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Happiness, I search for it

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Sometimes I feel unhappy, and when I am aware that I am , it heightens my need to feel happy. There is thus a longing inside me to experience happiness.

Apart from scientific explanations that talk about altered chemical presence in my brain, from a purely living experience, I often tend to ask myself if 'It is inappropriate to long for happiness? Or is it even a sign of immaturity?' To both these questions, I find solace in what Viktor Frankl, a famous psychologist has said, and I paraphrase, 'It is the nature of man to search for happiness, to find a reason to be happy...' Thus, I sense I am not alone and there are many of you like me who desire to feel happy.

A friend of mine who always seems happy once told me that he is happy because 'I have the inner knowledge that I am loved'. I experience this every time I have experienced that my existence matters to someone.

Happiness, I now realise, is an inside job and cannot be forced; it is like trying to catch a butterfly. Never chase one, just sit close to one quietly and she will voluntarily alight on your shoulder.

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