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On the Path to Happiness

There is an unbridled desire in human beings to achieve happiness, the pursuit of which is inherent to the Spirit, motivating them to strive, face challenges and overcome them, in tireless labour that dignifies them and elevates them to higher levels of life. However, the interpretation of

Earth and its values in order to attain the Kingdom of Heaven and its gifts...

Those who think and behave in this way forget that this kingdom lies at the heart of every creature, which strives to achieve it.

Others still maintain the idea that by possessing nothing, they are free from loss and damage, failing to enjoy the gifts of life that are offered for their spiritual growth and that of the planet they inhabit.

Without dwelling on philosophical reflections about happiness, we believe that we are currently living in a period in which the culture of the body – which promotes narcissism and exhibitionism, leading to the use of sex as an exclusive object of sensation and economic and social promotion – is the predominant way of achieving it.

Those who are obsessed with physical fitness forget the severity that life imposes on this transitory organisation, such as the degenerative phenomena that affected it, the impositions of chronological age, which one wishes to hide, and the inevitable encounter with death.

Living only for today and thinking that the future will be full of new mechanisms of enjoyment that never cease, a whole machinery of well-directed propaganda stimulates individuals to an illusion that slowly leaves them bitter, empty and defeated, seeking solutions that do not exist, because it is too late to achieve them.

As a result, a few throw themselves into spectacular escapes

through exhibitionism and hallucination, while others, who have fewer economic possibilities, go astray in urban violence, wasting away in moral and social misery, forgotten by almost all social organisations...

Happiness is certainly not of this world, as Jesus wisely asserted, considering it to be very transitory and its values relative, subject to constant and crippling changes. Nevertheless, it begins on Earth, if we take into account that it is within each being that the foundations are laid for the building in which one can live happily.

Without the knowledge of spiritual life and the mechanisms that make it, happiness is nothing more than an uncontrolled emotional aspiration that reality consumes, leaving ashes and disenchantment.

Human beings are travellers of eternity, momentarily using physical equipment in the body in which they wander, heading towards the essential goal where happiness awaits them.

On the journey undertaken, however, they may experience the joy of a job well done, the joys of fraternal coexistence, the gifts of love, well-being and health, the acquisition or not of monetary resources that provide prosperity or that they do not miss...

It is these valuable achievements that make up the picture of relative happiness to which one aspires, growing inwardly, in achievements that eliminate vices, dissolving passions, afflicting anxieties, morbid feelings, overcoming them, little by little, approaching the goal to be achieved, which is happiness without blemish, which will only occur after discarnation, when one is no longer subject to the fluctuations of material contingencies."

Book: *No Rumo da Felicidade (Towards Happiness)*

Joanna de Ângelis (Spirit)



happiness has been much debated, from ancient to contemporary philosophers, as well as through religious, sociological, and economic theory.

Unfortunately, the idea remains that happiness is an achievement of possession, which favours inexhaustible pleasure and enjoyment, which modifies according to needs and change when they become saturated or leave an existential void... It is the permanent legacy of hedonism working on minds and feeding hearts.

On the other hand, there is no lack of those who advocate suffering as a form of happiness, in masochistic torment, an inevitable legacy of medieval behaviours that sought, in this way, to hate the

Encounter with Reality

The deluded *ego* seeks to survive by using countless mechanisms to escape reality, and expresses itself using various masks so as not to be identified.

In personal relationships, it presents itself in disguise, sometimes demanding of others, sometimes excessively severe with itself, projecting its conflicts or introjecting its unfulfilled aspirations. Subconsciously, it has concepts of facing reality, overcoming it when negative, or

There is a wide range of human attitudes that are far from legitimate and result from positions opposed to their reality.

With a few exceptions that occur in idealists who are neither passionate nor extremist, most of those who complain against anything mask subconscious desires, which they repress due to a lack of moral courage to express them nobly.

The puritanical individual, who monitors the *misconduct* of others, projects the inner state that he seeks to combat in others, because he is not willing to do so in himself.

The mocking, persistent critic, with a *clinical eye* for the mistakes and miseries of others, is a bearer of personal insecurity, maintaining a great contempt for himself and compensating for it with aggression.

