

## **CHAPTER 5 – HAPPINESS: SATISFACTION OR DISSATISFACTION**

### **WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES**

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

### **Spiritual Intelligence Inventory**

- (1) There are many diagnoses for dysfunctional behavior. True or False
- (2) There is only one diagnosis for all dysfunctional behavior. True or False?
- (3) There are many treatments for dysfunctional behavior. True or False?
- (4) There are many reasons for a person's dissatisfaction. True or False?
- (5) Dissatisfaction is a mental illness. True or False?
- (6) When things do not go well, the mood you are in makes a difference. True or False?
- (7) People do not have to feel dissatisfied every time things do not go True or False?

### **Satisfaction or Dissatisfaction; It Is Your Choice.**

"In me you will have peace, in the world you will have tribulation." JOHN 16;33

If you had the choice of being satisfied or dissatisfied, which would you choose.? Some people enjoy being dissatisfied. Other people wish they could live a satisfied life, but don't know how to do it. If they wish to do it, they need to know the difference between the dynamics and the mechanics.

People tend to look to the mechanics and miss the dynamics. The question to ask is, "Do you think the mechanics determine the dynamics, or do the dynamics determine the mechanics?" The answer is, of course, "Yes". Sometimes we think the mechanics determine the dynamics and sometimes we think the dynamics determine the mechanics. One leads to a dissatisfied life, the other lead to a satisfied life. It is a matter of understanding the question rather than knowing the answer.

Jimmy Carter once visited the notorious Serb leader, Milosovich (known for his views of ethnic cleansing). Carter was quoted as saying, "The world does not understand the Serbs". Madaline Albright and other Western leaders were horrified. They wanted Carter to condemn the man and the Serbs. Yet Carter was able to broker a truce where others failed. He did the same thing in meeting with the oppressive dictator of Haiti. He was able to bring an agreement and avoid bloodshed. I remember a picture of Clinton and Yeltsin sitting discussing a critical issue and coming to agreement amid a beautiful Fall

scene surrounded with trees and filled in brilliant colors. It was all about the dynamics determining the mechanics.

People will see things differently when they are in the peace than when they are out of the peace. It is not a matter of "either-or", or "both-and." It is "Which comes first?". Not "Do you get the understanding to get the peace?" but rather "Do you get the peace to get the understanding?"

### **There Is One Diagnosis And One Treatment**

The issues people think they have are caused by their thinking about events, not by the events themselves. People's pain of the past -- abuse, anger guilt, abandonment, low self-esteem, addictions, codependency -- are caused by insecurity. When they are at peace, they will see, hear and act differently than when they are feeling insecure.

There is only one treatment for all dysfunctional behavior: To find what we are looking for inside, not outside of ourselves.

We raise our spiritual intelligence when we discover how to access our Inner Peace. We become powerful, in control, overcomers and proactive, by looking inside of ourselves. Accessing our inner peace is what is meant by "spiritual intelligence."

This is a shift from diagnosis to treatment. People tend to become fascinated with diagnosis, when treatment is what is needed. The talk shows tend to attract people more interested in what is wrong than what is right. Oprah Winfrey courageously took the high ground when she moved her highly successful talk show from what is wrong, to what is right. She moved from the mechanics (How to do it), to the dynamics (How it is done).

It became a show which emphasized the dynamics of how people endured, lasted, and overcame difficult situations with unseen things like hope, joy, humor, wisdom, peace, and love.

No one could just copy the mechanics of what they did. They needed to get into the dynamics of what was experienced. They would then understand what they needed to do, rather than have an outside professional tell them what was needed.

I am sure she and others must have had some fears as to whether anyone would follow them. As we all know, she has become even more popular than before.

There is a real treatment going on in the unseen dynamics of those brief one-hour shows. It is not in the mechanics of what is said, but in the uplifting dynamics of what is done, that gives a person inspiration. And the word "inspiration" means "in the spirit".

### **TWO APPROACHES IN COUNSELING**

Counselors have a choice between two approaches: Diagnostic or Treatment.

The diagnostic approach is "low-mood" and "symptom" directed. The counselor takes time diagnosing the problems and offering outside solutions on how best to resolve them.

The other approach, called the treatment approach, is "high-mood" and "cause directed". It deals with creating a proper atmosphere where problem solving can be done by those in the community.

When you understand this principle, you see there is only one diagnosis for our relationship problems: "We are working in a low mood environment." It follows, then, that there is only treatment: "Raise the environment to a high mood."

Some people may be looking for a quick fix. Quick fixes are crash programs. they call them "crash programs" because they always crash. Covey in his book, "Seven Habits of Highly Successful People," devotes a whole chapter based on one wonderful story which illustrates a critical point: "You must sharpen the saw.: A man comes on his friend late in the afternoon sawing a log. "What are you doing?" he asks. "I have been sawing all day. I won't have any wood for my fire if I don't finish." "You need to sharpen your saw if you want to get it done." The man replied, "I don't have time to sharpen the saw."

### **INTIMACY AND LOVE**

Dissatisfaction is a form of isolation. It is the opposite force of love. Studies have found that isolation is a health hazard. Women who felt isolated were three and a half times more likely to die of breast, ovarian or uterine cancer over a 17-year period than those who didn't. Men who felt unloved by their wives suffered 50 % more angina over a 5-year period than those who felt loved. Unmarried heart patients were 3 times more likely to die in five years than those who were married. Those heart patients who lived alone were twice as likely to die within a year.

A person living alone, however, can find intimacy, but there is a difference between intimacy and love. What we call love today can be described as "external love". It has to do with the way we feel loved by others. Intimacy, on the other hand, could be described as "internal love". It is the experience of presence. Sensing the presence could be anything from sensing another person's presence to the experience of self we get when we choose to sense the presence of God and experience His inner peace. You can best understand it by doing it. Right now it would be possible to use your internal senses to be aware of a person you know who is somewhere else.

Sensing their presence is different from thinking about them, or the good times spent together. It is a matter of just being aware of their presence. You are using your spiritual faculties by being intimate with them right now. If you are not using your spiritual faculties, you will not have a clue to what this is all about. If you are sensing their intimate presence, it does not take much to focus on, not think about, the presence of your inner peace.

Spend some time being conscious of this presence. You need to know you could stop reading, get up, go from the room, and leave the sense of peace where you were. The importance of this is if you know you can leave the sense of peace, you also know you could take it with you. When you do this you are now moving into Inner Peace 201. Inner Peace 101 is getting in it. Inner Peace 201 is taking it with you.

Now check your answers and see if you have any change of heart.

### Responses to Spiritual Intelligence Inventory

(1) There are many diagnoses for dysfunctional behavior.

FALSE- All dysfunctional behavior is caused by insecurity.

(2) There is only one diagnosis for all dysfunctional behavior.

TRUE- There is only one diagnosis, not accessing God`s inner peace.

(3) There are many treatments for dysfunctional behavior

FALSE- There is only one treatment, accessing God`s inner peace and continuing to do so.

(4) There are many reasons for a person's dissatisfaction.

FALSE- Only one reason, the way they are thinking.

(5) Dissatisfaction is a mental illness.

TRUE- It originates in the mind, not in the event.

(6) When things do not go well, the mood you are in makes a difference.

TRUE- Change the mood, and you change the feeling.

(7) People do not have to feel dissatisfied every time things do not go well.

TRUE- They only think they have to.