

Living in Happiness

**I've been thinking how we're living in some challenging times
Divided on so many issues affecting our lives
Leading to bickering, blaming, shaming, complaining
What's that really get us? Just upset, mainly
Now I'm thinking about our happiness and lack of having more of it
Proclaiming "I'm happy to be alive!" and being sure of it
Shouldn't we be enjoying this rollercoaster ride?
Despite the twists and turns designed to keep us in line?
I don't get down on myself if I veer off track
Just make the correction. Be quick to react
Always keeping my mind in a positive state
From bad to good then from good right back to great
It only takes a bit of discipline to focus on the bright side
Follow my heart's desire if I'm looking for the right Guide
It tells me happiness doesn't come from things
As much as the interconnectedness of all human beings
Getting together for the common cause: Peace. Love. Community
Everyone, him, her, us, them, you and me
From 2 or 3 to 4 then 10 million more
The more happy people we have, the more Love we have in store**

**Living in happiness
It's a right not a privilege
It's our right to embrace life and live it
Let's go big cause we get what we give it
When we set forth and make the most of every minute
It requires focus. No way to spin it
Plenty of pleasure to go around when we stay committed
To living in happiness. We're living in happiness**

**Happiness shouldn't be a luxury we can't afford
If we live our lives right, that should be our reward
Life is gonna happen to us. Some things we can't control
But we choose how to react. Do I be cranky or let it go?
Easier said than done, but it can be done
I accept the outcome and move on
Unless I really feel something needs to be said
But hey, I rarely pick battles. I'd rather break bread
A little diplomacy. It helps when we give respect
Remembering we're from the same source. There's the disconnect
We get to share this incredible experience together
Why not do our part to help in making it better?
That Goodness stirs inside each and every one of us
It's what makes us feel all alive and stuff
When we put it to good use that's when the fun begins
And those extra happiness endorphins kick in**

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**I stopped chasing happiness since it's not about distance
It's my state of mind. Feeling right. At Peace with my existence
Growing from the speed bumps and setbacks
It took a bit of time for me to get that
This life is everything that I dare to make it
A positive attitude. Drive. No time to fake it
The more I head down the right path, the better it feels
In a sense it makes sense that happiness heals
So I'm all about spreading upbeat words of Peace
Watching the Love level of the world increase
Showing we can still rise and shine through the struggle
Laughing it off when I stumble. Staying strong and humble
I'm in charge of how I feel. I choose to feel good
You can't change my mind even if I thought you could
Not like it's constant, but I'm there most the time
Feeling the flow of the Universe. Enjoying the Ride**

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