Those who normally identify with pain and affliction, exaggerated and therefore inauthentic humility, unconsciously externalise a paranoid state, alongside an greedy desire to draw attention to themselves.

Those who always rationalise everything that happens, finding justifications for their own failures and mistakes, are feared, lacking the emotional structure to free themselves from conflict.

Without aggression or sentimentality, or a desire for unjustifiable confessions, reveal yourself to your brothers and sisters, to your friends, so that they can relax and show you who they really are.

Do not pretend to be the inspector of lives, disrupting people's *games* with the presentation of your truths. If you take away their support, do you have anything to offer them in terms of behaviour and security?

Watch yourself, then, and relax, allowing yourself to be identified by your great values and your shortcomings, thus facilitating the same act of disclosure and trust in those who live with you..."

Book: Moments of Health and Consciousness

Joanna de Ângelis (Spirit)

Decision Now

Jesus says to his disciple:

I am the Way. Follow me and you will find peace.

I am the Truth. Imbue yourself with my lessons and you will be saved.

I am Life. Irrigate yourself with my energies and you will never surrender.

I am the Bread of Life. Nourish yourself with my strength and you will live.

I am the Door. Open it with your personal effort and you will achieve triumph over yourself.

I am the Shepherd. Let yourself be led and you will reach the sheepfold of peace.

I am the Light of the World. Allow yourself to be bathed in the light of love and you will never stumble in darkness.

I am the Son of Man. Join my programme and you will be led to the Father.

I am the Master. Learn from me and you will be wise.

I am meek and humble of heart. Adapt to the transformative renewal for good, and you will never suffer again.

You will only achieve fulfilment if you decide to do your part.

I am. You are still a candidate.

I can. You only try.

I have. You begin the conquest.

I win. You face unfinished battles.

I have been living since before. You began the march afterwards.

I call upon you, however, if you do not decide to follow me, I pity you, for in truth, you do not yet love me or want me.

I will seek you later.

Do not complain for now and meditate on the opportunity I am granting you.

Book: On the Path to Happiness

Joanna de Ângelis (Spirit)



improving it when favourable.

Fixated on the illusion of conflict, they take care to present themselves in a conciliatory manner – a subconscious attitude – expressing themselves as happy, fulfilled people.

Due to the erosion of ethical values in society, the fear of revealing oneself to others generates reactions and deceptions, in which one seeks psychological compensation, which is not fulfilling. Because their *foundations* are fragile, the *constructions* of well-being that they appear to possess soon collapse, falling into repressed anxieties and aggression, through emotional transfer, for intimate compensation.



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Forgiveness Therapy

921. *It is conceivable that man will be happy on Earth when Humanity is transformed. But until that happens, can he achieve relative happiness?*

"Man is almost always the architect of his own unhappiness. By practising God's law, he will protect himself from many evils and provide himself with as much happiness as his coarse existence allows."

The coarse passions that predominate in human nature stem from past experiences that have not yet been overcome.

They are responsible for dragging people towards evil, due to their primitive nature, not allowing themselves to be contradicted in their impulses and submissive feelings.

Stimulated by unhealthy selfishness, they overflow with aggression and cynicism that initially attack the individual who cultivates them, and soon after affect the social group in which he or she finds himself or herself.

Rooted in the most compelling instincts, such as reproduction through sexual impulses, nutrition through food, and rest, through which they regain their spent strength, only with great effort do they give way to the feelings and reason that should command them, guiding them towards the preservation of existence, but not aggressively or distressingly.

The moral development of human beings is inevitable.

Step by step, the seeds of love within them develop, gradually taking over from the predominant instincts, so that reason and emotion can play their part in the development of inactive moral treasures.

Hatred, resentment, bitterness, envy, and jealousy are the tragic legacy of this period in which possession imposed its impulses and desperate submission turned into a desire for revenge, culminating in harsh mental battles that led to actual violence in objective reality, reaping the lives that fell into their unfortunate plots.

