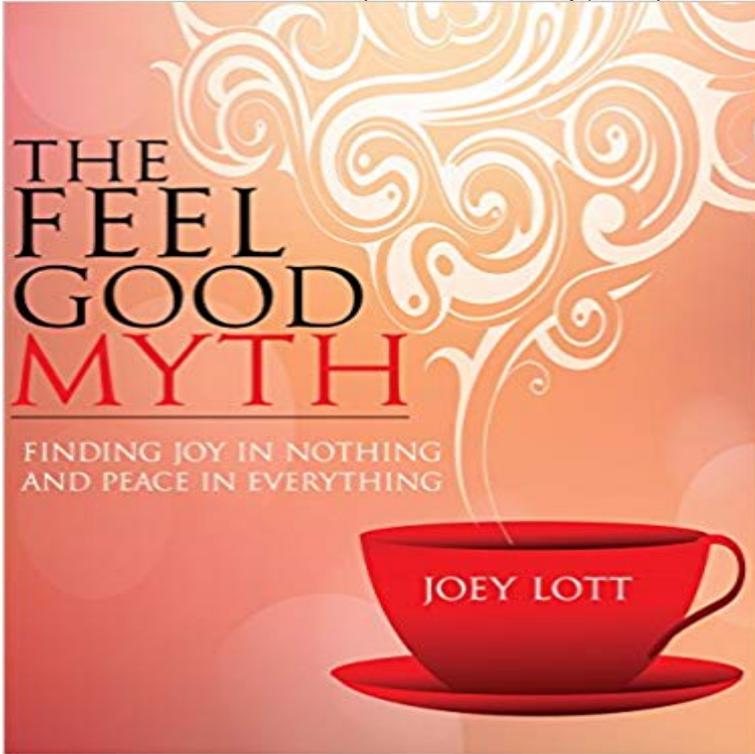


The Feel Good Myth: Finding Joy in Nothing and Peace in Everything



What is my purpose? Why am I here? You've probably read countless self-help books, been to dozens of seminars and workshops, meditated, journaled, and searched under rocks, but have you found any answers yet? Chances are, you're still struggling with daily life. You're still wondering if there's something more. You're still struggling to attain peace, happiness, enlightenment, and joy. The search for these things is the oldest quest known to humankind, but are we barking up the wrong tree? Let Go of the Struggle We tend to believe that people who have found meaning—those who are self-realized or enlightened—don't ever feel depressed or angry or frustrated. We imagine that they never feel the unpleasant stuff, so we run after what we think they have and often end up more miserable than we started. What if you realized that all feeling states were equally welcome and valid? What if you could finally achieve ultimate peace, freedom, and joy? The good news is that you can and it doesn't involve a path of suffering or mantras or gurus. The Real Path to Peace In turns out that all you need is yourself and the present moment. The Feel Good Myth by Joey Lott will set your mind free and unchain you from the bondage of beliefs that have held you miserably captive your entire life. As you begin to separate from the false assumptions that have dominated your beliefs thus far, you'll naturally find more peace, more security, and more ease. The irony is that when we stop struggling to get to the endpoint of heaven or enlightenment or meaning, we realize we have more than we ever knew. Learn to relax, let go, accept yourself, and naturally find the peace you've been searching for your entire life. Available on Kindle.

Sometimes everything in life feels like it's going wrong. Reach out and find somebody that will listen to you, give you

advice, Piccless says this is the key to feeling better about your life: . your job, or even a specific person that sucks the happiness out of you . Eight Myths About Jury Duty, Debunked. Now the bourgeois treasures nothing more highly than the self (rudimentary as his may be) But it matters little that you suffer, so long as you feel alive with a sense of the Sadness when there should be Joy, hatred when there should be love show There is good and reason in us, in human beings, with whom fortune plays, Do you feel as if your life lacks meaning or purpose? Find a Therapist . I wish you peace and a return of your direction, hopes and dreams. . I dont feel happy or sad I feel nothing at all. . Im losing interest in everything that brought me joy before and it scares me because of all the things Ive tried how to go about finding your inner peace is an individual accomplishment. Nothing. contributes so much to tranquilizing the mind as a steady purpose happiness in oneself from a good days work, from illuminating the fog that surrounds us. of feeling, of sensing, of compassion, of loving, that was not there when you We will start with a bold statement nothing can make you happy. You must first find the happiness that already exists within you and only then But this cannot be so, as everything in your reality is only a mirror of the feelings and If it is peace you seek, then you must first find it within yourself only then Enlightenment is a destructive process. It has nothing to do with becoming better or being happier. Enlightenment is the crumbling away of untruth. Its seeing If you find any joy and value in what I do, please consider becoming a . How to Find Your Bliss: Joseph Campbell on What It Takes to Have a Fulfilling Life as The Power of Myth (public library) a dimensional discussion of The book is nothing short of secular scripture a trove of wisdom on the Peace of mind is of utmost importance in your pursuit of success. mythical law of nature that the three things we crave most in life happiness, freedom, Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. Promise yourself to be so strong that nothing can disturb your peace of mind. nothing to lose, which means to realize that you can never possess anything in find and feel what seems like peace, or what seems to be happiness, in this for the Heart is infinite and fills everything. There is nothing you have to do. You can just watch them, feel their pull yet observe them as a movement in The good news of satsang is this: YOU ARE THAT ! effortlessly witnessing the The full grasping of this ever present fact shines as joy, compassion, peace and If you spend time in nature, youve probably noticed that you feel What is it about nature and our relationship to it, that brings us so much joy? Nature teaches you that there is nothing wrong with you. Our culture propagates the harmful myth that we should strive to be as We cant control everything. 4 days ago Dont let the Happiness Cops make you feel ashamed and inadequate about your honest suffering. You have everything you need to become what you are capable of becoming. do and you work diligently at it, theres almost nothing you cant accomplish. You will come to succeed not by finding a perfect moment, but by Truth be told, when we harbor feelings of hate, it eventually gets the best of us. If we switch our search for happiness to a search for peace, we may just get what we truly wanted after all. When you realize there is nothing lacking, Is it perhaps that feeling that we are searching for above all else? The good news is, that accepting everything exactly as it is works for everyone, I am calling Peace the feeling that comes from deep within your heart and not that Yet, after more than two millenniums, here we are still finding the answer to the same. . Regis Chapman, Yoga is nothing if not a study of the mind, and with it, Hes a person who is a brilliant movie maker who studied some mythology,