



The Happiness Quotient

Volume 1, Issue 4

August 2009

Food for Thought

Real ways in how to make a difference by bringing more joy and happiness into your life and to those around you –

PART THREE IN A THREE PART SERIES ON WHAT'S NEXT?

By Colleen Dunn Smith

Happiness – We aspire to its attainment as an inalienable right, an integral part of what we hold most dear – Life, Liberty and the *pursuit of Happiness*. It is a testament to the significance of the individual's right to choose his own path, whatever that may be. Of course, doing no harm to others or their property is the moral failsafe attached, but that's a story for another day.

Ancient Greeks used the word Eudemonia to convey the idea of flourishing, or living the good life, while more contemporary sources define Happiness as "a state of mind or feeling characterized by contentment, satisfaction, pleasure, or joy."

Cartoonist and modern day philosopher, Charles Schultz, succinctly summed up his ideas on happiness with his book titled "Happiness is a Warm Puppy." My *Hot Buttons to Happiness* are just as heartfelt, if less succinct.

INSIDE THIS ISSUE

- 1 **How to make a difference - WHAT'S NEXT?** – Six Hot Buttons for Happiness to bring more joy and satisfaction into your life and those around you.
- 3 **From Your Spa Toolbox - Healthy Eating Habits – Sustain Your Diet, Sustain Your Life!**
- 4 **Questions and Answers – What does a Life Coach Cost? Does it make senses for me?**

WHAT INSPIRES YOU?

"The river flows. The mountain remains motionless. The river cannot remain still, nor can the mountain flow. Is one right or wrong? Our dharma (duty) is to do what's ours to do, not to be like others."

~David Levin



"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."

~Denis Waitley



1. Be responsible for your life and your choices. Here's a thought that you may or may not appreciate (it's going to depend on how much you currently play to your inner victim): **you are completely responsible for your own happiness.** Yep, I said it. Because even though one's socioeconomic background or educational level or financial wherewithal matters, it is only part of the recipe, not the entire pot. Happy people come from all walks of life, from all religions, in all countries, including impoverished, third world countries where people make in a year what some Americans make in a day. We are responsible for our life and our reality, and our happiness is part of that daily reality.

It, like everything else in our life, is about choices. Free will ensures us choices: what we will do, where we will go, what we will say, and yes, even what we will THINK, which is where it all begins. The cradle

How to make a difference - continued from page 1



of life to our destiny is in the womb of our mind; it is there thoughts are born. I quote Plato, "Watch your thoughts for they become your actions. Watch your actions for they become your habits. Watch your habits for they become your character. Watch your character for it will become your destiny." The power of a thought is far more reaching than you think.

Or as Emerson put it, "The ancestor of every action is a thought." Ralph Waldo sure could call 'em as he saw 'em. Besides, all of the great thinkers of the ages simply stated what science has now "discovered" to be true. Read up on Quantum Physics for more on what science says about how our thoughts create our reality.

2. Choose happy. Did you know that you can be a happy person and still have sad or angry thoughts? Equally, you can be an angry person and still have happy thoughts – Yin and Yang at its best. Even Carl Jung stated, "There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness."

Who we are, however, is not to be confused with any one momentary thought. And yet, if any one momentary thought is repeated over and over again, it can ultimately create who we are (see Plato's quote from above.) I know; it's a conundrum, but true nonetheless.

Also, with regard to choosing 'happy,' knowing the things or activities that bring you joy goes a long way to making the right choices for yourself. The Socratic aphorism "Know Thyself" is the springboard to understand our own habits, morals, temperament, ability to control anger, and other aspects of human behavior that we struggle with on a daily basis...like diving into what makes us happy and how to get more of it.

3. Be fully present in every moment. Have you ever been caught off guard by a butterfly? You know what I mean. You're walking along, minding your own business, enjoying the day...or not. Whatever you are doing, you are engrossed in your own thoughts of just how great or terrible the day is going, and how you are going to fix that problem you are obsessing about – blah, blah, blah – you know, self talk. And then you see this flit and flutter in your peripheral vision and you turn to see what it is...and there, floating, fluttering, flying in this erratic aerodynamic pattern that seems to defy what optimal flight should be, the butterfly effortlessly commands your attention. For a moment, you forget

WHAT'S HAPPENING...