Illnesses of difficult etiology arise as a result of this emotional primitivism and spread, giving rise to morbid occurrences in the organism, while at the same time installing disturbances in behaviour and the

mind, which destroy hope and the joy of living.

Despite the great scientific and technological development of today, illnesses of emotional and behavioural origin require very serious care so that individuals can enjoy health and well-being.

The unhappiness experienced on Earth is always a result of the conduct that each person allows themselves, generating factors that produce pain and affliction, when one could enjoy the unimaginable resources that God provides in life, giving it beauty and harmony.

Human beings, however, dominated by the passions of harsh suffering, cultivate unjustifiable hatred, bitter resentment, and desires for perverse revenge... These enemies, which reside in the core of the being, act against the cellular equipment, poisoning it with their morbid toxins and continuous mental waves of imbalance and animosity.

This results in a decline in the immune system's resistance, accompanied by blood pressure disorders, arrhythmias, gastrointestinal problems, negative mood swings, and nervous disturbances, almost all of which are the result of unhealthy somatisation and attunement to frivolous and perverse spirits that swarm around human beings.

By maintaining these unfortunate plans, organic and emotional disorders become more pronounced, leading to self-obsessions and various obsessions due to mental addiction and negative spiritual exchange.

However, there is only one alternative for acquiring peace and thus moving towards the happiness that God's law provides to those who behave in accordance with these sovereign codes. This valuable instrument is forgiveness with a sincere desire for renewal and happiness for one's adversary, allowing them to move on, while proposing to oneself to forget the reason for resentment and rancour.

Hatred is a cruel disease that degenerates those who produce it, often reaching the other person against whom the deleterious charge is directed.

Understanding that everyone has

the right to make mistakes and think badly of each other, which they certainly should not, but which occurs frequently, as happens to the individual himself in relation to his neighbour, this reasoning already diminishes the burden of animosity held against the other, the real or imaginary adversary.

By sincerely apologising and seeking to erase the contradictory feelings that remain in the mind and emotions, forgiveness becomes automatic and well-being fills the immense space previously occupied by the contradictory emotions of hatred, hurt and revenge...

Forgiveness acts as a balm on the wound that was opened by the other person's aggression and, at the same time, as a response to the hatred that was unleashed, softening the pain of the blow experienced.

Those who forgive conquer and deceive themselves, providing the offender with an opportunity for repentance and recovery.

As long as the remnants of hatred are preserved deep inside, even if disguised, the body will resent the toxic presence of these unhealthy vibrations that cause unhappiness.

Forgiveness, however, by freeing the victim, blesses the tormentor, allowing them to also enjoy the relative happiness that is within the reach of anyone who wishes to follow God's laws and grow spiritually.

Forgiveness therapy is, therefore, at this moment, the most admirable resource for the health and happiness of the being, alongside love, of which it is an extension.

Book: Lessons for Happiness

Joanna de Ângelis (Spirit)



Possible Happiness

"...The concept of happiness varies from one individual to another, as occurs with different schools of philosophical thought in their approach to the same question.

Reviewing the various postulates of the theories that have studied happiness, including hedonism, cynicism, stoicism, idealism, spiritualism, utilitarianism, existentialism, and pessimism, to name just a few, one can see the diversity of concepts surrounding the great question: happiness!

Varying according to the levels of evolution of human groups, utilitarianism and existentialism somehow predominate, reducing physical existence to a biological phenomenon and its accompanying sensations and pleasures, which would become fundamental to the achievement of problem-free well-being.

However, a brief analysis of this choice demonstrates the emptiness of such an aspiration, considering that physical organisation is always subject to situations of insecurity and transformation, changes in context and other inevitable occurrences.

Certainly, these changes become an obstacle to maintaining a programme of complete satisfaction and ever-pleasurable sensations.

Feelings are the emotional vehicles that express the reality of human beings, even if they are not aware of what is happening to them.

Born in the core of the Spirit, they are translated according to their level of evolution, which is externalised in the way they interact with others and with themselves.

When they are numbed by immediate interests, overwhelmed by the toxins flowing from the immediate desires, they reveal themselves to be disturbing, aggressive, often brutalising their bearers, or reflecting the primitivism that characterises them.

