

Happiness

We cannot search for happiness
It's not out there to find
It's always been an inside job
Between our heart and mind

This strong electric current
Is easy to recharge
When we share our gifts and talents
And live a life that's large.

By large, I mean observant
Engage our inner eye
To truly SEE what's needed
And with our gifts, comply.

When we give, in love and service
Sharing fully from our heart
Our elevated happiness
Can leap right off the chart.

That's not the motivation
Just the bonus or reward
Of living fully focused
And always paying forward.

Community is vital
for our happiness to thrive
The more we share together,
The more we feel alive.

Collectively, our happy sparks
Can truly be contagious
As laughter, dance and music
Lift our spirits and engage us.

Connections start to grow and glow
As friendships are ignited
And Happiness goes soaring high
When true love is requited.

Yet, sometimes it's elusive
And we wallow in self-doubt
Our priorities get jumbled
And to anguish, we're devout.

There's also the reality
of tragedy and loss
Where hearts are broken open
With no bridge to step across

Our happiness feels foolish
And entirely out of place
When faced with the disparity
That is our human race.

Yet it still must be our mission
To hold gratitude intact
Communicating inner strength
With every caring act.

Let's hug a tree and hold our dog,
Awakening a yearning
A knowing that the tide has turned
with happiness returning.

Let our faces feel the rain drops
From an unexpected shower
And our noses breathe the perfume
emanating from a flower.

Nature, our companion
Means we're never left alone
And connecting with the great outdoors
Restores a blissful tone.

See, joy on earth depends on us
Our attitude and action
Our thoughtful words and choices,
giving happiness some traction.

So never search for happiness
It's not out there to find
It's an inner glow that guides us
And connects us, heart and mind.

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