



Living Happy

*5
Common Things
You Know*

Manuela Timofte

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by

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Published by
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To my son for his patience and support;
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discovered during the writing and publishing of my work.

To the many talented un-published authors waiting patiently to be
discovered.

With love,

Manuela

INTRODUCTION

What is happiness? Where can you find it? Are there any recipes?

Everyone might offer his recipe for happiness. Yet, it does not mean that it will work the same for others. Even if we are all human, we are different. You are unique. So your recipe will be unique.

We all might find common "ingredients" in our recipe. Those ingredients and their quantity give us the taste we like. It is the same as with a cake. Since our tastes are different, we will increase or decrease certain ingredients. We will add or drop some.

Same with our lives. We are always looking for a reason to be happy. Thus,

we consider ourselves happy when we get a thing, a job, a house, a car we wanted. Moreover, we consider ourselves happy only if we have one or more people around us. Their lack in our lives makes us consider ourselves lonely, misunderstood, unloved and unhappy. After we get them in our lives, we realise that there is still something missing for living what we call "happiness".

We continue to seek for it. But is happiness in something or someone? Do you need to equate or reduce it to something or someone? Is that all your happiness?

However, there are more things we all know for living happy. I have chosen

*five of them. Reading the pages of this
book you will see that*

You can be happy ...

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Every sunrise is a new beginning



PHOTO BY YINAN CHEN FROM PIXABAY

Every sunrise is a new beginning. It is for the flower that opens looking to the sun. It is for the birds flying. For the tree that grows freely or for the man who has awakened to a new day.

It is the same with our lives. Every day is a new beginning.

A new beginning is in:

Failure

Usually, when making mistakes, you see that as something wrong. You see it as an end. Thus, you may be afraid to continue what you were doing. You are afraid of trying something else. In fact, you are afraid of the unknown. However, every time you start again, you step over your fear.

Marriage and birth

Every marriage is a new beginning. Divorce is an end that brings a new beginning in your life. Also, a child

Though, life is neither just about good things nor bad things. It is a mix of

both. Bad things happen and always do, but they have their role in just writing pages of your own story. They have their role making us to see a beginning at every end.

Tragedy

No beginning is easy, especially after a tragedy. You do not know what to do, where to walk to. You feel that you do not live the same way you did before. In fact, you won't do it anymore because any tragedy makes a void in your life that needs to be filled. Sometimes you feel that the emptiness is huge and cannot be filled with someone or something else. However, the laws of physics show us that every void is filled with something new.

You are the one who can decide who or what will fill that in your life.

Thus, each end is a change that comes in our life. What will fill it is a start as you continue your journey for another chunk of time. In addition, every time, people and things that have the role of guiding you will appear in your way.

Everything new or bad brings a change. Each change means an adaptation to something different. It means going over past, taking with you what was good and learning new things.

Fear for a new beginning?

To start something new should not mean:

- *Fear* that you may be wrong. That means you have to take it all over again. You may be scared because you were not taught that you can make mistakes and learn more when making them. Yet, you have to try it again or try something else, for you have to move forward.

Nobody else is going to do it for you. What you live is not a nightmare. *Your pain* is part of your life. Make your life easier accepting that and do what you feel you have to do!

- There is also the fear of the unknown. Fear of risk, because your mind does not know what consequences your action may have.

You are afraid of the emptiness in your life, although each emptiness is to be

filled even if you do not know how and what with, at the time of your mistake or tragedy.

For action, your mind is taught to look for solutions and see with your eyes for believing.

Do what you feel, even if you don't know where that action will take you. It is not easy, but you can learn to follow your soul. Also, you need to take action. You need to start doing that thing that you're afraid of, because

*"Before Everything Happens,
We Must First Begin."*

— Dragos Bratanu

Everything is about a new beginning

Coming into this life is a new beginning. Getting walking and talking is another start. It is a new start when moving from kindergarten to school. A new beginning is a transition from the primary school to the gymnasium, then to the high school. Moving to a college, a new job, a marriage or divorce are all new beginnings in your life. And you do them.

I said in an *old post* that I have worked abroad, so I opted for a new start. When I returned to my country, I ended another chapter of my life and had a new beginning.

