

HAPPINESS VS. JOY

HAPPINESS
=
EXTERNAL

80-90% of time, external circumstances do not align together with our wish, which gives a feeling of frustration not to reach this alignment, we feel bad and/or make others feel bad

10-20% of time, circumstances align, we feel good

WE DO NOT CHOOSE EXTERNAL CIRCUMSTANCES, WE JUST REACT ON HOW THEY ARE



JOY
=
INTERNAL

We have the possibility to live in joy from our own choice, whether we use this possibility or not depends on us alone. It needs awareness of this choice and the recurrence to use the cumulative effect of this awareness by keeping going with this state of mind. Joy can slowly build up by focussing on feeling good inside, whatever is the external circumstance. After a while, it illuminates us and spread to people around

WE CHOOSE INTERNAL WAY OF FEELING, WE DECIDE ON HOW TO ACT AND REACT