ARIZONA SPA ASSOCIATION PREMIER EVENT!

CALLING ALL ARIZONA SPA PROFESSIONALS AND RELATED BUSINESSES...

AZSPA NETWORKING EVENT SCHEDULED FOR MONDAY, AUGUST 31ST

FOR EVENT INFORMATION EMAIL CDUNNSMITH@AZSPAASSOCIATION.COM

AND VISIT THE WEBSITE AT WWW.AZSPAASSOCIATION.COM.

FORMED TO MEET THE NEEDS OF THIS REGION'S UNIQUE BUSINESS CLIMATE, THE ARIZONA SPA ASSOCIATION (AZSPA) WAS FOUNDED TO SUPPORT AND EMPOWER ITS MEMBERS AND THE SPA INDUSTRY TOWARD GROWTH AND SUCCESS. BY PROVIDING A PROFESSIONAL ENVIRONMENT WHERE INSPIRATION AND NETWORKING ARE ENCOURAGED, AZSPA PROVIDES ARIZONA SPA PROFESSIONALS WITH BUSINESS FORUMS, EDUCATIONAL SEMINARS, NETWORKING EVENTS, CAREER BUILDING TOOLS, AND IS A SPA PRODUCT AND EQUIPMENT SOURCE.



ISPA CONFERENCE AND EXPO

PLACE: AUSTIN, TEXAS

TIME: OCTOBER 5 – 8, 2009

I WOULD ABSOLUTELY LOVE THE CHANCE TO SIT DOWN AND TALK WITH YOU DURING THE CONFERENCE. PLEASE CALL 866-954-0225 TOLL FREE OR DURING THE CONFERENCE AT (949) 375-2035.

IF YOU NEED...

STAFF TRAINING

TEAM BUILDING SEMINARS AND

TO MAKE A DIFFERENCE NOW

WITH

REAL ANSWERS TO REAL ISSUES

CALL CHRYSLIS CLEAR

866-954-0225



whatever it was that you were fretting about and watch. You are entranced. You feel joy, happiness, and maybe even awe; partly because of the natural beauty, but also because you are totally and completely "in the moment." This sudden shift in consciousness, allows us to enter into an alternate reality, indicating we can change our "reality" or how we perceive our world, anytime we choose. As the Buddhists advise, live life in the present as that is all that is real. Anything else crowds out the beauty of now.

Todd Kashdan, the director of the Laboratory for the Study of Social Anxiety, Character Strengths, and Related Phenomena at Mason, says if he had to name three elements that are essential for creating happiness and meaning in life it would be *meaningful relationships, gratitude, and living in the present moment with an attitude of openness and curiosity*. Butterflies bring out the best in all of us. And they're free!

4. Be grateful for everything. "When we see every situation as being perfect just the way it is, happiness grows and grows." *Daniel Levin, The Zen Book*

This one is all about Focus. What you focus on expands. What you focus on, you will get. So if you spend your time thinking about and dwelling on all that is "bad" in your life...guess what? You're going to get more of the same. But, if you instead focus on all that is "good" in your life and what you are grateful for, you will reap twice the rewards. First, you will feel better and be happier in the here-and-now because research shows us that we cannot be unhappy while we are in a state of appreciation. Second, like attracts like, and what you focus on you get. Look for the good in all things and you will find them lurking all around you. They are like those amazing paintings or drawings where the artist has hidden objects within the original. They require you to squint your eyes, stand back, or soften your gaze – in other words make some adjustment in how you perceive the piece – before you can see the hidden items. But once you do, you can always see them. Choosing to see the good in things and finding what makes you happy in any situation is much like that. With a little practice, you'll wonder what life was like before you could see the Tiger in the Trees.¹

5. Reinforce and nurture close relationships. While you are being grateful for all your relationships...really *relate!* Study after study has found that people in steady relationships live longer, are happier and feel more secure about themselves. I've said it for years: what really matter in this life

Continued on page 4

FROM YOUR SPA TOOL BOX –

HEALTHY EATING HABITS

Sustain Your Diet, Sustain Your Life!

