

All the HAPPINESS...

By Edward Lefson



The Application Series

Cover art by Dr. Harry Wood

THE APPLICATION SERIES:

- #1 Efficiency
- #2 All the Happiness
- #3 Ups and Downs

*LET US BE PRACTICAL. A science
is not a science unless it is
practical. A theory is no good
unless it works.*

--L. Ron Hubbard
Fundamentals Of Thought

All the HAPPINESS...

By Edward Lefson

Assisted by
Ruth Minshull



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*"All the happiness you will ever find
lies in you."*

--L. Ron Hubbard
Scientology: A New Slant On Life

This booklet is one of a series which demonstrates various ways the authors and others have successfully applied a few of the basic principles of Scientology.

IMPORTANT NOTE

In reading this book be very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood. Don't go any further, but go back to BEFORE you got in trouble, find the misunderstood word and get it defined using any good dictionary.

Johnny's mother always knew where she could find him when he was very quiet. He would be kneeling at the window on the upstairs landing where he could watch the train yard two blocks away.

"That's what I'm going to do," he often told her, with an excited sparkle in his eyes. "I'm going to drive a train when I grow up."

Although he spent forty years on the railroad, first as a fireman and later as an engineer, he never lost that sense of excitement. Every run was an adventure he'd describe with enthusiasm. A couple of years after he retired, he was negotiating to buy a steam engine and a couple of cars to set up in his own back yard.

He enjoyed his family, sailing, swimming, an occasional game of cards, but the love of his life remained, always, the railroad.

He was a happy man.

WHAT IS HAPPINESS?

Ask ten people, "What would make you happy?" and you will hear ten different answers. But the ten people would share one common characteristic with the rest of us: everyone wants to be happy.

Some are certain that two Cadillacs, an apartment in New York, a villa in France, and a few oil wells would do it. If these trinkets didn't make them happy, they reason, at least they would provide a luxurious misery.

Some people, so fed up with their unsatisfying occupations, long for a life of leisure. Others contend that total security--just being taken care of--would guarantee their happiness.

Any examination of old newspaper stories, however, readily demonstrates that neither riches, leisure jet-setting, nor living on welfare (whether sponsored by the government or Daddy's trust fund) provides much insurance against desolation. Among those receiving such benefits, we still find the alcoholics, the drug addicts and the suicides.

Where are the happy people?

Faced with the drudgery and disillusionment of everyday living, many decide that happiness is just a myth--a fanciful product of glib magazine articles and television commercials.

So they settle for that mediocre substitute: feeling good. Thus the fat person gorges five times a day, the young smoke grass, and the factory worker becomes a weekend "beer-a-holic" to make life tolerable. These people have opted for a cheap high that dead-ends their lives.

Genuine happiness is more than mere physical satisfaction.

To find it, however, we must venture far beyond the confines of money, possessions, bodily pleasure, and the temporary high offered (so ruinously) by drugs.

THE NEED FOR FULFILLMENT

As we grow older and compromise with our early expectations, dull our passions with routine, and fill up time with manufactured bustle, we are less and less likely to ask ourselves the provocative questions, "What am I doing that really counts? What am I producing in life that matters?"

Ask these questions of a production welder on an automobile assembly line, and you'll hear this: "It's tough to get up in the morning, knowing you have to face the noise and the heat for another eight hours. After a while it gets so monotonous I don't care if this company ever makes another car. Sure, it's not what I want, but I got two kids and the money is good. What else can I do?"

Talk to a design engineer: "This place employs three times the men necessary to do the work. They'll stick twenty-five of us on a project to design a fancier toaster or steam iron. Sort of design-by-committee. It's hard to care when you realize that your personal talents are not really being used, and the product is just some chrome-plated item to extract more dollars from the consumer."

Talk to people who are dissatisfied with their lives and their complaints inevitably boil down to one simple statement: "I'm not doing what I really want to do."

More than money, more than security, more than a problem-free existence, it is what a person does that matters. Every individual wants to do something that challenges his talents and gives him a sense of worthwhile contribution.

