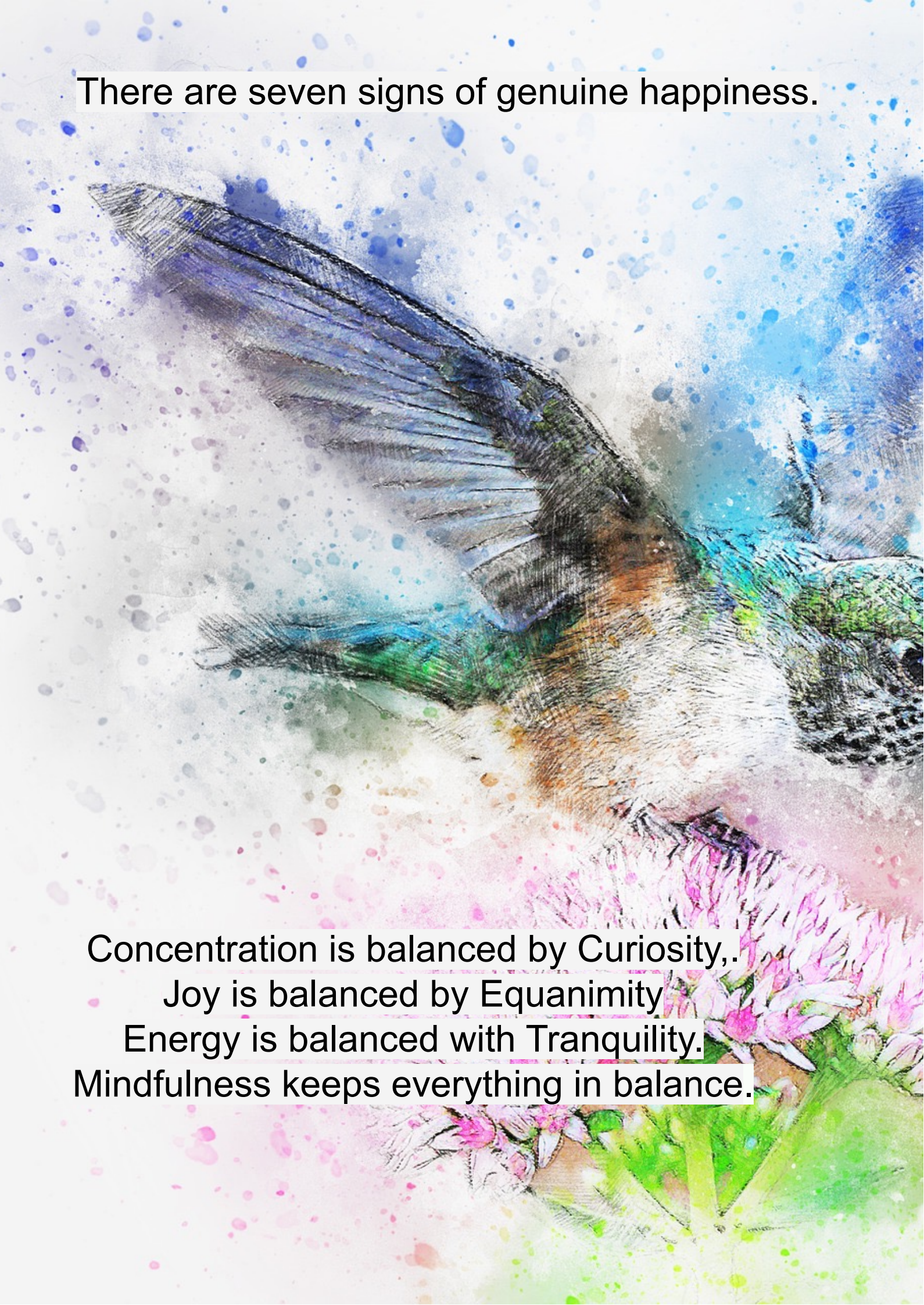


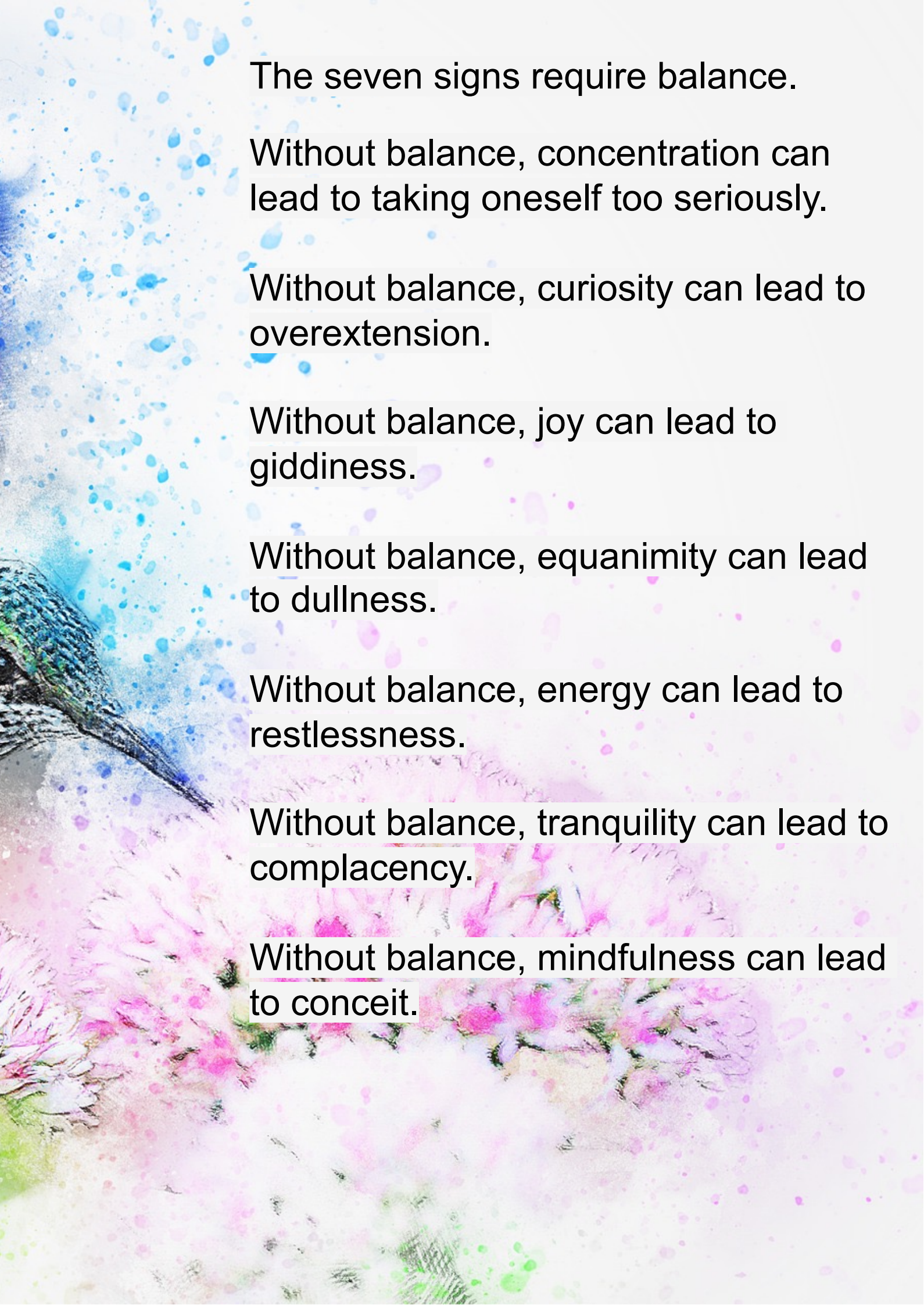
# Seven Signs of Happiness



There are seven signs of genuine happiness.



Concentration is balanced by Curiosity,  
Joy is balanced by Equanimity  
Energy is balanced with Tranquility.  
Mindfulness keeps everything in balance.



The seven signs require balance.

Without balance, concentration can lead to taking oneself too seriously.

Without balance, curiosity can lead to overextension.

Without balance, joy can lead to giddiness.

Without balance, equanimity can lead to dullness.