I moved from town to village, from a flat to a country house. I used to live using gas and running water. I started using water from my own fountain and

setting up a wood-fired oven because I opted for that start. When I moved, I didn't know how to use the stove. I didn't know how to cut wood. Now, I cut them using the hand saw and the ax. I didn't know how to mow the grass, but I can use the scythe when I need to. All because I wanted a new beginning.

Looking around, you can see changes in nature all around and can learn from it to have a new beginning.

Every sunrise is a new beginning

The night is an end that brings a new day. It is a new beginning. Nature undresses her clothes in autumn and winter for putting them on again in spring and summer. The new year is an end giving birth to a new beginning.

Every sunrise is a new beginning. It is a new opportunity.

Each seed means a new beginning. We can choose to wet it and take care of it or let it dry. That seed comes from our soul and desires.

Failure is not the end. Tragedy is not the end. Every end is a new beginning. Everything has a new beginning. We can look at the ashes of dreams and cry for you see it as an end. Yet, in every end, there is always a new beginning. As Craig D. Lounsborough says:

"Today's ashes are tomorrow's soil."

It is the soil of new dreams, of new relationships. It is the continuation of life in other places, conditions, with

*other people, in a different way than
you knew before. Actually, being alive
means your choice to start again because
every sunrise is a new beginning!*

Follow your dreams



PHOTO BY DPEXCEL FROM PIXABAY

“Never doubt your ability of following your dreams. Always doubt others’ ability of knowing more about them.”

(<https://inalove.world/2018/01/08/believe-in-your-dreams-q/>)

I have lived most of my life using the statements “I will have something I wish, I will do ... one day”. I have heard

so many times "if I was younger, ...
richer ... I would do this and that".

When is "one day" coming? Who can
guarantee you are living tomorrow or
that "one day"?

In my opinion, our mind can find
thousand of limits and doubts, and going
back in time, I can see that I used "one
day" as an excuse to post pone a lot of
my dreams using "time and money" as main
excuses.

On the other side, I used to be bond to
academic studies and one of my dreams
was to study a Master programme in
Oxford. At the time I am speaking about,
I was working in the UK as a support
worker for children and young people
with epilepsy. All I had was a big wish

but it was tiny compared with my fears. My mind did not believe I could make my dream true and was torturing me with the limits I lived in ... "I am old to be a student again, I will not have enough money for" ...

In my mind a lot of questions "if" related were dwelling: what if I cannot do it, what if my application will be rejected, what if I fail the interview ... All those thoughts were there because I lived my life being anxious and believing I was not good enough. I was afraid of making mistakes, and being rejected.

It took me a while to understand that every day is "one day" when I could start taking action toward my dream and the "if" question only hurts me.

Actually, I was thinking too much and avoiding to take action.

At one point, I realised that nobody could act and find what I wished (MRes in Psychology in Oxford). I started looking for the programme, reading about the requirements and applying to other universities, for at the beginning I was avoiding Oxford universities. The programme I wished was found at Oxford Brookes University.

When I received the first email from the university with the confirmation that my application has been accepted, I was "wow". After that, everything flew smoothly: interview by phone for I was living far away from Oxford, a loan to pay my studies, accommodation in Oxford.

*In that way, a woman in her mid-40s
became a student.*

*I can tell you that it was not a road
paved with roses, for I worked hard as I
have never done before. I cried a
thousand rivers, but at the end, when I
received the recognition of my hard
work, I could smile, for my dream came
true!*



(My picture and my thoughts on the leaflet for MRes Developmental Psychology)

*Even if I was afraid of making the steps
toward my dream, and of failure, I
followed my soul, my wish and acted for.
At least, I know I can die with no
regrets.*

*However, dreams do not know age.
Therefore, I work for my dreams to make
them true now, in this life.*

What about YOU?

Choose Your Perfect Perfume



Photo by Manfred Richter from Pixabay

***"Perfume is magic. It's a mystery. We
recreate the smell of a flower. Of wood.
Of grass. We capture the essence of
life". — M. J. Rose***

***Many times, I was given perfume as a
gift. From what I know, the person who
gives you a perfume needs to know you***

very well, to know which fragrance is right for you.

Like many women, I love perfumes, and I go into the perfumery and pick out the most beautiful smell for me. Some fall in love with that perfume from the first smell, some accept it in time or never. Some will love your "perfume", while others will dislike it.

