



The Choosing Happiness Paradox

The Sixth Doorway To Mastering The Abundance Frequency

The Paradox:

If you are given a choice to experience pain or experience happiness, no one on the hero's journey would choose pain. Only horror movie fans enjoy pain. This means that all heroes innately despise the experience of pain. Therefore, no hero would knowingly choose to be in pain. They would also not choose for others they care for to be in pain as well. But what if the only way to happiness is to choose pain?

Choosing to exercise the body in the morning over sleeping in is choosing pain over peace. The only way to convince yourself to do this is to believe that you are choosing pain now for future happiness and that choosing to sleep in today will make you happy now but will lead to future pain. Therefore, in many situations, choosing happiness now will lead to future unhappiness, and choosing pain now will lead to future happiness. The problem is you do not know the future, it is all a fantasy and you cannot be attached to an outcome in the future because it will create expectation and heartache when the expectation doesn't show up. What if all your sacrificing just leads to a life of constant misery by choosing unhappiness every day for a future payoff that never comes?

The Threshold:

This idea of sacrificing today for future happiness gets even more confusing when you add the elements of the heart and the ego. When you know who is telling you what to do, the heart or the ego, and it is the ego that wants you to have happiness now but the heart wants you to experience pain now and does not want you to think about the future, it



can seem as if the ego wants to give you mercy while the heart wants to torture you. You can say well, “The hero’s journey or the journey of self-discovery is all about following the heart no matter what it says to do. If it says to wake up in the morning and work out or go do a painful thing, you have to do it.” That requires you to knowingly choose pain, which for a hero is almost impossible without knowing the reason why.

Blind faith is a great idea until you have to sacrifice or suffer without knowing the reason why, while hearing the ego inside you that wants you to have mercy. How can the ego want you to have happiness, mercy, and peace while the heart wants you to grow through pain and suffering? This can cause you to feel crazy because it doesn’t make any sense on the surface.

The only way to make sense of it is by attempting to understand short-term happiness versus long-term or unconditional happiness. The ego is vested in its own survival. Other than that it wants to beat you at this game being that it is your opponent. So then it wants to give you short-term happiness but not long-term happiness because unconditional happiness would mean its demise. Basically, it wants to get you addicted to the drug of peace now, knowing that the addiction itself will prevent long-term unconditional happiness. The problem is that even if you understand that, you still have to knowingly choose pain.

The Solution: ?