A study conducted recently at the University of Michigan determined that people in jobs requiring their full potential--such as family physicians--are more likely to be satisfied and, as a result, healthier.

In contrast, factory workers, who must submit to an impersonal routine that demands little of their talents, suffer much more from boredom, anxiety and dissatisfaction.

PURPOSES

Each one of us, often as a child, conceives of a purpose--some line of activity--that is exactly right.

One's purpose might be anything: to run a train, make music, repair cars, build furniture, do comedy routines, climb mountains, invent a new engine, design jewelry, be a carpenter, a mathematician, an oceanographer, a veterinarian.

Our personal purposes exist independent of age, sex, education, background, "practicality" or what Daddy thought was important. A person may be on-purpose or off-purpose. If we are fortunate enough to be working along our purpose, there is nothing--absolutely nothing--we would rather do.

Whether he is a tool-and-die maker or a song writer, a certain creativeness marks the individual who is doing what he wants to do. He takes pride in his work; he isn't merely putting in hours for a paycheck.

*No man is happy without a goal,
and no man can be happy without
faith in his own ability to
reach that goal.*

--L. Ron Hubbard
Science of Survival

Several years ago, the "Flying Wallendas," a world-famous circus highwire act, suffered a disastrous accident in Detroit. Two of the family were killed and another paralyzed for life. After the accident, a reporter interviewing Karl Wallenda asked whether he would quit the act. His answer was the classic statement of a man totally on-purpose: "I will never quit. I'm alive when I'm on the wire. All else is waiting."

There is probably no one without a purpose. It may be lying dormant, buried under a mountain of old failures, forgotten, or ignored. One's purpose, however, never quite dies; it endures--a tiny glowing ember hidden in the apparently dead fire--waiting to blaze up again with the right encouragement.

When one abandons his purposes, he ceases to have a future, because we measure our future in terms of our dreams. The more unattainable those dreams appear to be, the dimmer is the future. A person sometimes decides that his ambitions are more trouble than they are worth. That's suicide of the soul.

*A man is alive as he has
dreams...you kill him by taking
his dreams away, one by one.*

--L. Ron Hubbard
"Philadelphia Doctorate Course"

The life of every one of us is shaped to some degree by our purposes. A lucky few spend their days working at exactly what they've always yearned to do. Others know their purposes, but, feeling hemmed-in by long-term obligations, wistfully look back over their shoulders at forsaken objectives. Many more consider themselves misfits in their work, but haven't yet found where they belong. And the remainder drift aimlessly like compasses without a north pole, convinced there is no purpose to anything.

CHALLENGES

A friend of mine is an avid mountain climber, well-respected in the fraternity of climbers. He has scaled difficult peaks in the American and Canadian Rockies and has participated in several Alaskan expeditions. I once asked him the standard question put to climbers: "Why do you climb? Do you make any money at it, or do you just want to sit on top of the mountain?"

"Well," he answered, "Mallory said that we climb the mountain because it's there. But I'll try to give you more of an answer than that. First off, most of us don't make money out of it. We pay our own expenses and the equipment is costly. As for sitting on the top of the mountain, we could get there by helicopter if we wanted to."

He thought for a minute. "It's the challenge. It's working together with trusted friends, seeing if we can beat Old Man Mountain with all the tricks and traps he has in store for us. The biggest victory, I guess, is over myself. Reaching the top is proof that once again I've mastered my weaknesses enough to complete the climb."

Happiness is not possessions, not a place, not a social position, not bodily contentment. It is action--the action of working along any true purpose. Happiness comes from the doing, the striving, the creating, the production.

As pleasurable as we may find money and possessions, we enjoy these trophies of our success far more when they are the rewards of fulfilling work.

It has been said that half the fun is getting there; but more likely, nearly all the fun is in getting there. Our purposes and goals give us the direction in which to travel, but happiness is in making the trip.

A NEW DEFINITION OF HAPPINESS

Here is the unusual and provocative definition of happiness offered by L. Ron Hubbard (in Dianetics: The Modern Science of Mental Health):

Happiness is the overcoming of not unknown obstacles toward a known goal.

Let's see how this definition applies to our lives.