Even if you like more perfumes and they have a different scent, they will be based on a few common ingredients that define you as a person. The perfume you use offers a distinct note of your being to all around you.

In life, it is somewhat the same. We meet all kinds of people. Some make us feel like we know them forever, and some

are not liked. It is because we have no common "ingredients", or their quantity is insignificant to feel that we are attracted by their being.

We feel attracted to people who emanate power, self-confidence, who offer a sense of security, and there is a difference that lies in the source of those ingredients. Does power come from wealth or job, or from within? The first is ephemeral and often translates into selfishness and pride, the second is lasting because it belongs to the human soul.

Christian Dior says "Make me a fragrance that smells like love."

For that smell, the perfect perfume would need some ingredients:

Faith –

It is not the faith imposed by a “holy” book, written and transformed by every king or emperor in power, according to his will. It is the faith in your divine spark. It is the belief in yourself that you can fulfil your dreams.

Forgiveness –

With or without the knowledge of verses from the Bible, with or without being named Christians or pagans, you can forgive your parent, brother and any other being for what they say or do to you.

Truth –

The only truth you need to agree on is your truth. Therefore, even if I respect you all for your work, I cannot like or comment for the sake of doing it.

However, I do it whenever I like your work, for it means that it resonates with my truth.

Gratitude –

You can have it for nature for what it offers you, for the warmth and benefits of the sun, for the coolness and benefits brought by rain to the earth.

You can be grateful to the man next to you, or to the virtual friends who read your work and follow you. You can be grateful for every moment you spend on this earth.

For expressing your gratitude, "Thank you" are words full of beauty and positivity and you feel them fully when they are coming directly from someone's soul and not from his ego that feels satisfied or humiliated when thanking and making it ironic or spiteful.

Respect for All –

Nature –

You want everything from nature, from fruits, vegetables, to animals, from wood, stone, and sand, to the earth. Therefore, you need to respect it as it does when offering you everything you need for living.

Human Being –

Respect for every human being for we all are the same. Looking around you everyone is another variant of "you" in different shape, colour, height, and weight. Yet, the same. Respecting yourself you respect All.

Equality –

Life without equality is life out of balance. "This whole world thinks that for someone to win someone else has to lose. That is not a good thing." ([gserpent](#))

I agree with his words, for we are all equal, and held to the same earth by the same gravity. We are not born to have power over each other but [ourselves](#).

Respect, equality, gratitude, and forgiveness are the best ingredients of the perfect perfume of love. Everyone takes the ingredients in the proportion that suits him the best and makes the perfect perfume for him.

You decide what kind of fragrance you want for your perfume. (<https://inalove.world/>

[2019/05/01/the-gardens-of-love/](https://inalove.world/2019/05/01/the-gardens-of-love/))

You decide in what kind of world you want to live, the one of fear or the one of love, meaning to live in heaven or hell. [Your choice belongs to you.](#)

You see lots of things with your physical eyes, but the perfume has its invisible scent and at the same time, in turn, it will attract or reject others around you. You can be [the perfect](#)

perfume of love for others as everyone
is someone else's perfume of love.

Your fragrance may not be liked by
everyone, yet it will be the perfect one
for those who will love it, for they
resonate with you. It will be a
fragrance that touches their heart and
mind with Love.

Laughter - The Best Medicine



Photo by Michael Schwarzenberger from Pixabay

***There is one thing we all love to do it
- laughing.***

*There are positive and negative purposes
of laughter, and I am going to stop at
the positive ones, meaning that we love
laughing, for it makes us feel well,
with no problems, and forgetting your*

heartaches, for laughter brings joy and makes us living in the Now.

Laughter is an expression form of our emotions and is part of our human behavior and regulated by the brain. It is known that the lowest emotions are fear and depression, while the highest is joy and love. However, even if laughter is FREE and is the thing people love the most, there are many sick people and many diseases ... Have we forgotten to laugh?

Why is Laughter Important?

"There is nothing in the world so irresistibly contagious as laughter and good humor."

- Charles Dickens

We all know that at the time someone starts laughing around us, we also start

laughing and begin to feel better because our lower state changes to a higher one, where every person feels good.

