



REACHING FOR HAPPINESS

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Is supreme happiness possible? Yes, it is, with the strength and guidance provided by the Almighty.

Many people in the world today seem to find great happiness in having worldly possessions. Fame and power are a heady mix which can easily be misconstrued as happiness bringers. Having the world at your feet, like many celebrities and politicians enjoy, can be addictive, bringing with it a certain thrill or enjoyment that proves too potent and beyond description. But can they guarantee lasting happiness?

And what about the joy of seeing all your dreams come true? Admittedly, that is a significantly powerful motivation to determinedly work harder each day and see oneself at the pinnacle of things someday. We have been born with brains that think and hearts that beat faster, so achievements have been strong motivators that would give us happiness immeasurably. Isn't that what matters most?

But on second thought, can all the material things in this world ever guarantee spiritual happiness?

Where do all our possessions go when we leave this existence to transcend to the next? They remain in the physical realm, testaments to all the hard work we put in, yes. But they still get left behind. All this talk about legacy is wonderful and inspiring. We leave our footprints behind. Yet, it is not an option for us to neglect investing in our spiritual happiness, too.

See how those who put in extra effort to amass spiritual grace also leave a more lasting legacy on earth. People remember them in more profound ways, fonder ways than just "He gave our organization huge donations" or "She was one of the most generous donors we ever had". True, donations can serve as great testimonies to our selfless spirit, but wouldn't sharing talent and time count equally, if not more? Spare change is a far thing from the widow's mite, which is literally what you need the most but still have the heart to share. Giving is noble, but the spirit in which we share is a heftier consideration than the amount we share.

Happiness is possible, yes. It is evident in the happy faces of volunteers who share their services, the work of their hands, the beauty of their works, and the strength of their hearts and shoulders, to those who are sick, weak, hopeless or dying. It is evident in the cheerful attitude of a volunteer who agrees to stand up longer or reach further where a stance or a grasp is not sturdy or long enough.

Let us strive to reach farther than our grasp. Oftentimes, it's just happier that way.

QUESTIONS FOR DISCUSSION:

1. What is spiritual happiness? How important is it to you, personally?
2. How can you invest in your spiritual happiness?
3. How will you give advice to someone who has experienced a "burnout" in their career?
4. What steps have you taken to attain your goals and be happy someday?
5. Where can you find happiness? Be as specific as needed