A KNOWN GOAL

Everyone needs a known goal in order to establish a direction in life. We must know where we are going, what we are trying to achieve. A purposeless life, like a rudderless ship, tends to end up on the rocks.

NOT UNKNOWN OBSTACLES

There's no question that we experience pleasure when we escape the pressures of a frantic life. This pleasure, however, is relief from an undesirable condition, rather than an active state of happiness.

Life on a tropical island might seem blissful for a time, especially as a change and a rest. But how long could we remain content with absolutely nothing to do except walk along the beach, drink in hand, watching the palm trees wave gently in the warm breeze? How long before that one pre-dinner drink would become two or three or more?

If you were asked to recall the times in your life when you were most intensely happy, what would you answer?

Chances are that most of us would describe experiences that were anything but "peaceful."

More likely, these times would be periods of intense drama and challenge: shooting the rapids on a canoe trip--inches from capsizing all the way, the big city blackout when you walked down twenty flights of stairs with new friends in the dark, the course that pushed your abilities to the limit and kept you studying half the night.

What do these situations share in common? They provide drama and strain, challenge, the overcoming of obstacles.

We don't really crave a perpetually serene and placid existence. We may think we do, but an idle two-week vacation usually cures that.

The savor in life comes from conquering the challenges we ourselves have chosen to meet.

WE NEED PROBLEMS

To most people, problems are the symbol of everything unpleasant. And here is the reason: the problems depressing us most are not of our choosing. In our young and idealistic dreams, we never planned on coping with testy customers, leaky roofs, rush jobs, dead batteries, or the feather pillow ripped apart by the new puppy.

When we are on purpose, however, it is another story. Karen Black, the popular and talented screen actress, explained in an interview how Scientology had changed her life. The interviewer asked, "Do you mean to tell me that you don't have any problems at all now?"

Karen answered, "No, just that the magnitude of the problems has changed. Instead of worrying about how to live on five dollars a week, I have to decide which picture to do."

Our spiritual diet must include enough of the right kind of problems--problems related to our purpose.

If you have ever considered flying a plane, writing a novel, or building your own house, you should know that each one of these activities abounds with problems.

The flyer faces multiple complexities every time he lands his plane. He must prevail over all the factors of wind, weather, and aircraft control to bring that plane in safely. The writer struggles with the complications of saying what he really wants to say, seeking inspiration, and keeping himself writing despite the internal and external temptations to do otherwise. And building that dream house requires coping with one problem after another to achieve exactly what we want.

And there is the key: WHAT WE WANT. We may grumble a bit, but we gladly accept these problems because we are doing something we

want to do. These are the "not unknown obstacles" in the happiness definition. We've chosen the obstacles and challenges to conquer.

WORK

"It's fine to talk about doing what you really want to do," you may object, "But I've got to work for a living."

Work! That dirty word! Too often the dismal necessity of making a living shoots down our less practical desires. We're forced to put money first, relegate our ideals to distant second-place. Legions of the discontented submit to forty hours a week at some meaningless job, offering the limp justification: "It's money, and I have to pay the mortgage..."

Homo sapiens is supposed to work. And work is carefully defined as not play. And probably the hardest thing a man has to take is when he has to enslave himself to something which is not of his own choice.

--L. Ron Hubbard
"Philadelphia Doctorate Course"

Al, married with two children, made good money selling life insurance. He (and the bank) owned a nice suburban home and two cars. He had it made, apparently, but he didn't feel that way. He drank too much; he was surly with the

wife and children; he looked for excuses to stay away from home. He felt that the essence of life had eluded him, like a train he'd missed in the night. His drinking increased. His wife left him.

A few months after the divorce, he sat at a small desk in his furnished room, leafing through an appointment book. He reached for the phone. "I'll try Mr. Livitup again. He should be ready to take that policy by now..."

Abruptly he stopped and leaned back in his chair. "Why am I still hustling? I don't need the money. I've got enough to pay the room rent and child support for a year."

He realized, with a rush of emotion, that he hated selling life insurance. He'd hated it for years.