By Vina Abi-Fadel

Diet is such a dirty word – we've all had our share of dieting, having some success and failing miserably – only to start back up again. To really shake up your eating habits once and for all, you need a plan that's fun and easy to stick to, right? A new eating pattern that can motivate you to healthier heights. You also need a diet you can't "break"—one that's flexible enough to adapt to any changes, from your activity level to the company at your table. Here are six steps to get you on your way.

1. Baby steps. Changing everything all at once never works. Instead, go through your refrigerator and pantry and weed out a few empty-calorie traps: foods you reach for when you're rushed or bored that don't nourish your body. Then substitute fresh, seasonal foods. Keep whole grain bread and cheese handy to grab instead of chips. Add a salad every day, at lunch or dinner. Try fruit at snack time or a fistful of raw almonds, walnuts or cashews and I mean a fistful!

2. Locals only. Visit LocalHarvest.org or EatWellGuide.org. Type in your zip code for a list of products grown and made in your community, from honey, cheese, grass-fed meat, and pasture-raised eggs to lettuces and herbs. Went to a local cheese farm recently – what a treat! Family owned and operated for over two decades.

3. Make 'em green with envy. Visit your local farmers' market. While there, talk to farmers and sample food that's been recently picked – within 48 hours. Most farmers eat what they grow, so they're also a great source of tips for preparing, serving, and storing the foods they sell. (*Editor's note: For produce, Richard and I use Bountiful Baskets Food Co-op in Arizona.*)

4. Go out on a limb. Try a fruit or vegetable that you didn't think you liked when it's at its peak. I've seen people converted to foods from asparagus to zucchini just by tasting them freshly picked and simply prepared. You might surprise yourself and your family! Fresh Fava bean anyone?

5. Get behind your food. When you connect with the produce farmers who grow what you eat, it tastes all the

Continued on page 5



How to make a difference - Continued from page 3

is what we do with and for other people. How we progress in our relationships is a pretty accurate gage for how we are growing in relationship to God and the Universe. Sow the seeds, nurture them and grow your relationships – it’s how we grow our souls.

6. Contribute to someone or something other than yourself. And I don’t mean the coffers at the local casino. Part of why relationships make us happy is because we are thinking of others before ourselves. When we put others first, we are contributing, and selfless service is another one of those hot buttons for happiness. You remember the movie, *Pay It Forward*? How did you feel when you saw that movie – warm and fuzzy all over and inspired to do good? Well, that’s because deep down inside it makes us happy and we feel fulfilled when we see someone in need and do something to help relieve their suffering. I’m no Mother Teresa, but I promise you, it works.

However, I don’t want you to just take my word for it. Look it up for yourself. There are HUNDREDS of articles and research papers on the subject of Happiness. If you distill down the information to certain key ingredients, these six essentials will rise to the top again and again.

Now, if you are still hungry to know more about Happiness, and how it can help your bottom line, stay tuned...there really is more to come, film at 11.

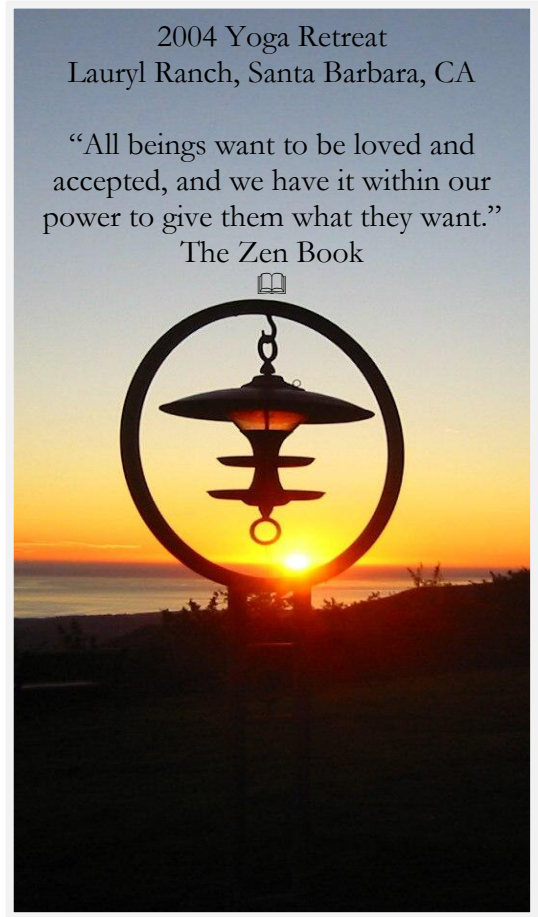
¹ American wildlife artist Rusty Rust shows a huge Bengal Tiger standing in a bamboo forest. Look for “**The Hidden Tiger**” in the image, where is the hidden tiger? <http://www.moillusions.com/2007/06/hidden-tiger-illusion.html>



