



Carole Sawo

Education and Tuition

How to be Happy



Happiness, like love, is a transient emotion. Like all emotions, they come and go with the ebb and flow of life - all the time. Whilst it is true that 'what we focus on gets bigger', happiness is not an actual 'thing' in itself. We cannot see it to focus on, and despite temporary impulse purchases, we definitely cannot buy happiness.

It is difficult, in the throws of life's more challenging experiences, to be happy. Everyone has hardships, illness, loss and stress of life to contend with. It is, however, in the pursuit of happiness that actually prevents us from obtaining it.

The expression, 'it could be worse', is on my list of useless things that people say. Why, when I'm down, do I want to fill up my mind with images of even worse things that could happen? However, for years in a previous career on an airline, I worked long, exhausting night-shifts. Inbound at 4am, tired, cold, slumped in the galley inhaling the gash bag, there didn't seem, in that moment, much to be happy about. But it was then I invented the 'at least' game. 'At least we are homebound', I would say. 'At least we have food, clothing, water, jobs'. Then my colleague joined in, 'at least I have tomorrow off'!

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Introduction to Psychology

Date: Thursdays, 29th
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How to Meditate

Monday 15th August

Seminar: 7pm-9pm

Price: £15

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The way to experience happiness then is not to pursue it, but to pursue its close cousin, contentment. Contentment doesn't fight. It just is. The way to contentment is much easier because it requires less and not more of you and your efforts. Contentment exists right now in this moment. Always has and always will do. To achieve contentment slow down, sit still, think for a moment - count your blessings. You have the chair you are sitting on, air, access to water and food. And if you put all your worries to one side for just a moment, you have choice. You always have a choice. And more than that, you have freedom.

We all deserve to be happy and we are all lovable - even if some people make it difficult for us to love them. Today, right now, take this moment to make contentment your goal, and you might just discover that you were really happy after all.

Have a great day.

Carole



Forensic Psychology for Beginners

Date: Wednesdays, 5th
October-14th December

Course: 7pm-9pm

Price: £97

to book

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