

# The Roots of Health & Happiness In a Fast-paced, Uptight World

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Health in today's world requires more than a good diet, positive attitude, and adequate rest and exercise. Happiness requires more than *doing* or *having* what we want. Happiness also does not come from just doing what we think we *should do*. As all the great wisdom traditions tell us, happiness comes from fully becoming the person we were meant to *be*, and living a life consistent with this blueprint of the soul. Developing the characteristics of a fully developed person is especially important and difficult in the modern world. Some of these characteristics are:

- **AWARENESS** (becoming aware of the inner "automatic pilot" is the first step toward taking charge of one's life)
- **REGULAR RELAXATION & SELF REFLECTION** (no judgement, no blame, no comparison - just awareness and *learning*\*\*)
- **KNOWLEDGE & UNDERSTANDING** (of our self, others, the world, the needs of the body, mind & soul - i.e., the importance of having purpose, ideals, priorities, and principles to live by)
- **BALANCE** (a life based on the above knowledge)
- **CLEAR GOALS** (inner & outer) **& PRIORITIES** (What do you really want? What kind of person do you want to BE? What is important and what is not?)
- **CLEAR INTENTIONS** (How do you want to act and BE in a specific situation? Evaluate success not by the outcome, but by what you do and how you are.)
- **CONSCIOUS CHOICE** (based on your values, goals, priorities, and intentions)
- **RESPECT** (for yourself & others), **COURAGE, WILL, PATIENCE, PERSEVERANCE, HUMOR & GRATITUDE**
- **SOCIAL SUPPORT** (based on shared values and ideals)
- **RELIABLE SOURCES OF INSPIRATION & WISDOM**