Thoughts and feelings change our DNA, and it changes the matter from which the world is structured. In fact, it represents the link between our body and the surrounding world. That's why everything that happens outside is due to our thoughts and feelings.

It happens because we all are emotion, meaning Energy in motion, the energy that moves you. That energy holds information, and in that way, each of us is an energetic model, meaning that each of us influences others, and others influence us.

We feel attracted to people who are laughing a lot and joking, for their

level of vibration is high and it is the one we all like it.

"Laughter is more than just a pleasurable activity... When people laugh together, they tend to talk and touch more and to make eye contact more frequently."

— Gretchen Rubin

Laughter carries a social connection, for it is a way that makes two people getting closer to one another. Each of us has lived and/or lives moments of laughing when being in love or spending time in the family. In those moments we tend to talk and touch more. Moreover, in studies about laughter as a factor in matching, meeting, and mating, women are more likely to seek men who make them laugh, while men are more likely to offer it.

Laughter also makes people happy to work, cuts through the tension, and unites people.

Laughter is also important for it is an emotional state and

"Emotional states have long been known to affect the secretion of certain hormones - for example, those of the thyroid and adrenal glands."

- [Norman Cousins](#)

Norman Cousin has been author, professor, political journalist, global peacemaker. At a certain time, he had been told that he has one chance in five hundred for full recovery from "ankylosing spondylitis".

Reading many materials and being supported by his doctor, he believed in "the wisdom of the body". He was happy

about his discovery of a physiologic basis for the ancient theory that laughter is good medicine and, the only negative side-effect he found when being in the hospital, it was that he was disturbing other patients.

With his doctor's consent, he began taking high doses of vitamin C and watching humorous films, and at the end of the eighth day, he was able to move his thumbs without pain. He claimed that 10 minutes of belly rippling laughter would give him two hours of pain-free sleep. Challenging science on its skeptic position towards laughter, he won and went back to his job full time, again.

Healing is the process of regaining the balance of our mind and body, and laughter cures many ills, for it helps

emotional, mental, social and spiritual health.

Adding to all the above, laughter is also important for getting success, for
“There is little success where there is little laughter.”

– Andrew Carnegie

Successful people are positive, for they know there is always a way of sorting out problems and the things will work out in a way or another. Moreover, with social benefits, laughter enables us to create bonds across cultures, cooperation, empathy, and better communication. Consequently, successful people use laughter as a tool for communication.

What can YOU do?

- laugh whenever you can

- laugh as long as you can
- watch comedy movies, cartoons that make you laugh whenever you are sick or depressed. It is difficult, but not impossible.
- go back in time and find a truly happy memory and laugh as you were back in time
- laugh about things you usually get angry about
- go to bed after watching comedies instead of horror films or news
- [Laughter Yoga](#)

Do not wait for scientific evidence of laughter, for you can laugh every single day of your life. Bringing laughter into your life makes your journey easier and enjoyable.

Make wrinkles from laughing instead of negativity!

Laughter is free and does not expire!

LOVE is Our Power



Photo by [Ronny Overhate](#) from [Pixabay](#)

***“Death and love, they both appear
uninvited.”*** They are words from a movie.
*I believe in them and even if I also
think that death and love both might be
invited, Love is our power.*

The Death

Usually, it comes uninvited, if you die when time comes. You also may invite it. And You do it when deciding to shorten the thread of life. It is because you can't forget or forgive yourself or others, and let the past follow you.

You invite death when you pass carelessly by what is happening around you with people or nature. You are scared to follow our soul and lend a helping hand. Your mind says "don't get involved" because you do not know what is going on.

Why do you do it?

Because you live in fear of death. It's the only way you've known for aeons. It is the fear that exists in your DNA because it is the tool our leaders uses. They know that illness and manipulation are consequences of fear.

Throughout human history, all those who have in one way or another [opposed](#) manipulation, and betrayal, have been condemned to death.

Authorities and justice feed the fear of death with laws and punishments. The church also feeds this fear. You are told not to be a "sinner" because you will be punished and go to hell. Or it is said to love, otherwise, you will be punished. Anyway, to love from fear of something. A conditional love ...

On the contrary, real love has become a sin. What about pornography, child abuse, women abuse, wars, biological weapons... Besides, you are not told to learn how to love yourself.

