

The Happiness Solution Newsletter

December 2007



Quote of the Month

"Happy people feed the positive and starve the negative."

This is a busy time of year for you and me. With this in mind, I'm sending a brief newsletter this month. That's my gift to me and you. Seriously, I hope this holiday season finds you well and thriving. This is a time where it's easy to feel overwhelmed. Pick and choose your spots. Try not to spread yourself too thin.

Story of the Month

"Just Shut Up"

Sometimes we can over think things. This usually is unproductive. Natalie Goldberg has written about her own over-thinking when she first got on the spiritual path. She was obsessing about trees and asked her teacher if elm trees suffer. He gave her a straight answer. That was not good enough. She continued:

"What? Could you please tell me again? Do they really suffer?" I couldn't take it in.

He shot back in his reply.

It pinged off my forehead and did not penetrate. I was caught in my thinking mind, too busy trying to understand everything. But my confusion had drive. I raised my hand a third time.

"Roshi, just once more. I don't get it. I mean do trees really suffer?"

He looked straight at me. "Shut up."

That went in.

She went on to say that the question about the elm trees stopped grabbing her by the throat. The term "monkey mind" refers to when the mind is racing and producing a preponderance of thoughts involving a myriad of subjects. In essence, monkey mind is on one end of the continuum with peace of mind being on the other. Over thinking and lack of focus produce monkey mind.

My hunch is that over thinking and happiness have an inverse relationship. The more you over think, the less happy you'll probably be. So, quiet down. Catch yourself in the act when you're ruminating, obsessing, or producing too many thoughts or mind noise. Then, in your mind's eye, visualize one or more of the following three signs:

No Monkey Mind

No Disturbing the Peace

and finally

Just Shut Up!

Nutrition Corner

Professor David Nieman is an immunity expert who conducts many studies on how diet affects the immune system. For the past couple of years, he has been researching an antioxidant that binds to viruses and prevents them from reproducing. The compound is quercetin and is considered extremely safe. It's widely available. The results of his quercetin research: after stressing military members for three days by having them exercise to exhaustion, only 5% of the quercetin takers developed a cold over the next two weeks, compared to 45% of the placebo takers. The dose used was 1000 mg daily.

Closing Thoughts

Holidays are holy days. Slow down. Savor. All we ever do in life is go from one piece of holy ground to the next. With warm wishes for the best possible holiday you can have,

Alan Gettis

Please visit:

www.thehappinsssolution.com & www.drgettis.com

To unsubscribe, email drgettis@aol.com and write "unsubscribe" in the subject.