

Time to focus and be truly happy

elgood

by Laurie O'Flynn

TRUE HAPPINESS is as easy as one, two, three, according to Carolyn Curtis who decided to make it her number one priority after two bouts of viral pneumonia forced her to rethink her life.

While undergoing the slow recovery, she remembered a poster she had in her bedroom as a teenager explaining the three grand essentials of happiness. They were something to do, someone to love and something to hope for. Carolyn wished for those times back again when she felt like she was really living life.

"I believed strongly in this recipe for happiness, believed this was all I needed in life, but no one told me about the obstacles I would encounter along the way, like how some women feel we lose our identities for those few years at home

with babies, the thankless feeling that can come with cleaning the house that will only get dirty again, the constant demands of being the wife, mother, worker, friend, sister and daughter.

"All of this constant striving for perfection leads to frustration and exhaustion and anger. In our teenage years we are hell bent on finding ourselves only to lose ourselves 10 years later in our mortgage repayments and bank overdrafts and constant striving."

Carolyn believes that we need to refocus on our teenage dreams to get back in touch with what life is really about. "If we thought we only had a few weeks to live would we say we had lived life or merely endured it?" she asks.

During her illness, Carolyn read a book by metaphysical counsellor, lecturer and workshop leader,

Louise L Hay entitled You can heal your life. Some 700 teachers of Hay's method are operating worldwide. Carolyn Curtis is one of those teachers who tells people about the missing ingredient for happiness, self-love.

"It teaches people how to love themselves and create wonderful lives. When you love and approve of yourself then everything in your life works," she said. It just goes to show that songwriters really do know what they're talking about and Whitney Houston was serious when she sang "I've found the greatest love of all inside of me."

● Carolyn is running a 10-week Empowering Workshop, starting Wednesday February 20 for anyone who wishes to make positive changes in their lifestyle. She can be contacted on 087-6419912 or at carolyncurtis@eircom.net



Positive thinking: Carolyn Curtis.

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