

e-Coach

Yin-Yang of Happiness

Balance Acceptance and Achievement

<p style="text-align: center;">Yin <i>Passive, Receptive</i></p> <p style="text-align: center;">Be in harmony with what you have</p>		<p style="text-align: center;">Yang <i>Active, Creative</i></p> <p style="text-align: center;">Create new things and make a difference</p>
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Attaining Happiness

Happiness is an enduring positive psychological stage of mind. Happiness can be attained in numerous ways: virtuous living, love, continuous creative activity, and many others.

Be in Harmony With Reality

If you want to be happy, change your expectations and harmonize yourself with the reality. Waiting for something to change in order to be happy is waiting to live your life. Happiness is the art of seeing extraordinary in ordinary things. Attaining happiness is all about managing your desires and learning to be happy with what you have. According to Immanuel Kant, "Happiness is the satisfaction of all our desires: extensive in regard to their multiplicity, intensive in regard to their degree, protensive in regard to their duration."

Create New Things and Make a Difference

Chose to be creative. Creativity excites you into courageous action and helps you discover yourself and your true mission. Find yourself, and you will find your happiness. Experiment with various look-to-be-yours activities, meditate, engage your subconscious mind to discover who you are now, who you want to be in future and to pave the way to happiness by doing what helps you fulfill your life mission. If you wish to be happy, you have to be less involved in your own happiness and more involved in the happiness of other beings. Do what you love to do and share with others.