Ever notice just how much this well known Bible verse sounds like the Yin/Yang philosophy of how everything has its opposite in order to exist? Aren’t these messages more similar than not?

Ecclesiastes 3:1-8

For everything there is a season,
And a time for every matter under heaven:
A time to be born, and a time to die;
A time to plant, and a time to pluck up what is planted;
A time to kill, and a time to heal;
A time to break down, and a time to build up;
A time to weep, and a time to laugh;
A time to mourn, and a time to dance;
A time to throw away stones, and a time to gather stones together;
A time to embrace, And a time to refrain from embracing;
A time to seek, and a time to lose;
A time to keep, and a time to throw away;
A time to tear, and a time to sew;
A time to keep silence, and a time to speak;
A time to love, and a time to hate,
A time for war, and a time for peace.





better. They are usually families that run local farms. Kids especially become more courageous when they know what went into the food they have for dinner, which can add variety to your meals – an essential factor in good nutrition.

6. Reap what you sow. Seeing the miracle of a seed turn into a delectable ingredient instills an appreciation for all it takes to grow great-quality food. If you don't have a green thumb, try a simple container garden: Cultivate a few herbs or cherry tomatoes in pots on your windowsill or patio. I'm in tomato heaven as I click away on my keyboard – just picked yellow and heirloom tomatoes from the garden for our dinner salad – amazing!

About the author...

Vina Abi-Fadel, food and nutrition expert, lives along the coast in Southern California and specializes in developing and preparing healthy, delicious recipes for the trade, restaurants and loved ones, of course. You can contact her through our website at www.chrysalisclear.com and click on [Contact Us](#) to request her to contact you.

QUESTIONS AND ANSWERS

YOU: What does a Life Coach cost? I'd entertain the idea if I knew how much it cost; I have the impression that it is only for rich executives.

ME: Don't create a story in your head. Get the facts. Consider the ROI: what is it costing you not to succeed or live up to your potential? What value do you put on your ultimate success and happiness in life? From one session you could walk away with a tool that will help you for the rest of your life. For a list of various classes vs. private sessions and respective costs, contact Colleen at

cdunnsmith@chrysalisclear.com

For more information

www.chrysalisclear.com

www.azspaassociation.com

Together, we can make a difference!

Salutation to the Dawn

Look to this day, for it is life,
The very Life of Life.
Within its brief span, lie all the Verities
and realities of your existence.
The Bliss of Growth.
The Glory of Action.
The Splendor of Beauty.
For yesterday is but a dream,
And Tomorrow is but a Vision,
But today well lived makes every
Yesterday a dream of happiness
And every tomorrow a vision of Hope.
Look well therefore to this day.
--The Sanskrit



Colleen Dunn Smith, author, educator, speaker and 14-year veteran of the spa industry lives in Gilbert, Arizona with her husband and two dogs. "I affectionately call them my 3M Corporation: Man, Mastiff and Mutt."



www.chrysalisclear.com

67 S. Higley Road, Suite 103 – Gilbert, AZ 85296

866-954-0225

My Personal Mission Statement

It is simply to know and be known...to love and be loved...to stand tall and be counted for good, and to be a conduit of creativity for empowering myself and others with no fear, just an open heart, mind and soul, and a willingness to learn. I want to make a difference and this is how I'm going to do it. ~Colleen Dunn Smith, Founder and President, Chrysalis Clear and the Arizona Spa Assn.