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The Chemawa American

Printed at Chemawa, Oregon, and Devoted to the Interests of Indian Education

Vol. XXVI

Wednesday, March 4, 1925

No. 20

BE HAPPY

We believe that nothing will give such a tremendous return in efficiency and happiness as the cultivation of a cheerful, hopeful outlook on life. If we train ourselves to look persistently on the bright side, refuse to dwell on the dark side, our happiness as well as our general welfare is assured. In such event life would be a song instead of a groan, a glory instead of a grind. A vast number of people—you see them here, there and everywhere—resolutely close the door against happiness and persistently look on the dark side of life. By so doing they seal up the avenues by which joy and sunshine can enter and illuminate their lives. They cut themselves off from the good things intended for them by their doubts, their fears, their suspicions, their anxieties, their jealousies, their hatreds, their revengeful thoughts—their poverty thoughts. These obscure all the brightness and joy of life. They shut out the sunshine and make all shadows.

Joy or sunshine is not gained by asking for it, but only by acting for it. If we want to be happy we must throw down the bars that keep sunshine and happiness out of our lives. There is no other thing in human life that pays so well from every point of view as the cultivation of "heart sunshine," a cheerful outlook upon life, a mental attitude that sees the best instead of the worst side of everything. It heals all sorrow and misfortunes. A cheerful soul seems to have about everything that is necessary to make life happy, while a morose, sad, gloomy, melancholy person is miserable.

Students, readers, sunshine is the source of all that is strong, wholesome and upbuilding. Darkness and gloom weakens a person and renders him puny and unproductive. Good cheer and uplifting thoughts produce mental harmony, and every thought which tends to produce mental harmony increases the strength of faculty, hence increases our power, our efficiency. Just think what it would mean to each one of us if we could learn to hold in mind, constantly, helpful, hopeful, unselfish, cheerful and optimistic thoughts.

No matter how antagonistic our feeling or our particular mood may be at any time, we can, by using our will power, change, neutralize it by dictating to our mentality and persist in entertaining only thoughts

of good cheer, love, joy. You can dictate the sort of mental guests you will entertain. Every time we permit ourselves to look on the dark side, not with the thought of improving conditions but just in self pity; every time we complain or find fault we are only weakening our power of resistance and making our troubles worse. We acknowledge by so doing that there is a power to hold us down, to make life uncomfortable, disagreeable, unendurable.

The way to get rid of these enemies of our happiness is to open our avenues of joy and drive them out of mind. We can learn to wipe out of our minds all doubt thoughts and replace them with their opposites—helpful and uplifting thoughts.

It is astonishing what tremendous force to transform one's attitude and aid toward realizing our desires there is in a persistent, determined effort to look on the bright side, the hopeful, optimistic side of everything; to refuse to see the black, the ugly, the discordant side.

Cheerful, encouraging people create a vitalizing, success-generating atmosphere. They radiate strength and courage. Their indomitable spirit helps them to overcome obstacles and to encourage others.

We were created for happiness. If we are miserable it is because we persist in holding gloomy thoughts, in looking upon the dark side instead of the bright side of the picture. Those people who are always thinking of their own pleasure and happiness, who will trample upon the rights and feelings of others in order to secure them, will never know what real enjoyment is. They are so absorbed in their hunt for self-gratification that they do not know that they are closing the doors of far higher joys than they can ever know in their selfish chase for pleasure.

The world is just beginning to learn that whether we shall be happy or miserable depends entirely upon ourselves. We are beginning to realize that we carry within ourselves the panacea for all our ills; that the poisons of selfishness, of envy, of jealousy, of hatred, of anger, of false ambition, of impurity, of all evil thoughts and passions, exist in our own mind and can be changed into the forms of love, charity and good will. These are the avenues of joy which open up to us the sources of all good.

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