When I met Al, he was playing tenor saxophone with a local jazz group. "I always wanted to do the music. It's the only thing that really means anything to me. I might not make a fortune at it, but I'm not starving. The funny thing is, I realize now that it wasn't the family or the house that made me feel trapped. It was the job. But I was so bottled up, I couldn't talk things out with the wife and work out a better solution. Anyway, I get along better now with her and the kids than I ever did before. My blood pressure is down, the ulcer is gone, I don't need the booze anymore. I feel like life has started all over for me."

Too often, we regard work solely as money-making drudgery. Let's redefine work. It should mean being on-purpose and contributing a product or service that brings us a sense of fulfillment, whether as a lawyer, auto mechanic, architect, gardener, inventor, bricklayer, artist, truck driver, or entertainer.

Work needn't be paid slavery.

MORE THAN ONE PURPOSE

If writing poetry is your passion, but you can't envision making a living at it (the best of poems seldom earn more than six free copies of Artsy Magazine in a bull market), a gentle compromise may be necessary. But don't surrender everything. Find an enjoyable occupation to pay the bills, and write your poetry on lunch hours, evenings and weekends.

Many accomplished people develop secondary areas of interest and expertise. I know a CPA who sustains fascination for his work, but on weekends, for an exciting contrast, he races sports cars. A dentist friend of mine with a large, busy practice delights in flying his own plane. The author of several best-selling novels is a doctor who began writing after years of successful medical practice. Despite a heavy clinical schedule, he squeezes in twenty writing hours each week.

Gypsy Rose Lee, after many successful show-business years, began writing mystery stories, and she became prosperous (if not as sensational) at that too.

Here, each person very likely has achieved his or her original goal, and now seeks new obstacles to overcome.

IDLENESS ISN'T HEALTHY

Domesticated animals may thrive on idle dependency, but human beings never feel right unless they are contributing. We are basically doers, builders, creators, inventors. Man, at his best, is a causative problem-solver who is forever beating the odds, triumphing over the opposition, inventing a better way, giving life to the arts.

Mary met Bill while they were both working in the same real estate agency. After they married, Bill started his own brokerage and insisted that Mary quit working.

In a few years Bill's business was thriving. Mary was fat. "I had too much time on my hands," she said later. "I filled it up, and myself too, by eating constantly. I shot up to two hundred and ten pounds. I felt rotten, but I couldn't quit eating. I'd go on a diet but I'd sneak food. I don't know who I thought I was kidding."

One day her husband called her. "I'm stranded in Chicago," he said, "My plane was late, and I missed connections. Would you keep my afternoon appointment for me? "

It was the first time in three years that Bill had asked her to help with business. Well-acquainted with the housing development he was showing, she knew the prices and the selling points. It was Bill's pet project; one that could make them a great deal of money. She agreed to meet the client and show the property.

She searched frantically through her closet. Every dress made her look like a blimp with a tent over it. Well, she thought, I do look like a blimp; it's not the fault of the dress. Somewhat discouraged, Mary left to keep the appointment. Her self-consciousness evaporated, however, as she talked with the prospective buyers. She found herself answering their questions easily.

As she drove to the airport to meet her husband and present him with the signed purchase agreement, she realized she had eaten nothing since Bill's phone call. She hadn't even thought about eating!

On their way home she said firmly, "Bill, I'm going back to work. If not for your brokerage, then for someone else."

"But, honey, you don't have to work. I thought we settled that long ago."

"I do need to work. Not for money. For me! I realized today that money isn't the only reward for working."

A few months later Mary was singing a popular song while she washed the dinner dishes. Bill watched her, smiling as he dried a plate. She's vivacious and exciting, an asset to the business, and she sure looks sexy with her new size twelve figure. She was right about working. What a joke on me...I thought I was helping her by insisting she stay home!

A human being feels able and competent only so long as he is permitted to contribute as much as, or more than, he has contributed to him.

--L. Ron Hubbard
*Scientology: A New Slant
On Life*

YOUR PURPOSE VERSUS BODY GOALS

Beware of confusing the goals of the body with your purposes. Bodily desires differ radically from our own aims. The body is very practical; it preaches the need for comfort, warmth, and a full stomach. It demands immediate satisfaction and security, stoutly opposing "impractical" things such as composing a song, learning mathematics, or starving while perfecting an invention.

