

# ARE THERE LIMITS TO HAPPINESS

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I do not know what you think, but I find it very surprising that so many people say they are unhappy, unsatisfied or unfulfilled. I am often one of these people myself, although I work hard at cancelling my subscription to this group! What surprises me even most is to see people that are healthy, well supported, prosperous and that have tons of possibilities who say they rarely experience any feelings of happiness. Why? Are there limits to happiness? And if such limits exist, are they different for each of us?

Limits to happiness are real. However, most of us have confused these limits with elements that are external. There is no need to accuse the Earth, your parents, the way you look, your thin wallet, your spouse or your job for feeling unhappy: limits to happiness are not rooted to the outside world. On the contrary, these limitations are the result of our thoughts that create a phenomenon called the «ceiling of happiness». This discomfort can be compared to a saturation point; beyond this capability, we cannot feel joy anymore.

This saturation point clings to the mental limits that we set. We are the only ones responsible for these. There are so many limits that it is difficult to make an exhaustive list. To believe that we will never encounter love, that we will never get a job that is rewarding or that we are doomed to live in debts are just three simple examples of such self-imposed limits. Obsessive thoughts, fears or to compare oneself to others are other forms of boundaries that are self-imposed. Once they are well rooted in our imagination, our ego gets its power from these limits in the sole interest of keeping oneself small because someone that is happy is a threat to the ego's survival (for those who wish to read more about the ego, I recommend you read *A New Earth* from Eckhart Tolle and/or *The dark side of the light chasers* from Debbie Ford).

Our «ceiling of happiness» is always accessible. This is where the problem lays because it is difficult to anticipate when we will hit our ceiling. You can be at your home while enjoying your favorite tea. Your body is relaxed. It is a sunny day. You are telling yourself that you could not be happier. Suddenly, an event from the past resurfaces.

You start to dwell on regrets and ask yourself what could you have done differently or said at this point in time in your past. There is a huge shift in your mood. This day that seems so promising now gets spoiled with negative thoughts and energy: you've reached your «ceiling of happiness». Examples like this one are endless.

We all experience these episodes more or less frequently. I compare these moments with a wind gust; it comes without any warning and it sweeps away the deep satisfaction that was alive inside of me the second before. This is just our ego that whispers to our unconscious that we only deserve a certain amount of happiness. When we exceed our dose, an event must occur to bring us back to our comfort zone even if it means feeling sad, empty or unsatisfied. We feel there is something missing because we know that there is something more out there. But how can we connect with this thing that is missing in our life?

Just like there is no limit to the amount of love that we can give or to how much money we can gain, there is no limit to the amount of happiness we can feel. Only our thoughts limit us. Only our head imposes barriers to us. The outside world has barely anything to do with it. We are the only ones that can elevate our «ceiling of happiness», one inch at a time. Let's start by changing our beliefs. Let's cultivate the thoughts that we deserve a satisfying job, that we are entitled to a quiet life, that we can maintain good relations, that we deserve to have much love in our live, that we have a beautiful body and that we are very intelligent. But beware! The secret ingredient for this recipe is that one must believes these thoughts. Cultivating them is not enough. It is only when you will strongly and truly believe in your gut these thoughts that you will be able to push up your «ceiling of happiness».

Choose to live in a sumptuous castle with very high ceilings! We all deserve it.