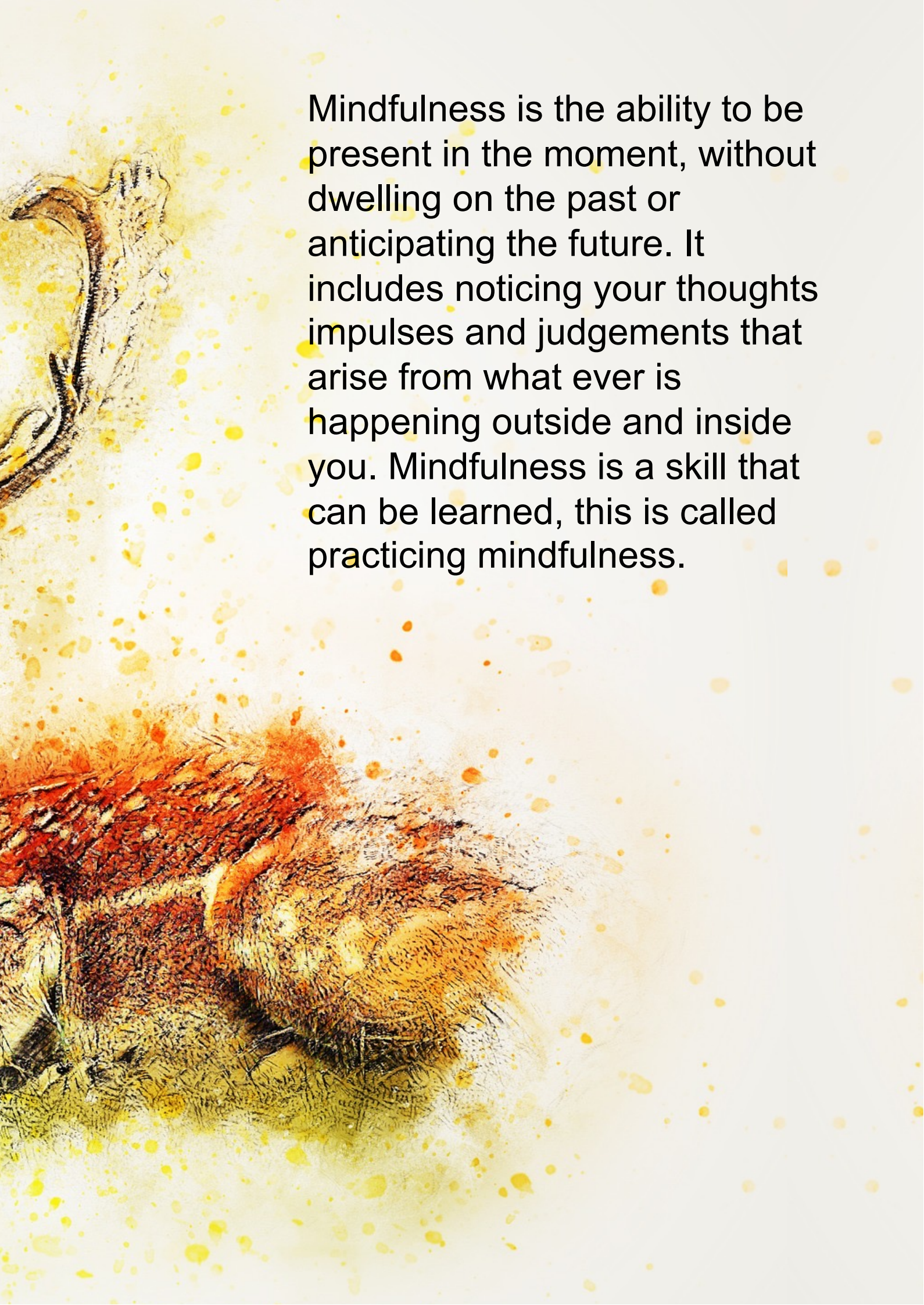
Without balance, energy can lead to restlessness.

Without balance, tranquility can lead to complacency.

Without balance, mindfulness can lead to conceit.

