Issue Ability® 101

Is it Possible to be Happy?

by L. Ron Hubbard

IS IT POSSIBLE TO BE HAPPY?

A great many people wonder whether half of us even exist in this modern rushing world. Very often an individual can have a million dollars, he can have everything his heart apparently desires and is still unhappy. We take the case of somebody who has worked all his life, he has worked hard and he has raised a big family. He has looked forward to that time in his life when he at last can retire and be happy and be cheerful, and have lots of time to do all the things he has wanted to do, and then we see him after he has retired -- and is he happy? No. He's sitting there thinking about the good old days when he was working hard.

Our main problem in life is happiness, but I'll tell you more in a moment. The world may or may not be designed to be a happy one. It may not be possible for you to be happy in this world, and yet nearly all of us have a goal to be happy and cheerful about existence.

You know, very often we look around at the world around us and say that nobody could be happy in this place. We look at the dirty dishes in the sink and the car needing a coat of paint, and the fact that we need a new gas heater, we need a new coat, we need new shoes or we would just like to have better shoes, and so how could anyone possibly be happy when actually he can't have everything he wants. He is unable to do all the things he'd like to do, and therefore this environment doesn't permit a person to be as happy as he could be. Well, I'll tell you a funny thing, a lot of philosophers have said this many, many times, but the truth of the matter is that all the happiness you ever find lies in you.

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You remember when you were maybe five years old and you went out in the morning and you looked at the day and it was a very, very beautiful day, and you looked at the flowers and they were very beautiful flowers; twenty-five years later you get up in the morning, you take a look at the flowers, they are wilted. The day isn't a happy day. Well, what has changed? You know they are the same flowers, it's the same world, something must have changed. Probably it was you.

Actually a little child derives all of his "how" of life from the grace he puts upon life. He waves a magic hand and brings all manner of interesting things into being out in the society. Here is this big, strong brute of a man riding his iron steed , up and down, and boy, he'd like to be a cop. Yes sir! He would sure like to be a cop, and twenty-five years later he looks at that cop riding up and down and checks his speedometer and says, "Doggone these cops!"

Well, what is changed here? Has the Cop changed? No. Just the attitude toward him. One's attitude toward life makes every possible difference in one's living. You know you don't have to study a thousand ancient books to discover that fact. But sometimes it needs to be pointed out again that life doesn't change so much as you.

Once upon a time, perhaps, you were thinking of being married and having a nice home, and having a nice family; everything would be just fine. The husband would come home and you would put the dinner on the table and everybody would be happy about the whole thing; and then you got married and maybe it didn't quite work out. Somehow or other, he comes home late and he has had an argument with the boss, and he doesn't feel well. He doesn't want to go to the movies and he doesn't see how you have any work to do anyhow -- after all, you sit home all day and do nothing -- and you know he doesn't do any work either. He disappears out of the house. He's gone. Then he comes back later in the evening and quite an argument could ensue over this. Actually, both of you work quite hard. Well, what do we do with a condition like this? Do we just break up the marriage? Or touch a match to the whole house? Or throw the kids in the garbage can? Or go home to mother? Or what do we do?

Well, there are many, many things we could do, and the least of them is to take a look at the environment. You know, just look around and say, "Where am I? What am I doing here?" And then, once you have found out where you are, why, try to find out how you can make that a little more habitable. The day when you stop building your own environment, when you stop building your own surroundings, when you stop waving a magic hand and gracing everything around you with magic and beauty, things cease to be magical, things cease to be beautiful.

Other people seek happiness in various ways. They seek it hectically, as though its some sort of mechanism that exists - maybe it's a little machine, maybe it's parked in the cupboard,

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L. Ron Hubbard
Saint Hill

maybe happiness is down at the next corner, or maybe its some place else. They're looking for something, but the odd part of it is, the only time they ever find something is when they put it there first. Now, this doesn't sound very plausible, but it's quite true. Those people who have become unhappy about life are unhappy about life solely and completely because life has ceased to be made by them. Here we have the single difference in a human being. We have here a human being who is unhappy, miserable, and isn't getting along in life, who is sick, who doesn't see brightness. Life is handling, running, changing, making him.

