

Happiness is the emotion generated from:

1) Meeting your needs:

Meeting your needs has to do with what Abraham Maslow and others have determined as our basic human needs. These are:

Physiological Needs

These are biological needs. They consist of needs for oxygen, food, water, and a relatively constant body temperature.

Safety Needs

When all physiological needs are satisfied and are no longer controlling thoughts and behaviors, the needs for security can become active. Adults have little awareness of their security needs except in times of emergency or periods of disorganization in the social structure (such as widespread rioting).

Needs of Love, Affection and Belongingness

When the needs for safety and for physiological well-being are satisfied, the next class of needs for love, affection and belongingness can emerge. This involves both giving and receiving love, affection and the sense of belonging.

Needs for Esteem

When the first three classes of needs are satisfied, the needs for esteem can become dominant. These involve needs for both self-esteem and for the esteem a person gets from others. Humans have a need for a stable, firmly based, high level of self-respect, and respect from others. When these needs are satisfied, the person feels self-confident and valuable as a person in the world. When these needs are frustrated, the person feels inferior, weak, helpless and worthless.

Needs for Self-Actualization

When all of the foregoing needs are satisfied, then and only then are the needs for self-actualization activated. Maslow describes self-actualization as a person's need to be and do that which the person was "born to do." "A musician must make music, an artist must paint, and a poet must write." These needs make themselves felt in signs of restlessness. The person feels on edge, tense, lacking something, in short, restless. If a person is hungry, unsafe, not loved or accepted, or lacking self-esteem, it is very easy to know what the person is restless about. It is not always clear what a person wants when there is a need for self-actualization.

For more expanded descriptions: [The Search for Understanding](#)

2. Responding to your desires

Responding to your desires has to do with first acknowledging that they exist, this however is not often as simple as it seems. From our earliest days of life, as a child, we

are taught 'what is right and what is wrong' to desire. The most poignant example is when a toddler is touching their genitals, and in 'shock' the parent says "DON'T PLAY WITH THAT!" Well, we all know that it actually feels GOOD to play 'down there', yet, many children have been scared into believing it is not ok.

Another example is our choices of education. I worked with a client who really wanted to pursue an education in music and nursing. Her parents, led by her father convinced her that this was "the wrong choice"; that she needed a 'real' profession and she thus pursued a degree in accounting. After 20 years of working in the accounting field, beset with physical and emotional 'dis-ease' she sought coaching. Her true desire, to help others was pushed down, ignored and denied. For years she worked in a profession that did not resonate with her true desires. After 7 months of coaching she entered into a Master's in Social Work program, and has since graduated and is currently enjoying her work as a Social Worker.

Practical? Maybe, maybe not. Is she responding to her desires? Yes.
I could go on and on with story after story about clients and people I know who DENY what they desire because they believe it is not 'ok' to have such a desire.

It's perfectly fine to desire anything you want; then it is up to you to RESPOND to it; acknowledge it and make conscious decisions about how to pursue or not pursue it. You can connect more with your desires by using some of the exercises in my free book:

[Getting What You Want: The Art of Living On Purpose](#)

As well, to connect more with your desires, here are two short articles:

[Live a Life You Love](#)

[A Life of More Sensation](#)

3. Releasing patterns of the past

Ok, here is a tough one for many. Releasing patterns of the past is the becoming conscious of these patterns, acknowledging that they exist, ACCEPTING THEM, and then doing the work to release them so they no longer are running your life. These patterns have taken on the names of: "Parental influence; cultural rules and 'shadow selves' among others. I have documented such patterns elsewhere; here are a couple of resources:

[Normal? Socialization, Domestication and Consensus Hypnosis](#)

[Personal Success From the Inside Out: Working With Our Shadow Self](#)

[The Magic of Beliefs](#)

[What Do You Want?](#)

4. Relaxing into your accomplishments and achievements, the satisfaction of a job well-done, a life well-lived

For years I sped past my accomplishments as if they never occurred. Completing Marine Corps boot camp; specialty training; each and every college course; getting high honors and always looking to the 'next' task or goal.