# Mindfulness

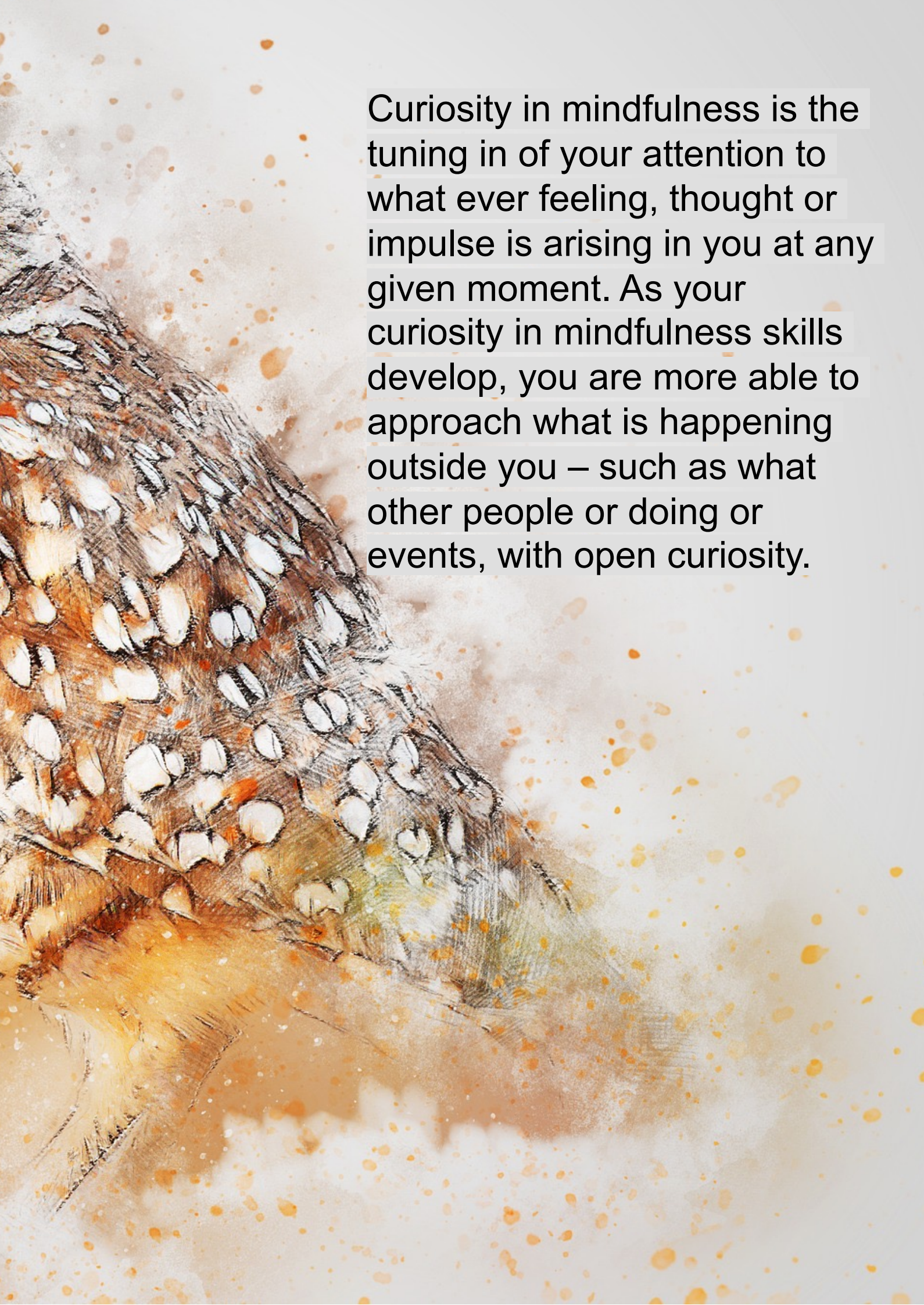




Mindfulness is the ability to be present in the moment, without dwelling on the past or anticipating the future. It includes noticing your thoughts impulses and judgements that arise from what ever is happening outside and inside you. Mindfulness is a skill that can be learned, this is called practicing mindfulness.

