairvoyance. Joseph is natural medium presently teaching meditation, numerology and healing. Since the development of his healing gift.

Three Inspirations for Happiness

By David Leonhardt

The following three inspirations were adapted from A Daily Dose of Happiness, and they represent three key ways to increase our happiness.

1. FORGIVING FOR HAPPINESS

We like to think we are better than our friends below us in the food chain, such as the octopus and the snail. After all, we have love. We feel happiness. We have empathy. We have a conscience. We can reason.

We can also hold onto grudges.

Grudges are, in fact, prickly little creatures that worm their way into our hearts. Holding onto them is a self-defeating exercise.

Fortunately, forgiveness is also uniquely human. Forgiveness cleanses the spirit. Forgiveness let's us get on with enjoying our lives instead of being preoccupied with someone else's. Forgiveness opens the door to happiness.

2. SUPPORTING FOR HAPPINESS

When things seem to be very bleak, it does not take much to lift someone's spirits. Sometimes all it takes is to let somebody know they are not alone.

That is why it is so important to smile at people, especially if they look down. And if you know what is weighing the person down, let them know they are not alone. Don't go burdening them with all your miseries, but let them know you have been there.

Guess what? You will feel happiness for having helped them, too.

3. ACCEPTING FOR HAPPINESS

There is no such thing as happiness if you are not at peace with yourself. Too many people just don't know how to make peace with themselves.

Principles of Human Misery / Happiness:

Peace begins with acceptance. Whether we agree with everything we do (like the environmentalist who sometimes throws out a recyclable container), it is important to accept what we do.

Do we always make the best choices? No. But they are the choices we make.

Do we always treat people with the most respect? No. But it is how we treat people.

Can we improve? Yes, and we should. But that is a project for the future. First we must accept who we are now, rather than condemning ourselves. Then we can move to improve the person we will be tomorrow. Both acceptance today and improvements tomorrow will increase our happiness.

This inspiration first appeared in A Daily Dose of Happiness:

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on happiness:

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Three Inspirations for Happiness

How to find True Happiness!

A Formula For Happiness?

Happiness Is A State Of Mind, I'm Happy.....I Think!

Where Do We Find True and Lasting Happiness?

How to Use Your Mind for Study

Complete Library Of Cooking

30 Powerful Business eBooks

SECRET POP UP MAKER

Hints for lovers



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