Relaxing into our accomplishments and achievements has to do with taking the time to pause and ACKNOWLEDGE the job well done that we did!

For example: yesterday I prepared my wife's coffee for work; did 3 loads of laundry, shared intimate and vulnerable conversation with my wife; had calls with clients that were life changing; changed the music line up on my I-pod then listened to some of that line up while I prepared a nutritious dinner. I went to the gym and exercised my body; watched an old Soprano's show and laughed out loud with my wife; then called my son to share some of the humor I just witnessed.

Accomplishments? YES!!! I didn't have to do any of those things, none, zip, zero. But I did, and it feels good to have done them, to have done them well and to me, they all contributed to a life well lived, with integrity, honoring my desires within a character that I feel good about.

5. Reaching beyond satisfaction to touch the more real, to glimpse more of your Truer Self

Ok, here is some of the 'woo-woo': this has to do with the spiritual, the consciousness we create, the real magic of living. Our 'truer' self has more to do with our soul, our spirit and all the characters or archetypes that are within us. For those familiar with the work of Carl Jung, Lazaris and others, then you know.

This is the part that comes with and after the 'letting go of the patterns of the past'; yes, we must learn to walk before we can run. If you have more interest in this particular area, contact me via email at jim@trulyhumancoaching.com and I will be happy to have a conversation about how to begin or continue this process. Also, you can find more information about 'truer self' by downloading the audio entitled: "The Wisdom and Freedom of Soul and Spirit: Awakening and Maturing Your Truer Self" from www.lazaris.com

6. Creating a space in which it is safe to love, safe for love to grow

Ok, now we get to the 'relationship' part. Creating a space in which it is safe to love and safe for love to grow has to do with negotiation and agreement in relationship, with honesty, vulnerability, caring and sharing and of course, acceptance, willingness to change and love.

The idea of true intimacy for many is a 'scary' thing. To actually BE vulnerable, open, and sharing of who we are takes trust, and with trust comes with discernment. In order to 'be ourselves' we must trust and for many people, we have risked "showing our true selves" and been hurt. Many people have learned to deny their true desires, their wants and needs 'for the sake of the relationship'. Yes, change for the sake of love and the relationship is part and parcel of intimacy; however, this does not mean denying 'who we are, our desires and dreams' but instead, acknowledging them in the space of the relationship with the hope and ideal of honoring each person in the relationship as well as the relationship itself.

In our society, many relationships are co-dependent. Read on, don't let that scare you. Although the word 'co-dependence' is normally associated with more severe pathology; of course, it was first recognized in addictive and alcoholic families. However, it is VERY common! Co-dependence has been described by Charles L. Whitfield M.D. (Co-Dependence: Healing the Human Condition-1991) and Karen Horney M.D. (The Neurotic Personality of Our Time 1937) and other experts as "The Neurosis of Our Time".

I have an entire section of my website related to relationship articles ([here](#)) as well as an entire page about relationship coaching ([here](#)). It is not surprising that relationships, communication and intimacy are areas I help all my clients with in some form. Another place to gain more information about Love and Intimacy is by downloading the audio: "Being Loved" and other "Relationship" audios of your choosing from www.lazaris.com.

7. The feeling that accompanies success, when chaos and discord subside and problems are solved.

Briefly, success has been defined primarily by our culture in the realm of financial or career success. However, I am hired on a regular basis from those most of us would consider 'successful'; plenty of money, great career goals reached, yet, they still encounter chaos, discord and problems in many area's of their lives. They tell me "well, I should feel better, more successful, yet, there is something missing".

I have written much about success in my co-authored book: "Success is a State of Mind-2007) ([find here](#)) as well as some excerpts from the book in a brief article ([here](#)).

It is my hope that although lengthy, this article has helped to point you to area's where you can find more happiness in your life. It is what I dream of for you and those you love...How important is it for you? Are you really ok with tolerating a life of 'less than' happy for yourself or those you love? Please forward this article to those who will find value, and I can assist you further, you simply need to write me at jim@trulyhumancoaching.com

The outline “The 7 Keys to Happiness” was gained through my own coaching through the wisdom of Jeanine Mancusi at www.lucidliving.net.