

# Now You Can Enjoy Yourself Every Day

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From Psycho-Pictography

People are often puzzled by the idea of making life more enjoyable by changing their viewpoints. Let's examine it:

Suppose you are not feeling well one day, yet you accompany some friends on a leisurely drive through the beautiful countryside. Someone calls your attention to a lovely lake, but because of your illness, you cannot give it your attention or interest. Someone else remarks about a magnificent mountain in the distance, but you hardly hear him. You pass one lovely scene after another, yet they have no meaning to you. Because your illness has taken all your energy, you have none to spare in enjoying yourself. It is the same to your mind as if these natural beauties didn't exist at all. In your present ill state, they have neither existence nor attraction.

But the next day you recover. You feel fine. There is no inward attention to anything; you are outward bound once more. So again you go on a drive; you visit the very same places. But now, everything is completely different. You enjoy the lovely lake and magnificent mountain. You respond to them. You enjoy yourself.

How come? It was the very same scenery both times. But on the second trip *you* were different. You saw everything in an entirely new way. You had the inner freedom to see and appreciate your outer world. Like magic, your changed mental viewpoint changed the world for you.

It is difficult for people to grasp that the very same principle holds true elsewhere in life. Yet it is absolutely so. When we are inwardly ill at ease we do not really see things as *they* are; we see them as *we* are. And there is a world of difference - an actual world of difference - in the two viewpoints.

As we elevate our mental view points we also elevate our world. How is this accomplished? Enjoyment results from discard, not from acquisition. Discard of what? Of the very things we really want to lose - our acquired negative attitudes.

Enjoyment of life is not the presence of something outside ourselves; it is the absence of something within ourselves. Gloom is a state of inner blockage of your True Self; enjoyment is its release. Just as a balloon rises to greater heights by discarding weights, so do we ascend as we toss out negativities.

This article was found at

<http://pro-longevity.blogspot.com/2008/02/now-you-can-enjoy-yourself-every-day.html>