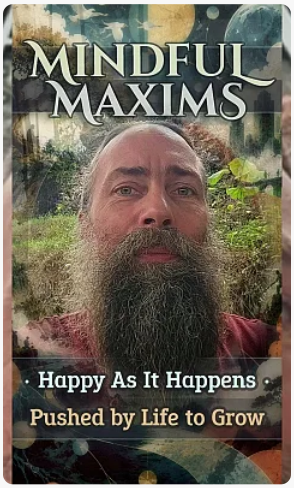
HAPPY AS IT HAPPENS · PUSHED BY LIFE TO GROW (MIM003)

◂ Mindful Maxims | LINK 🔗 | IA | YT

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Life is a resilient stream of happenings. Happy and sad, thrilling and shocking. Each an opportunity for our growth and evolution. If you look it with eyes of resentment, you block your insight and forfeit their potentials served. If you escape into your dream worlds, you detach from your real life that happens in the here and now.

Such a broad field of happenings. Physical. Emotional. Intellectual. Challenges to our identity itself. And does life at times give us the proper bashing! Happy as it happens – we are pushed to evolve. Our constraints and conditions are chiseled

away. Life brings us closer to our true potential. Then welcome the fullness of life.

#MindfulMaxims #FacingLife #SelfGrowth #HardLessons #InnerEvolution #MindsetShift #HereAndNow

Happy as it happens. Whatever that does happen. As it is. As it happens. The countless happenings in our lives, they're openings, opportunities for our evolution. Not something to suppress, escape, to run away from. Happy or sad, good or bad, we can still be baseline glad. *“This happening has brought me to a place of growth.”* If you look at the happenings in your life with eyes of resentment and denial, you block your insight. You bypass the potentials of the situation. You self-sabotage.

“Then for whatever reason does all of this happen? I must know before I can be glad about it.” As it happens, that knowing is often the outcome of your growth. Not something you have at the baseline. Who knows why every little thing happens. But one thing is for certain. On some level they do relate to you. Otherwise they wouldn't happen to you, right?

Then what are all the things that happen? Physical, emotional, intellectual, and even impacting our identities. **Physical.** Suppose I cut my finger or ate something silly and got food poisoning. The hope is that you will learn. Instead of burning yourself over and over again.

Emotions. Positive. We got so carried away that we forgot all the rest of what matters in our lives. Negative. We sank into our ruminations, and once again forgot everything else that matters. Intense, uneasy emotions. Those too, don't run away from them. Meet them on a level. Digest them.

Then **intellect**, thoughts, reason. New facts emerged. Flaws in our logic were pointed out. Our assumptions no longer hold. Our cognitive frames are disintegrating. Well how excellent. We get to rebuild a new more coherent and grounded order of thought.

Then **identity** and ego. Often enough, what you think of yourself as being is not what you actually are. When the happenings of life then make it clear to you this isn't what you actually were. Be happy about it. You're no longer maintaining that particular mask. You get to work on yourself closer to what you actually are.

So these are all happenings in our lives and openings for our growth. And does life sometimes happen on the double. We're getting proper bashings. The silver lining seems a distant reach. *“Why does all of this happen to me?”* But the fact is, it does happen to you – and that's where you are. It is what it is. It's not random absurdity, and you can either deal with it or imagine that it doesn't exist. Escape into imaginations. Start working on your dream life, instead of the real life that you have here and now.

To be clear, this is a stance and attitude that applies for you, unto yourself. Don't apply it to others. “I'm glad that country got bombed into bits. How many opportunities for growth and wisdom there.” But those opportunities only ever exist when they are recognized. You cannot assume that recognition for others. You can only assume it for yourself.

Then joy for the true joy and prosperity of others. But compassion, sorrow for the sorrows of others. That they might clear through the struggles of their lives and grow into a more balanced state. That we might somehow contribute to their growth, evolution and well-being. Instead of just celebrating their miseries.

Celebrate only your own miseries. That's the measure of that.

As we say, *“happy as it happens”*, it doesn't mean be stupid and let all things happen over and over again. Someone cheats you. Happy as it happens – your gullibility was exposed. Glad for that opportunity, for learning and growing in life, improving yourself. Glad for the price you paid for your gullibility. Paying the bitter taxes of life, it does heal the spirit.

Happy as it happens, as it catalyzes us, leads us into a more well-rounded future. Happy as it squeezes and grinds us, clears us from our constraints and our conditions. Happy, as we're led by life closer to the consummation of our true potentials.

Then do not lament, do not escape. Be glad for what you're dished out. It leads to your growth, if you take it as such. And if you don't, then you're missing out on your opportunities in life. Be well and welcome the fullness of life. Even the boulders up atop your head. It builds resilience. It makes you whole.

🔗 https://ananda.icu/talks/mindful-maxims/mim003-happy-as-it-happens-pushed-by-life-to-grow