And here you have somebody who is happy, who is cheerful, who is strong, who finds that most things are pleasurable, and what do we discover in this person? We find out that he is making life, and there is actually a single difference: are you making life, or is life making you?

Carefully go into this, and you will find out that a person has stopped making life because he himself has decided that life cannot be made. Some failure, some small failure, maybe not graduating with the same class, or maybe that failure that had to do with not marrying quite the first man or woman that came along who seemed desirable. Maybe the failure of having lost a car or just some minor thing in life started this attitude. A person looked around one day and said, "Well, I've lost," and after that life makes him, he doesn't make life any more.

Now this would be a very critical situation if nothing could be done about it, but the fact of the matter is that it is the easiest problem of all the problems man faces, changing himself and changing the attitudes of those around him. It is very, very easy to change somebody else's attitude. Yet you are totally dependent upon other people's attitudes -- somebody's attitude toward you may make or break your life. Did it ever occur to you that your home holds together because of the attitude the other person has toward you? So there are really two problems here -- you would have to change two attitudes. One: your attitude toward somebody else, and two: their attitude toward you. Well, are there ways to do this? Yes, fortunately, there are.

For many, many centuries, Man has desired to know to change the mind and condition of himself and his fellows. Actually, Man had an accumulative inclination to do this up to relatively few years ago. But we are making it a very fast paced world, we are making it a world where magic is liable to occur at any time, and has.

Man now understands a great many things about the universe he lives in, which he never understood before. Amongst the things he now understands is the human mind. The human mind is not an unsolved problem. Nineteenth century psychology didn't solve the problem, but that doesn't mean it has not been solved.

In modern times the most interesting miracles are taking place, all across this country and across other continents of earth. What do these miracles consist of? They consist of peo-

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ple becoming well when they were ill, incurably ill. They consist of people who were unhappy becoming happy once more. They consist of abolishing the danger inherent in many of the illnesses and many of the conditions of Man. Yet the answer has been with Man all the time; Man has been able to reach out and find this answer, so perhaps Man himself had to change. Perhaps he had to come up to modern times to find out that the physical universe was not composed of demons and ghosts. To outlive his superstitions, to outlive the ignorance of his forbears. Perhaps he had to do everything, including inventing the atom bomb, before he could finally find himself.

Well, he has pretty well mastered the physical universe now. The physical universe is to him no longer a problem, he can do many things with it; and having conquered that he can now conquer himself. The truth of the matter is, he has conquered himself. The science of Scientology came about because of a man's increased knowledge of energy. Man became possessed of more information about energy than he had had before in all of his history, and amongst that he came into possession of information about the energy which is his own mind. The body is an energy mechanism. Naturally, a person who cannot handle energy could not handle a body. He would be tired, he would be upset, he would be unhappy, and he looks all around him to find nothing but energy. If he knew a great deal about energy, particularly the energy of himself and the space which surrounds him, he of course would know himself; and that, in the final essence, has been his goal for many thousands of years. To know himself.

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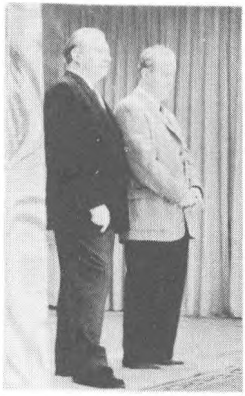
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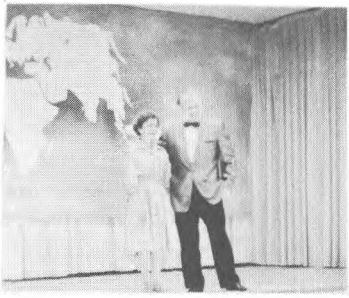
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Left: L. Ron Hubbard, founder of Scientology with L. Ron Hubbard, Jr., Organization Sec.

Right: L. Ron Hubbard introduces Nina West, Director, Personel Efficiency Foundation HCO Worldwide to the Congress delegates. Nina has come to the U.S. from London to supervise the setting up of HAS Co-Audit Courses.



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