



True Happiness

By Ariel Bar Tzadok

I am bored. I am uninspired. I sit to write words of wisdom and nothing seems to come to mind. Then it dawned on me that this too is wisdom and needs to be expressed.

All too often we wait to feel something before we act. We often wait and wait and in the end do nothing. This is a sure recipe for failure.

Many times we do feel motivated to act and then we do. However, there are all too many times when we feel nothing and still action needs to be done. At times like this what needs to be done often is left undone. When we wait for feelings to inspire us to act, life often passes us by.

Feelings are important and they have their place. They can and do inspire us to act. However, that alone is not enough. Feelings must always be subservient to higher knowledge. What we know to be true, what we know must be done, this more than anything is what must motivate us to act, to do the right thing.

Just as my head stands above my heart, so must my mind stand over my feelings, my intellect over my emotions. When this order is properly followed life proceeds naturally in harmony.

It is when we confuse the order and reverse it that life becomes more difficult. I truly feel sorry for those individuals whose lives are dominated and directed by what they feel instead of what they think.

The natural way is easy to follow. Everything around us points to this truth. If we only opened our eyes to see what is instead of what we want, we would learn much, simply by observing nature. The invisible Hand of G-d would become visible to our eyes if only we opened our eyes to see and acknowledge truth.

Yes, I am bored and uninspired, but so what? Who ever said that everything in life was supposed to be exciting and special? Indeed, life can be very boring, but that in and of itself is totally fine.

Life goes on. Life goes at its own pace. Life flows like a river, sometimes fast and hard, other times soft and slow. Life is sometimes exciting and sometimes it is boring; it can never be always one way or another. Accepting this and living by it is profound wisdom.

Do not seek the rush of life, do not be complacent when life is boring. Simply accept the moment and be what is. Do not try to be something you are not. Do not try to be in a place that you are not in. Be in life and not in the fantasy of desire.

Allow your mind to heal your vision. When one can think clearly one's emotions will naturally become balanced within. This is the recipe for true happiness.

True happiness is not about feeling good, it is about doing good.