

The Short of it

“The Pursuit of Happiness” - Part 1

By: *Jennifer Short*

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator and certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness,” is a founding principle of the Declaration of Independence written by our forefathers.

Ever since we were children, people spouted catchy sayings like “turn that frown upside down” and played us music boasting lyrics from songs such as “Don’t worry.

Be happy.” What exactly is this birthright of “happiness” and how do we realistically attain it?

Happiness is defined as: a state of well-being characterized by emotions ranging from content-

ment to intense joy. Somehow, I suspect that not unlike my upbringing, someone may have missed that “sit down” talk when you were growing up. Funny, nobody forgot the “Just Say No” speech.

Ironically, if we were all taught how to be happy we would probably not be so eager to reach for the substances that make us feel “happy.” Call me psychic, but it is also probable that nobody taught our parents this valuable lesson either. Well, my friends, I am stepping in to stop this madness once and for all (<http://www.youtube.com/watch?v=5513mXmQbw4>).

Now you may be asking yourself, “Who is this woman?” and “How is she going to help me?” You may be thinking my next move is going to be suggesting something warm and fuzzy like, “Let’s all hold hands and sing kumbaya while watching ‘The Secret.’”

Or maybe we could all sing some “Up with People”? I am getting a cult visual of everyone in straight jackets rocking back and forth. Let’s keep it together people (LOL). I am a different breed. I walk among you. I know your struggles. We are ALL concerned about our current employment status, housing status, the state of the economy, this damned recession and how it is directly affecting every aspect of our lives.

As for my background and how I found you here? I am woman in business with over 18 plus years under my belt; the bulk of which has been working in special events and entertainment, on a corporate level, in Las Vegas, NV.

These fields are very high-energy (translation: stress). In order to “make it happen” and ensure “the show” would “go on”, I have had to learn all of the best methods on everything from how to operate your business, heal your body (translation: no in-



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surance) and counsel talent and executives to ensure they were happy before they took the stage or made major business decisions.

It has been a wild journey teaching me more in 36 years of life (My birthday is May 12th. Hint Hint.), than most people will probably have to learn in their [entire career](#).

Our topic of happiness for the month of May and June is perfect as it is a major tie in for one of the biggest holidays this month and the year for that matter. That is right. You guessed it. It is The Buddha's birthday! This year it is on May 27th according to the Tibetan lunar calendar. (The actual day of celebration varies depending on the coun-

try and culture. It also changes yearly, based on the lunar cycles.)

What do you know of Buddha? I can hear you now with the rhetoric regarding worshipping idol gods or the statue you see when you order Chinese take-out. Did you know that Buddha was an actual person? He has a very fascinating story (<http://www.pbs.org/thebuddha/program/>).

Make sure you read Part II, which will appear in the June issue of VIM.

**In-keeping with living a purposeful life, I have chosen to combine all my professional experience, spiritual studies and holistic practices into business, life and wellness coaching; launching my

new website www.transformazen.com and writing these columns. Simply, I enjoy learning and teaching anything that betters your life and keeps you in forward motion; mind, body and spirit. So, in these troubling times, I will be here; offering insight, advice and rooting for you.

Feel free to drop me a note and let me know what it is that is on your mind and most challenging for you. I will continue to keep my finger on the universal pulse; bringing you real solutions you can integrate into your lifestyle to empower and improve your existence (<http://www.youtube.com/watch?v=1oNcmrhoZvl&feature=related>).)