Curiosity



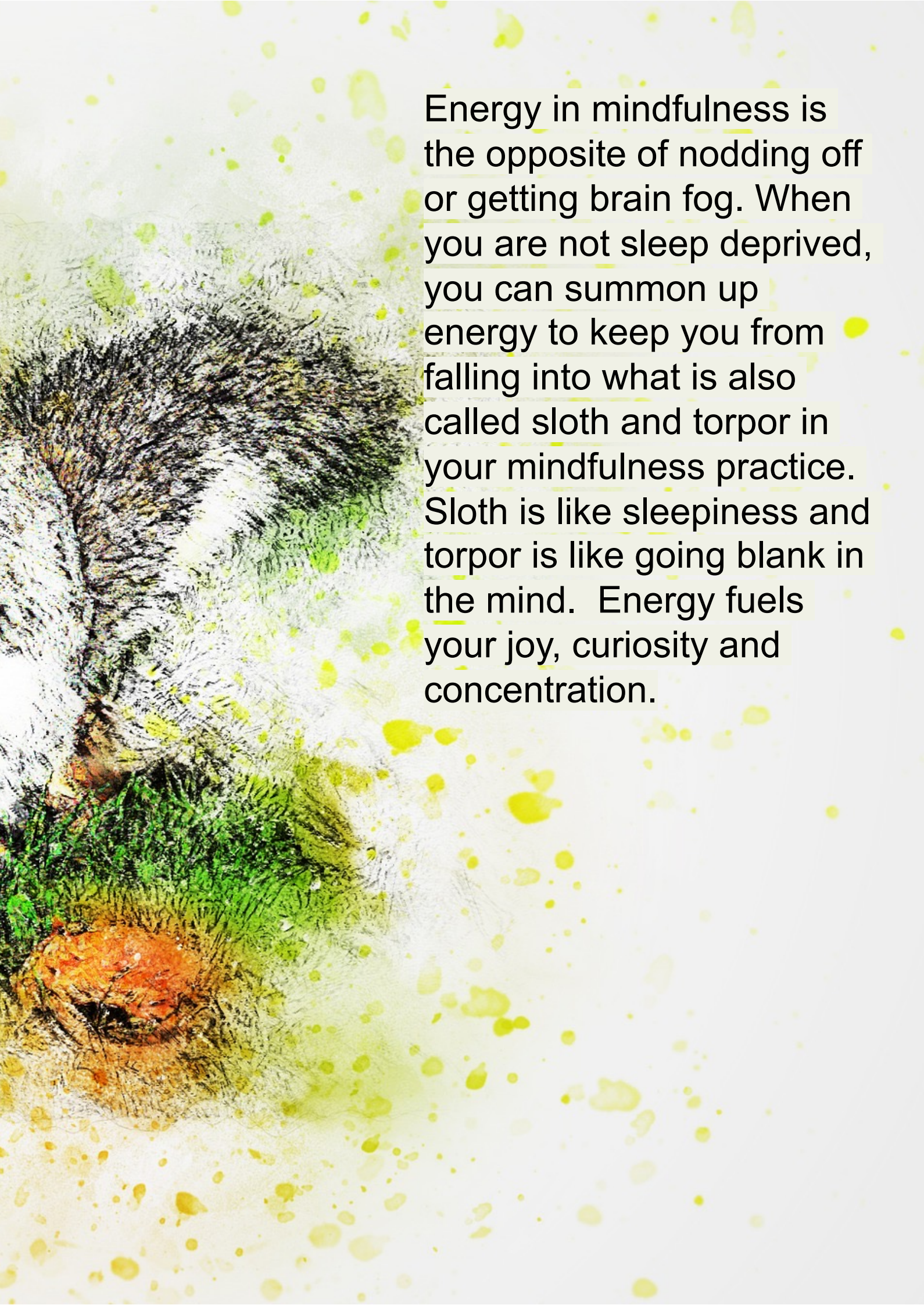


Curiosity in mindfulness is the tuning in of your attention to whatever feeling, thought or impulse is arising in you at any given moment. As your curiosity in mindfulness skills develop, you are more able to approach what is happening outside you – such as what other people are doing or events, with open curiosity.

Energy







Energy in mindfulness is the opposite of nodding off or getting brain fog. When you are not sleep deprived, you can summon up energy to keep you from falling into what is also called sloth and torpor in your mindfulness practice. Sloth is like sleepiness and torpor is like going blank in the mind. Energy fuels your joy, curiosity and concentration.

Joy





Joy is a natural state of feeling happy and good in the moment. It can be quiet, like in contentment, or fill your heart, like in gratitude and gladness. Joy is an innate state within everyone. When you peel away your disappointments, expectations and other judgements, joy arises.