In contrast, our own purposes prompt us to take risks, to create some beauty, to explore the unknown, to pit our strength and intelligence against challenges which may or may not offer security in return.

THE FAMILY

Creating a family is a body urge. It is not necessarily a personal goal of the individual.

A family, while important, is not the end of the line. Most of us need further personal accomplishment. Too often, men and women give up a satisfying career for the sake of marriage and family.

Mark wanted to paint, but what painter can make enough money to support a family? He is now the manager of the meat department in a grocery store. Fred planned to start his own business, but he was afraid to risk his savings. He used it instead for the down payment on a house and went to work for General Motors.

Don't sacrifice yourself for your family. Strangely, they won't appreciate your martyrdom. Find a way to keep your family and keep your goals as well. Then everybody benefits.

A HAPPY FAMILY

If you care for someone, care most of all for his or her purposes. There is no kinder thing we can do for one another. If we don't happen to share the same goals with our partner or children, we can at least support them in the pursuit of their purposes.

The best contribution we can make is to believe that the other person is going to do what he intends to do. Talk to him about his ambitions; "worry" with him about how they will be accomplished.

This is one of the secrets of domestic success.

OFF-PURPOSE

Do you experience instant fatigue at the thought of going to work each day? Do you consider you have little to show for your efforts? Are you nagged by a persistent feeling of discontent? An off-purpose person has one leg chained to a post; he goes around and around but gets nowhere.

On-purpose, you forget the clock. Engrossed in your work, there is nothing you'd rather do. You marvel, in fact, that one could actually make money doing something so enjoyable.

Andre Previn, composer-pianist, once stated, "Music makes me happy. If twenty-four hours

go by and I haven't written, conducted, played or listened to music--than that is a wasted day."

FINDING YOUR PURPOSE

I once asked a friend, "What is it you really want to do?"

He shrugged, "Oh, I don't know. I'll just wait and see what happens."

Do you know what happened? At the age of fifty he was still waiting to see what would happen.

And that's all that happened!

Your purpose may never automatically reveal itself in a blaze of inspiration. You must decide what you wish to do.

What subject or activity fires you? Do you get excited when you read about anthropologists discovering a lost city in Peru, when you hear a top singer perform, or when you imagine owning your own business?

If you cannot decide what you most want to do, establish some sort of a goal anyway. A poor goal is better than none. You can always change your mind.

Purposeless individuals make decisions by default. They have decided not to decide, thus letting the environment, parents, teachers, bosses and others decide for them.

INTEREST

A person's purpose utilizes his talents, provides endless pleasure, and captures his interest.

Nothing on earth is senior to interest. You can invite someone's interest, but you can never command or force it. There's no accounting for the fact that one of us may be intrigued with balloon-flying, while another is equally fascinated by the mysteries of tax accounting.

COMMIT YOURSELF

Committing yourself to a purpose requires a certain courage. Otherwise brave people often become surprisingly timid when it comes to pursuing their goals. They find it safer to play the "If only" game. You hear it all the time: "If only it were practical, I would make jewelry for a living...If only I had the education, I'd be a lawyer...If it weren't for my family responsibilities...If only it weren't so late now...If only I had the money..."

These justifications and excuses imprison our ambitions. It is up to us, individually, to find a way out. To find a way to make it practical, to get the education needed, to become un-trapped by circumstances. What is at stake? Our main reason for being alive: our purpose.

If these obstacles seem insurmountable, there is outside help available. Fortunately, the

pain of past failures can be erased. A person's lost talents can be recovered, his abilities increased. Scientology has assisted thousands of people to achieve what they most desired from life.

As Amanda Ambrose, well-known entertainer, has stated: "The main point about Scientology is its workable system."

In determining what you want to do, don't let someone else sell you on the wrong purpose. Actually, there's nothing "wrong" with any purpose (provided it is not outright destructive), but it may be the wrong purpose for you.

Many people (especially parents) pressure us with advice. Proclaiming that "we know best" and "it's all for your own good," parents often insist on shoving their children toward activities considered important, meaningful or profitable by them.

