

Freedom and Happiness

Happiness is a deep feeling of being at peace with the self and the world; it appears sometimes as a happy face; but often stays hidden in the heart. When people feel free they tend to enjoy life, have self-confidence, be optimistic, and strengthen relationships with others; they feel at ease to say whatever they like to say without fear; do whatever they feel like doing without being shy; they go to sleep every evening and wake up every morning without regret.

However, people need to recognize that there is a big difference between saying what they want to say and doing what they like to do. To say what you want to say is important; yet it concerns listeners more than it concerns you. Therefore, you should be honest with yourself and say the truth as you see it without exaggeration. Honesty and courage reflect self-confidence and demonstrate responsibility to act as a free person who fears nothing. In contrast, to do whatever you like doing concerns you more than others; therefore, you should do what you enjoy most and makes you feel good about yourself.

On the other hand, regretting having said or done something is a curse; it makes you feel bad and often diminished in your own eyes; it may even lead you to lose self-confidence. Regret is a poison; it poisons the life of whoever regrets having said or done something he enjoys. In conservative societies where people generally have little or no freedom, traditions often force most people to do things they enjoy doing in the dark; away from the eyes of society. However, when such people find themselves alone, they often feel guilty, and thus regret having done what they did. Every tradition and belief system that denies people the right to be free insults man's intelligence, diminishes his humanity, reduces his creativity, and undermines his ability to contribute to society and mankind.

One way to feeling happy is to be satisfied with what you have and stay away from thinking of what others have, even people you think are dishonest and have little intelligence. Whoever worries about what others have will discover that there are many dishonest and disrespectful people who have more power and wealth and prestige and social recognition than he does. People seeking happiness and peace of mind should never enter a competition they cannot win; losing could cause them to lose self-confidence and feel bitter.

Staying away from jealousy and greed and things that cause shame and guilt is a good recipe to feeling happy, satisfied and at peace. We live countless hard days to enjoy few happy moments; everyone should try to minimize the first and maximize the second.

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