# Tranquility

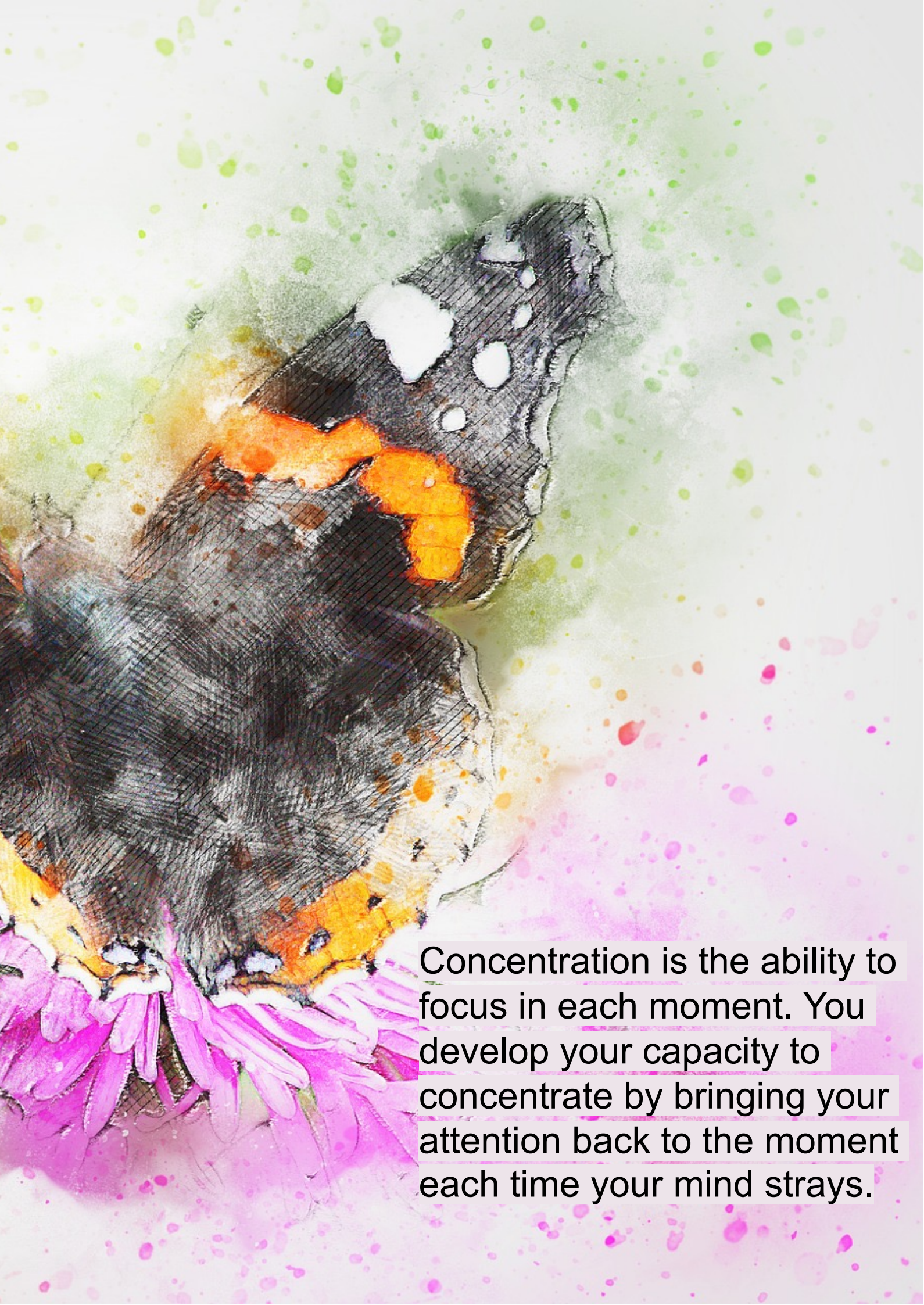


Tranquility is a state of calm in the mind and body. It is the opposite of restlessness, and the many shades of anger, hatred and greed.



# Concentration






Concentration is the ability to focus in each moment. You develop your capacity to concentrate by bringing your attention back to the moment each time your mind strays.

# Equanimity





A watercolor illustration in warm, earthy tones of orange, brown, and yellow. On the left, the head and trunk of an elephant are visible. In the center, a man with a long, flowing white beard and closed eyes is depicted, appearing to be in a state of meditation or deep calm. The background is filled with soft, textured washes and scattered orange and yellow speckles, creating a serene and contemplative atmosphere.

Equanimity is the ability to stay in balance and accept whatever is happening in the moment without trying to change the things you cannot change. It is not become reactive when something happens in your life or because of something that happened in the past or that you think might happen in the future.

Equanimity gives you space to respond wisely instead of react out of anger, fear or desire. Equanimity is a felt as a state of evenness in your mind and body.



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