

IN SEARCH OF HAPPINESS

For many, your days are spent in the search
of the elusive myth, happiness,
One you have drunk a drop of that elixir
your thirst is like a drought awaiting the spring rains,
And when you are quenched it swells from within and explodes in a magnificent smile.

It glows from your countenance and if not bridled,
it strives to resound from the mountaintops
that the whole world might be infected;
But for naught.

For the feeling of happiness
rises only from within
when your soul is secure and
you are at peace with yourself.

The excitement of discovery
the enthusiasm of living,
the thrill of a day well spent,
the comfort of being accepted and nourished,
and the joy of love
are but a few contents of the well from
which flows this by-product called happiness.

So spend not your days searching and obsessing over this mythical God, but rather . . .

Live today with joy and enthusiasm,
loving fully and discovering uniqueness
in each of your hours.
Share the excitement of your discoveries.
Become engrossed in those of your loved ones.

Tarry not with those who drown
in the pools of their unhappiness,
but rather, thrill in the peace
of those who are kind
and are willing to share
their joy of life and
accept you and yours.

LCS, jr.

Blackhawk, November 1981