

# Lift Up Your Heart

"New research reveals a surprising truth: the tendency to feel unhappy may lurk in your genes, but happiness is something you can create for yourself... The capacity for joy is a talent you develop largely for yourself." (Diane Swanbrow writing in Psychology Today)

Psychologists are beginning to realize what religion has taught for centuries, that right thinking can enable us to develop within ourselves a capacity for greater joy. Not only that, but these joyous feelings can be radiated to others. Swiss psychoanalyst Carl Jung once wrote, "Emotions are contagious."

In a New York Times article (October 5, 1991) entitled "Happy or Sad, a Mood can Prove Contagious," we read, "Just seeing someone express an emotion can evoke that mood in you. The dance of moods goes on between people all the time." (Dr. Ellen Sullins)

Here is the testimony of a woman who worked through her own pain to arrive at the peace of soul she needed so desperately.

"When my husband died a few years ago, I felt like I wanted to die, too. We were so close, so in love. How could I go on without him? I talked it over with God and told him how I felt as I cried many tears. But God let me know that He wanted me to live because my work on earth was not yet finished. He reminded me that as much as I loved Donald, my life was separate from his.

"God was right, because although I still love and miss my husband, my best friend, I'm no longer unhappy because I'm busy reaching out, trying to do God's will for me. In the process of healing and growing, I have become a joyful and fulfilled person. Instead of giving up, I gave in to become the person God wanted me to be. I'm sure God is pleased because others will now see His light shining



in me and through me." (Joan Savio, Brooklyn, New York)

The fields of psychology and religion are coming together in their understanding of human nature; both agree that happiness is possible, and both concur that we have control over the way we react to life's troubles.

Jesus Christ developed a simple formula for happiness which has survived the test of time. He urged us to reject resentment, bitterness, spite, vindictiveness, envy, jealousy and hatred.

"Return good for evil."

"Be not anxious."

"Forgive seventy times seven."

"Judge not that you be not judged."

"Love one another."

He concluded His public ministry with these words: "I have told you this so that your joy may be complete." (John 15:1)

*[For a free copy of the Christopher News Note, Spirituality, Happiness and Health, send a stamped, self-addressed envelope to The Christophers, 12 E. 48th St., New York, N.Y. 10017.]*