

Happiness

Happiness is Friends.

Happiness is sharing the adventure of what happens and what is with others.

A trip, a wedding, or a party is about joy and happiness. Is it the event or the sharing of the event with others that creates the happiness?

The day after my son's wedding I was reflecting on the wedding. As one approaches a wedding they are helping to create, there is always the wonder if it will be a good time. Much effort is put into the planning, the flowers, the location, the menu and the music. Every aspect of the event takes on special meaning.

Sure, all of the planning is needed and good. However, it just sets the stage for the people. It is the people, the interaction of the people, and the being with others that makes the happiness. In a wedding people usually react to the interaction of the bride and groom.

If the bride and groom are happy and one with each other, then the crowd goes with them. A wedding where everyone is happy and enjoying themselves is more about the people and the interaction than anything else. Sure, good food, drink, and music are necessary props, but it is not the props but the people that make the difference.

During the wedding I was holding my grandson. That duty prevented me from doing some other things. That duty was a privilege, to share with a baby and, for me, it made me happy. I was able to see others being happy and the baby, Cameron, was happy being secure with someone he knew while watching and interacting with all the guests.

The day after the wedding is always conversation about the wedding. Sure, there is talk of the location, the flowers, the food and the music. However, it is all conversation in relation to the people. It is the people, the interaction, and the fun they were having that is the conversation. Reflecting, it is the people, the happiness of the people

and the sharing of the people that makes a wedding, and makes any event a success.

What about a new house, car or boat. Our things are important to us and most of us like nice things and spend a lot of time picking out the important items in our lives. When we think of it, what value is a great house if we do not have friends and family to share it with and make memories with? It can be good looking bricks and mortar, but it is the people, the interaction of the people in it, that makes it a loving home. It is the memories of the interaction of the people in the house that makes the difference.

As we search for happiness we need to know we have it right where we are with our friends and loved ones. Happiness can be sitting on a couch watching television. Happiness does not cost money. Happiness does cost the effort to be with others and to give and share with others. Of course, that is not a cost but a joy and a privilege to be with and share with others.

The sharing and the giving is happiness.

Happiness is also knowing others are happy. To see your family and friends, knowing they are having a good time, that makes you happy. Happiness is in the sharing of the joy.