

FOREWORD

Today, let's get back to basics. When the intellectuals, theologians and philosophers took control of "Truth," life became extremely complicated. These thinkers told us that it was impossible to know and to prosper without following in their footsteps. Realize that by accepting their path, we are accepting the truth of others. It is preferable by far to listen to one's self, to listen to one's own wisdom. Our own wisdom cannot lie; it belongs to us. When we listen to ourselves, things become much simpler.

We can be aware of the truths that have always served us well and we can make optimal use of them. Based on these truths, we can also build our own moral code and our own value system. By living honestly, by bringing integrity, justice and wisdom into our lives, we can live in harmony and prosperity. *Happiness—One Day at a Time* looks at wisdom and truth. But wisdom and truth cannot be borrowed from others. Rather, through our experiences, our relationships with others and in the profound sense of awareness that exists in all of us, we can discover our own form of wisdom and truth.

INTRODUCTION

There are laws. Moral principles govern our lives, here on earth, as we interact with others. With every fiber of our being, we seek to create beauty and harmony in our own lives and in the lives of others. But in our feverish race to achieve material success, the approval of others and financial security, we sometimes neglect to identify and adhere to the fundamental principles that contribute to our own happiness.

We can trust our ability to make the right choices and to become the ultimate masters of our destiny. By listening to ourselves and by applying our own rules of behavior, we succeed in rising above the depths of the superficial world of appearances, toward true life and self-determination and the enormous rewards they entail.

By applying certain fundamental life principles, we can live in harmony with the forces that govern the earth and the universe in general. By living in harmony with our principles, we embrace the strength of truth and simplicity and encounter much fewer experiences of resistance and defeat. As you read through this book, you will be amazed at the simplicity of the principles that take the shape of affirmations and personal realizations. May they guide you on your personal path to love, joy and serenity.
Bon voyage!

JANUARY 1

BEING

“There isn’t something to do or something to accomplish in order to be happy and satisfied. It’s being, not doing.”

– SHARON WEGSCHEIDER-CRUSE

Now I understand the difference between doing and being. I don’t need to do something to be someone. Being, in itself, is enough. Appropriate actions will follow naturally. I have realized that I can’t buy love or loyalty. I can’t allow myself to do a series of things with the sole purpose of earning appreciation or being loved. All I have to do is recognize and experience being.

BEING MYSELF

I can be myself at all times and under all circumstances. The people around me, and those like me, are always very happy to see who I really am.

Being myself requires no special effort. Being myself is being spontaneous, expressing myself fully, not holding back. When I am myself, I can experience people and things directly. I can be truly present.

I have learned to look at change and improvement as a process that lets me learn who I am. The fundamental being that I am is absolutely wonderful. As I grow, I shed all the layers which hide the true me.
