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Razvoj osebnih potencialov

Levels of change and pursuit of happiness

A man will be imprisoned in a room with a door that is unlocked and opens inwards as long as it does not occur to him to pull rather than push - Ludwig Wittgenstein

We use change in a similar way. From a misunderstanding, as a catalyst for happiness.

We believe that if we change the world, we will be happy, if we change other people, then we will be happy or if we change our situation or circumstance, then we will be happy.

At some point it might dawn on us that these outer changes sometimes work and sometimes they do not and we are still miserable.

For example, if we base our happiness on our job, we seek a more fulfilling job as soon as we think that the current job is making us unhappy. When we get the new job we might be happy for a while, but as soon as something else disturbs us, we start applying to new interviews for a better work environment.

At some point we see that our happiness is at the mercy of our inner state and our behaviours, so we try to change ourselves, on the inside, to become happy.

We change our behaviour in important relationships, we might stop procrastinating and changing other bad habits, we might be able to heal our angry reactions or pick up a meditation practice, start a new hobby or sport. Even if we are content with this new change, what we ultimately end up with is just a better behaviour. Where is the promised happiness we were looking for? It seems so close but far away at the same time. We dig deeper.

We start seeing thoughts and their effect, maybe start thinking more positively, changing thoughts, creating new affirmations and new thought habits, finding different perspectives, which definitely work and give us relief and satisfaction, but things soon go back to normal as soon as we stop with these practices and get stuck again.

We might start despising change since nothing really works.

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We don't know how to move forward.

In this unknowing a new thought pops up. We start seeing that everything is always changing and it is futile to find a fixed happiness in that that always changes. There is no end in change. Maybe there is no answer here.

Wow, where did this train of thought come from? We feel deep peace and surrender. Not as a victim and powerless, but real contentment and life itself.

We feel alive, fresh, creative, happy.

Where did this effortless change come from?

We see the world differently even if everything is the same.

A new understanding of change and life has arisen.

We see that our true nature never changes, who we are never moves anywhere and never comes anywhere, it is much closer, intimate, being, noticing all the movement.

We are happiness.

We still don't know where this came from, but what we see can not be unseen, its permanent, it changes our life but never itself. It changes our fundamental relationship with thought, behaviour and the world.

We have found unconditional happiness.

We might be able to find temporary and conditional happiness in the world, situations, circumstances and people, but what we really seek lies not outside or inside, but as the aware being that was never developed, never changing and always present.

As Einstein said, we can't solve a problem at the same level it was created at. Similarly, we can't find ourselves in that which we are not.

Seeing that we already are what we seek, that we already are the happiness is the change we are really looking for.

Toastmasters business club Slovenia, 7.10.2020, dr. Matej Miklavec