Are you right or happy?

Has anyone ever told you that happiness is just a choice? Gary Douglas introduces a whole new way to think about people's points of view.

What if your unhappiness is the thing you have used to control everyone in your life since you were tiny? Would you be willing to use something else instead? Such as happiness?

Have you noticed that most people hate it when you are happy? How much fun could you have with that? Could you have more fun being happy than always trying to be right, getting it right and following all the rules?

Have you ever thought you would just be happy if you could get all the rules right? So here's a new rule. Rules do not apply. What if you could just ask questions that bring you to greater awareness instead?

Know that you know

When we function from the awareness that we actually have, we have a lot more choices and different possibilities. We stop trying to get it right and we start functioning as an infinite being. This is where you just know that you know, without knowing how or why or having to prove your point of view. Most people don't make that choice; it is all about being right and the proof. What if you never fit in again? Would that make you happy?

If your joy quotient is about minus three and sliding backwards, you may wish to look at what you are doing to make yourself fit in or be right that actually isn't fun for you at all. So what can give you freedom from this?

What if you choose to be in allowance of the people around you, rather than resisting and reacting to all of the stupidity in the world, or aligning and agreeing with everything we think is right? What if all of it could be like a rock in a stream, where the water just meanders around the rock, without a point of view?

With allowance, you don't have to judge you or the other person. You can look at everything and everyone with the idea that it is all just an interesting point of view. If you don't buy the point of view as real, you can allow the water to wash over the rock in the stream, without ever getting unhappy about whatever you are aware of. How does it get better than that?

We make ourselves so wrong for knowing what we know, then not allowing ourselves to have that awareness as just an interesting point of view. Have you noticed how often you try to prove your point of view, rather than just allowing it to be? What if being happy comes from having total allowance and total acknowledgment of you knowing what you know?

Be yourself

Access Consciousness has a different perspective on happiness. We don't expect you to smile at everyone or pretend to be happy. We just ask you to be willing to be you, without judging you, making you small and insignificant, or making you wrong. Can you see how this level of allowance of you could be happiness-inducing?

Are you aware of how much of the stuff that is projected at us feels heavy? What if anything that is heavy is a lie for us, and anything that is light is a truth for us?

Take a look at some of the limiting points of view about you that feel really heavy. Would you be willing to return them all to sender now? When we do that, we start to see who we truly are, and to have allowance for the people around us. So much more fun than trying to be right or avoiding being wrong. And a lot more expansive than trying to fit into the limited realities that other people present as the right answer. What if happiness is never about an answer, and always about choices?

Happiness is just a choice. It's a vibration we create and surround ourselves with. Your point of view creates your reality. Your reality does not create your point of view. em

Gary Douglas is the founder of Access Consciousness, a set of tools that allow people to know that they know. The Access Consciousness tools Gary and his co-creator Dr Dain Heer continually develop are available in over 50 countries worldwide. Gary is also the best-selling author of The Place. Find out more at **www.accessconsciousness.com** and **www.garymdouglas.com**.

Fotolia