Fear puppets

Those who have turned us into puppets of fear are puppets of fear, too.

Otherwise, why do they need weapons, alarms, castles and bodyguards? If they really love people, why are they afraid?

They are afraid that they will not live as long as they want. Moreover, they are afraid that people will want to know more and be independent, and knowledge means power. They violate all human rights, including the right to breathe ...

The other day, I saw the decision of our leaders, where it was written about the doctors' reward for "vaccinating population". Put together with rising prices, the wars, hate amongst races and nations, and on the other hand their "care" to protect the population from "viruses" shows that the lie is at home in our leader's mouth. And lying is the best friend of fear.

By lying they live well even now when others no longer have money, jobs and there are children who have nothing to eat. Leaders say they are "taking measures for people's good." Comments on media that are not in accordance with their "policy" are deleted. The man who writes them is threatened. True, the good done to the population is to make

it live in fear. A fear that manipulates and makes you sick.

Some people with experience in medicine decide not to be silent ([Dr Rashid Buttar](#), Dr Rudolf Breuss, Dr Bradley Nelson and others), and to explain things that are not known to people. Their materials are not marketed, their films are deleted. Some of them "disappear" or are exiled.

So are leaders afraid, too? YES, Because fear means punishment and punishment is again fear and then death.

LOVE

The opposite of fear is love. That love is within, in your soul.

Knowledge means power, and leaders know how strong people become when they follow their soul. When they truly love.

We can learn from nature, for it always follows its course regardless that it is raining, windy, snowy. And we humans can do that.

We need to believe in our soul because it never lies to us. When you believe in yourself, when you love yourself, you are not afraid, you do not care about death. You know you're going to die anyway, and death is just a transformation. Our soul is immortal.

True Love

The truth has not been allowed to keep its head into light except maybe in

movies... Even there because there are so many banned or deleted movies. My father used to say that we live in a world where the truth walks with its head cut off.

I have been told many times, even by "spiritual" people, that love is not enough to live. In my opinion, it is not enough when you live with limited love. True love is unconditional love. The stomach asks for food and if you look around you will find so much offered by mother earth. But love is the food you can't live without. It feeds you if you know what the true one means. You see it in a wounded dog that returns to its owner. You see it at a real mother for her baby.

LOVE is Our Power

When you [truly love](#), you don't need positions, fortunes, because you know your soul truth. Believing in your soul, you believe in its love that comes out uninvited.

Love needs no strategy and there are no strategies against it. It has no religion, for [love itself](#) is the religion of humanity. [A photographer](#) uses to say that light gets its way through any crack. Love is the Light and creates a way in everything you do with pleasure. It is also a force that no one and nothing can overcome it. It doesn't need leaders. In addition, where love rules, there is no desire for power!

Now, we are here and we can do one thing: to love ourselves and others! To understand our union, "in thoughts and feelings."

Love is Our Power!

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

— Steve Jobs

Happiness is there day and night. In every moment of your life.

For me, the happiness recipe is to follow my dreams while choosing my perfect perfume. It is enjoying every sunrise as a new beginning, any details of my life and remember to laugh.

Each of us is the owner of the happiness recipe. Everyone has his recipe because that is within. The most important thing is to find both our ingredients, and their right proportions for the mixture which is our life.

Look for the ingredients you like the most and savour them. Do not be afraid to take as much as you feel you have to. Think that being scared for your happiness, nobody else is pursuing it

for you.

***May you find all the ingredients for
your happiness and the right mixture for
a long-lasting fragrance.***

ABOUT THE AUTHOR

Manuela was born in a small town in Transilvania, Romania and brought up under Communism. Her childhood dream was to become a classroom teacher. Therefore, her dream was alive for over twenty years, teaching 1- 4-grade classes.

Later, she gained a BA in English and another one in Psychology from Spiru Haret University, Romania. In her 40s, she received MRes in Developmental Psychology from Oxford Brookes University. For the next years, she worked with both children and adults with special needs. She also volunteered with the Marie Curie shop in the Uk, mentoring Muslim children in Oxford and helping children with Autism in Hunedoara, Romania.

She currently writes non-fiction and books for children and likes spending time in her garden. You can find her on Amazon <https://www.amazon.com> or contact her through <https://inalove.world/>".