However well-meant this guidance may be, we must decide for ourselves what is right for us or we may spend a lifetime of suppressed disappointment.

HELPING YOUR CHILD

Parents can help their children by encouraging and assisting each child to do what he finds appealing.

From the age of five, little Bobby had wanted to be a professional football player. Visions of gridiron glory colored his dreams for years. When he reached the age of fourteen, he was one of the largest boys in his class. Predictably, the football coach singled him out for special attention. Bobby decided to join the Junior High School football team.

His parents, not overly enthused about his decision, longed to point out that football was a rough game and that few players ever became professionals. They did not discourage him, however. Agreeing to support Bobby's decision, they paid for his uniform, equipment, and the required medical exam.

For many weeks, Bobby attended practice faithfully. Each afternoon he dragged himself home, bruised and exhausted, with barely enough energy to eat and do his homework before falling asleep.

One October evening Bobby announced, "I'm dropping football. Tomorrow is the last game for me." Astonished, his mother asked, "What's the matter?"

"It's not as much fun as I expected. I'm not that good. And I don't have enough time for my model airplanes and my ham radio."

A waste of time and money for the parents? Not at all. Unless he had tried it, Bob would never have discovered that he didn't really want to be a football player.

WILL YOU ENJOY DOING IT?

At some point, most every child wants to be a fireman, policeman, movie star, soldier, singer, or cowboy. Our purposes, however, are concerned with what we will be doing. We may be attracted to the role, the costume, the footlights, the attention, without considering whether we would enjoy the work that goes with the role.

As a young girl, June, now a successful designer, wanted to be an actress. She did well in public speaking, acquired superb stage presence and, as a college freshman, landed choice parts in two plays. A natural talent for comedy earned her boundless admiration from fellow students, faculty and friends.

"Strangely enough," she said years later, "that one experience totally satisfied my yearning to be an actress. I got it all out of my system. I enjoyed acting in those plays, but I realized I didn't want acting as my life work. I abandoned it with no regrets."

In pursuing your purpose, whether beginner or expert, the only criteria that count are your own personal satisfaction and fulfillment.

A number of years ago, I was watching a sports car race. After the main pack of cars roared by, two battered MGs appeared, battling wheel-to-wheel. As they rounded the far curve a fellow spectator said to me, "I know

those two guys in the MGs. They don't have much money so they can't afford the competition parts you need to be a front-runner. But they're so well matched with each other that they forget about the other cars and have a helluva go between themselves."

I often wondered whether the drivers of the fast cars enjoyed the game any more than those two, conducting their own race-within-the-race.

DO SOMETHING

It is not enough to know your purpose if you only dream about it. One must take measures to move along toward the goal.

For years, Peter has longed to sail around the world. He enjoys his work as supervisor in a large laboratory, but he knows that sooner or later, he must fulfill his ambition to follow the tradewinds.

"If I don't, I feel as if part of me would wither and die. It's that important to me.

"But I'm not in a position to pull up stakes right now; the children are still too young. Meanwhile, I've begun building a thirty-foot sloop in the backyard. What a difference it makes to be doing something about it instead of just wishing!"

Just to have Something to Do and a Reason to Do it exerts a control over life itself. If you have no purpose, you have no purchase on the first small particle necessary to make the whole understandable. Thus life can be a terrible burden.

--L. Ron Hubbard
Problems Of Work

IMPOSSIBLE GOALS

Probably no goals are impossible, but some people insist on making them so.

Jerry would like to become a big recording star, but has not yet learned to sing or play a musical instrument. His standards are so high, his chances of success so infinitesimal, that he makes no effort at all. Instead, he just daydreams.

Set your goals as high as you wish, but be willing to work toward realistic milestones along the way.

I've known dozens of people who wanted to write. It has been said that everyone has a story to tell, and this is probably true, but most of them only fantasize about the glory of being a famous novelist. Sometimes they may even go so far as to look for a "collaborator" (that is, someone they hope will write it for them).

