

InVest: 54 – Have a Happy Hypothalamus

As Gautama the Buddha taught: There is no way to happiness. Happiness is the way. So how happy, harmonious and joyful are you in this moment of now?

We are now in the tenth month of October, focusing primarily on the tenth power of zeal and enthusiasm that manifests primarily via the structures at the base of the brain: the hypothalamus, the midbrain and the medulla oblongata. The correlating color is rosy pink.

These structures in the middle of our head relate most closely to our soul or subconscious. They govern and regulate all of the so-called autonomic or automatic (subconscious) functions in the body: waking and sleeping, alertness, energy levels, hormonal secretions, temperature, water balance, libido and others. Their function is to bring balance, harmony and homeostasis to the body. How you program them depends on your happiness.

Are you waiting for some outer condition to make you happy? Good luck. Do you think meeting and being with the right person will make you happy? Maybe this will help a little. How about a little more money, fame, wanting to be loved by others? Fat chance.

What makes you happy? Being who you are. Who makes you happy? First and foremost, you do. So, why are you constantly looking out there to find the thing, the condition, the time, the place or the person to make you happy? Why not be happy, right now, for no other reason than you are a beloved child of God? Be happy! Be harmonious!! Have a happy hypothalamus!!!