



Be Happy

The really happy man is the one who can enjoy the scenery even when he has to take a detour.

Standing on the bank of a stream that is in a state of seeming contradiction and paradox; the surface is smooth as glass but the current is moving everything rapidly past me. The leaves that have fallen into its icy grip in a matter of moments are carried gracefully and quickly past me over the rocks and rapids.

As I watch the leaves one by one fall from their homes high above my head and glide quietly through the cool morning breeze, they land in the creek and float effortlessly past me as I stand and watch. I am amazed at the smooth rhythm of this elegant dance between the leaves and the stream. I smile as I hear the music coming from the wind blowing through the trees mixed with the voice on the waters as they sing when they pass over and around the rocks.

Over and over the scene repeats itself; a leaf falls, lands in the water and floats swiftly past me as I stand and enjoy the melody of this place and observe the silent voyage of the leaf. Still they keep falling, one by one, they sail gracefully past me and I see them no more.

I begin to think I have noticed this pattern before. As daily I leave my home, float through the day and much too quickly I watch as another day of my life has disappeared over the rocks and the rapids. I wake, glide through the day, sleep. Over and over the scene repeats itself and before you know it 40 years have passed. The currents of this life have carried me in a detour through places I never imagined.

Like this leaf we are floating as the winds of life push us; as the momentum of circumstances and the choices we make direct our path as we move through the waters we call

life. Have you been enjoying the trip? Or has life for you become a drudgery filled with worry, stress and an aimless search for happiness? Happiness; we all want to be happy and we will do almost anything to sail our boat into that harbor we call happiness.

But happiness is not a destination, neither is it found in possessions; it is not found in a new home, or a new car, a new mate, a new job, or having more money but in simply enjoying the blessings you have today. If you are not satisfied with what you have been given today, you will not be satisfied with more tomorrow. The contented man is never poor, the discontented never rich. Learn to enjoy your own life without comparing it with that of another.

Let us learn to actively enjoy our blessings; to want what we have, to appreciate the many good things all around us. We should all look up and be thankful and look around us and value the many wonderful things and people who make up our life today. Remember we are all obscenely rich compared to most of the world. Choose to be happy today, what have you got to lose?

Something to think about:

- The question is not what a man can scorn, or belittle, or find fault with, but what he can love and value and appreciate.
- Contentment is an inexhaustible treasure.
- Contentment is realizing that God has already given me everything I need for my present happiness.
- Contentment understands that if I am not satisfied with what I have, I will never be satisfied with what I want.
- Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.

Enjoying our time together

Rickey Moore

To see Moore Photos and Stories visit www.rlmoore.com