

Happiness

By Matthew A. Michelangelo

Happiness is an amalgamation of specific criteria; they combine to form a state of being. It's ever fleeting, and it reminds us to keep going.

The directions come when you slow your body down and break away from bureaucratic time to realize that the years are nothing more than infinity looping back on itself. When you stop living by schedules and deadlines, you close the gap on happiness in its endless marathon. You become closer to the truth— that happiness has always been you.

Happiness is as real as rainbows, yet beautiful, nonetheless. Once you stop trying to grab it, it comes more easily. Unfortunately.

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