



Doing what you love will make you happy, but loving what you do will bring you Bliss.

Too often we postpone joy. We thank God it's Friday, we look at vacation brochures, we wait for the kids to grow. Happiness always seems to be something we have to "get to" rather than something we create for ourselves.

We judge our moments. We think that one is better than the other. And, yes, of course some things are really, really good and some things are really, really bad. Life is a cycle after all... but I'm not talking about the biggest moments in your life. I'm talking about where you spend most of your day... usually somewhere in the middle.

The big question to ask yourself is "am I enjoying what I'm doing at this very moment?" (since you're reading this article right now, I hope your answer is yes, but that's another story). So when this moment has passed, when you're in another moment, ask again.

If the answer is no, ask yourself why not. If it's neither a bad moment nor a good moment, are you judging it because you think you should be doing something more exciting... more fulfilling?

Did you know it will take more energy to go off and do something else than it would to simply let go of judgment and just experience it?

One of my favorite stories is of the monk and the Buddha. The monk asks "how can I get rid of my desire to eat and to sleep?" The Buddha replies, "eat, sleep."

The answer really is simple. It's not more complicated than eat, sleep, bathe, take out the trash, do laundry... so enjoy them!! Don't judge it. Don't wish you were somewhere else. Just do each moment with Love.

There are people who would love the luxury of a hot shower or a cold drink. Don't take what you have for granted. Experience your moments as if for the first time, or as if for the last time. Become present in the Present. Happiness isn't something we get OUT of life, it's something we put INTO it.

So enjoy this moment... and your next one too.