In nearly every case, these people have been unwilling to take the first step toward professionalism (and they are talking about professionalism when they hope to make money by writing). They don't subscribe to writers' magazines, haven't taken creative writing courses, won't read books on the subject and seldom know the proper way to prepare a manuscript. And most ludicrous of all: some of them don't even write!

In contrast, I'm reminded of a woman who wrote her first novel a few years ago. Despite the fact that she started with neither experience nor education, her novel became a bestseller. She earned hundreds of thousands of dollars from royalties and movie rights. Although the money surprised and delighted her, she remarked, "You know, the fun was in doing it." After reading an interview with her, it was easy to see why she succeeded.

She had found herself in her forties looking after her husband, three children and a household, but with no monumental personal achievements to her credit. She believed she could produce a good novel. She was right, of course, but she did more than indulge in wistful pipe dreams.

To prepare herself, she read all the current best-selling books, studied the style of successful authors, and analyzed the techniques of the craft. Months of library research familiarized her with the locale and period of her planned novel. Only then did she begin to write.

Each morning after her husband and children left, she dug her materials out of the closet. During the two years she worked on her book, she mentioned it to no one. What a difference from those who merely talk about their great hopes!

Achieving almost any purpose demands that we acquire some skills. If this preparation is not enjoyable, perhaps we are only star-struck by the glamour and status of the role itself.

WHAT WAS IT YOU WANTED?

Perhaps you've heard of the man who said, "All I want out of life is three square meals a day and a roof over my head." That was his idea of security. He ended up in prison.

I knew a girl who always envisioned a beautiful church wedding with all the traditional trimmings. When she married, the wedding matched her expectations. Six months later, she was divorced.

They both achieved what they said they wanted; but their planning was incomplete.

*To cause things, one must be cause.
And the primary requisite of cause
is a statement of intention and goal.
Primary requisite to be cause is a
clear statement of what you're trying
to do.*

--L. Ron Hubbard

"Philadelphia Doctorate Course"

Once you state your objectives in full detail, help often appears from unexpected quarters. You "accidentally" meet the right people; opportunities push your door down; details almost take care of themselves.

A friend of mine is an independent architect who works from his own home. He was complaining to me one day that he couldn't get enough money together at one time to purchase the small plane he coveted. I asked him how much money he had planned to make when he set up his own business. He hesitated as he thought, and then with a slow grin he said, "Well, I knew it was going to be rough in the beginning so I decided I'd be satisfied if I could just make enough to get by. You know," he laughed, "that's about all I have done!"

I suggested that perhaps he might like to update his expectations.

Only after a person precisely clarifies his target does the universe co-operate to make it available to him.

SUMMARY

When we are ON-PURPOSE, life is meaningful and rewarding. Off-purpose, we remain frustrated and discontented, despite other compensations.

One's genuine purpose is an intense desire to produce something worthwhile. It never entails idleness, dishonesty, or running away from life.

Money, possessions and security don't guarantee fulfillment. Happiness comes from confronting and conquering the obstacles encountered in the pursuit of our goals.

Good companionship and pleasant surroundings may certainly enhance our happiness, but they are not the whole story.

We must be winning at our chosen game.

"Many people die," Oliver Wendall Holmes said, "with their music still in them. Why is it so? Too often it is because they are always getting ready to live. Before they know it, time runs out."

Tagore wrote: "I have spent my days stringing and unstringing my instrument while the song I came to sing remains unsung."

Don't leave your song unsung. Establish what you really want to do and start doing it.

No triumph will ever be more jubilant than the moment you shed the hesitations, the doubts, the weak justifications, and emerge with a crisp determination to do what you most want to do.

Good luck!

RECOMMENDED READING

Dianetics: The Modern Science of Mental Health
by L. Ron Hubbard

Scientology: A New Slant on Life
by L. Ron Hubbard

The Problems of Work
by L. Ron Hubbard

Scientology: The Fundamentals of Thought
by L. Ron Hubbard

How To Choose Your People
by Ruth Minshull

Miracles for Breakfast (A Startling New Approach to Raising Children)
by Ruth Minshull

When In Doubt, Communicate... Quotations from the works of L. Ron Hubbard

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