In individuals who experience higher levels of consciousness, aspirations are presented with relevant ethical-moral construction, in which feelings are of solidarity and affection, humanitarianism and compassion, which foster progress capable of freeing sufferers from the shackles in which they are imprisoned.

The concept of happiness differs greatly from those who only give primacy to selfishness and everything related to it.

Spiritualism, in turn, inviting reflection on the integral being, in its condition as an immortal Spirit, outlines different contours and contents about happiness.

Situating carnal existence between the cradle and the grave, it does not limit it to

to this short time, but rather expands it, considering the anteriority and survival of the Spirit after death, the inevitable event that no one can escape, broadening the horizons of happiness.

With this view of reality, it eliminates countless factors that present themselves as misfortune and unhappiness, such as suffering of any kind, death, and longing, demonstrating that all these phenomena are transitory in the face of the greatness of life itself...

Happiness is easy to acquire and should be sought continuously.

It is not the result of what one can accumulate and enjoy, but of each person's inner state, the result of the highest aspirations and feelings harmonised with existence.

If happiness were continuous enjoyment, it would be fixed in the physiological organisation that provides sensations.

Sensations are ephemeral and unsatisfactory, producing fatigue and boredom, turning into discomfort.

Happiness consists of the well-being that flows from the consciousness of peace, the natural fruit of uplifting thoughts that lead to righteous and dignified actions.

Those who think with great purposes enrich themselves with healthy energies, acquiring the habit of maintaining emotional balance, which favours uplifting social behaviour.

In this sense, not aspiring to possess what one can hold onto becomes a satisfactory limit to avoid unnecessary worries, enslavement to accumulated resources, greed, and mistrust.

In such a situation, friendship extends generously, producing a climate of joy in relation to other people, because human beings are essentially biopsychosocial animals of spiritual origin, who need to live with others, working alongside them for personal progress, which results in community development.

In this way, the spontaneous pleasure of serving, of being useful, of having one's time filled with non-stressful concerns is manifested.

Happiness knows no fear of losing it, because, having no physical connotation, it develops on the sense of aesthetics, of heightened emotion, of the satisfaction of being at peace with oneself. The beautiful, the honest, the peacemaker that appear in any facet are undoubtedly factors of happiness.

It is fair to bear in mind that earthly existence is not a fascinating journey to the land of fantasy, nor is the Earth,

for the time being, the beautiful oasis that many aspire to transform into a holiday resort and a place of idleness.

Our blessed planet is a beautiful school of learning and inner growth, in which experiences are multifaceted, with joys, sorrows, tensions, anxieties, and smiles, which must be managed wisely.

That is why one can be happy even in suffering, by understanding its higher purpose, which is to polish away moral flaws so that the areas that will reflect the light of wisdom in the form of peace can be worked on.

It is thought, without real basis, that places, situations, and monetary resources are essential for happiness. This is a serious mistake. They can create conditions of joy, exhibitionism, leisure, idleness, and because if the individual is not in intimate harmony with himself, his neighbour, and God, wherever he is, he carries the burden of worries and conflicts that weigh on his conscience.

Nevertheless, many individuals who are still in the exclusive ranges of physiological organisation, having no greater aspirations, indulge in the senses and believe that the excesses they allow themselves and the pleasures they enjoy are the treasures of happiness.

Soon, however, their pleasures expand, and an *existential emptiness* subtly arises, pushing them towards vicious and numbing behaviours as a form of escape to nowhere.

Happiness consists of small occurrences, delicate emotions, subtle aspirations that become reality, internal constructions that provide inner peace.

Ask pleasure seekers if they are happy and satisfied with life, and they will surely respond that they are saturated, tired, and uninterested in practically everything.

Therefore, be aware of the many blessings you have received in life, especially if you have a harmonious and healthy body to apply your strength to intellectual and moral development, loving and serving without ceasing. However, if you find yourself with some organic limitation, under the grip of suffering of any kind, thank God for the honour of redeeming your mistakes and acquiring the necessary balance for the happiness that will soon come."

Book: Liberation from Suffering

Joanna de Ângelis (Spirit)

