

Happiness: My Pursuit Of It

When I was young, I admired old people.
Now that I'm old, I admire wise people.
When I was a youth, I admired strong people.
Now that I'm old, I admire meek people.
When I was an adult, I admired wealthy people.
Now that I'm old, I admire happy people." ~ Matshona Dhlwayo

Since the beginning of time, humans across the globe have been pursuing singular goals: first it was sex, then it was money, now it is **happiness**. From the executive on Wall Street, to the shepherd on the rural plains of Kenya, to the stay-at-home mother in China, all of us have been driven by the ceaseless desire to be happy.

What we eat, wear, and do are all expressions of our pursuit of happiness. So are the books we buy, the shows we watch, and the relationships we pursue. But, if humanity has searched for it since the beginning, **how come happiness has been elusive?** Should we not have found it? After all, we have gone to the moon, cured fatal diseases, and made countless discoveries in every field you can think of. Knowledge undeniably has increased, but the reality is that happiness has not.

This inspired my long, uncertain journey to find out the secrets to happiness. Day after day, month after month, I sat before scientists, saints, and sages – intellectual and spiritual heavyweights, ancient and contemporary.

Scientists said **pleasure was the key**, sages said **relationships**, while saints said **work** and a few said **self-denial**. While I found truth in many of their points, after much contemplation, I remembered the story of **King Solomon**, who according to the Bible was the wisest and richest man in history. He had all of the above, but he despaired in the end: "**Utterly meaningless! Everything is meaningless.**" His pursuit of happiness ended miserably, as he was focused on his mind and body but at times forgot to nurture his soul. I came to the conclusion that, as humans being **composed of mind, body, and soul**, we must **nurture all three** to achieve our highest happiness.

Mind – You cannot live a happy life with sad thoughts. Timeless wisdom states that we become what we think. It therefore goes without saying that **happy thoughts contribute to creating a happy life**.

Body – Research has shown that the brain produces **serotonin**, a chemical contributing to our happiness and wellbeing. When we exercise, our bodies also produce **endorphins**, chemicals that reduce stress and diminish our perception of pain. Clearly, when we take good care of our bodies, our bodies take good care of us.

Soul – Researchers have been dumbfounded after finding that there is a relationship between **healing** and having a **higher power**. Duke University's Harold G. Koenig, M.D. said: "Studies have shown **prayer** can **prevent** people from getting sick – and when they do get sick, prayer can help them get better faster." The **soul** is the highest part of us, and if it's nurtured, everything else – **happiness, fulfillment** and **lasting joy** – falls into place.

To help you on your happiness journey, below are ten insights I conjured up. Enjoy!

1. What you seek for **others** you find for **yourself**.
2. A **heart full of joy** is better than a hand full of coins.
3. Pebbles that bring you **joy** are better than diamonds that bring you **sorrow**.
4. When bad things happen to you, become **wiser, not bitter**.
5. The **beauty** that is in you is greater than the **ugliness** that is around you.
6. If you go to bed **angry**, you have **robbed** yourself of a chance to **wake up happy**.
7. Letting go of **sorrow** gives you enough strength to carry **happiness**. Letting go of **anger** gives you enough strength to carry **kindness**. Letting go of **fear** gives you enough strength to carry **hopefulness**. Letting go of **resentment** gives you enough strength to carry **gratefulness**. Letting go of **disappointment** gives you enough strength to carry **joyfulness**. Letting go of **avarice** gives you enough strength to carry **contentedness**.
8. **Love** subtracts sorrow, divides trouble, adds **blessings**, and multiplies joy.
9. Happiness cannot be bought by **money**, cannot be acquired by **degrees**, cannot be realized by **power**, and cannot be earned by **honor**; but it can be won by **kindness**, gained by **charity**, attained by **goodness**, and achieved by **love**.
10. **Pleasure** will make you **happy for days**.... **Wealth** will make you **happy for weeks**.... **Honor** will make you **happy for years**.....

"Love will make you happy for a lifetime"



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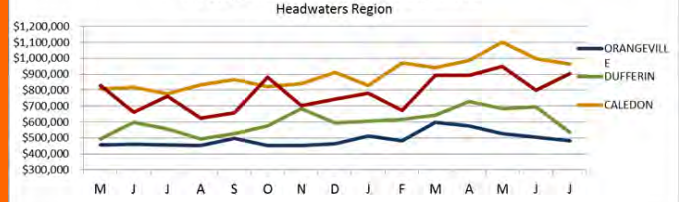
Headwaters Real Estate Recap: JULY 2017

The Real Estate Market in the **Headwaters Community of Orangeville, Dufferin, Caledon and Erin** remains strong. With the summer holiday months in full swing, the market typically tends to cool off until the kids are back to school. Sale prices are up across the board in the Headwaters Community compared to 2016, yet Sellers are not seeing the inflated sale prices we saw in the springtime months of this year. That spike was due to lack of inventory for Buyers. **We are now seeing a healthy inventory of homes for sale which has cooled the springtime inflated sale prices and the urgency for Buyers.** We will see what the fall market brings! Enjoy the rest of the summer!

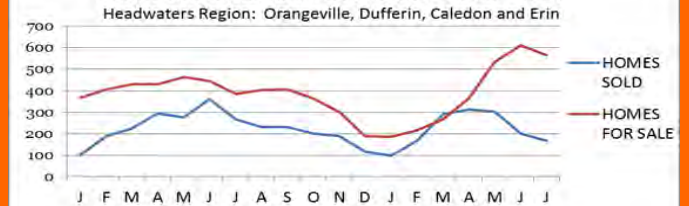
~Dave

For more stats and info visit our blog at www.thegrimeteam.com

Average Sale Price 2016 to 2017 YTD



Headwaters Market Performance 2016 - 2017



It's that time again!

Going back to school can be a time of great excitement... and anxiety. These simple tips can help parents and students have the best start to the year possible. Parents can influence how their children feel about starting back to school. This can affect their achievement throughout the year. It is beneficial to set some ground rules and healthy routines for the new school year.

AT HOME

Sleep routines.

Young people need routine and sound sleep so if bedtime has become a bit flexible during the break, it is a good idea to get the kids into the habit of going to bed and getting up early at **least a week before school starts.**

Equipment ready.

Ensure that any school supplies such as pens, pencils, books, bags, drink bottles etc. are purchased **well in advance** to avoid any meltdowns on the first day because your child doesn't have the right book or pen that they need.

Clothing/Uniform check.

Check for fit and appearance as the kids tend to grow over the summer and what fitted at the end of last year may not be suitable for the new year.

Listen to them.

Kids of any age may feel anxious about going back to school so this is a good time to practice your listening skills and validate their feelings. Avoid jumping in to save them by offering suggestions, instead ask them what they could do to help themselves feel better or deal with the problem. **Listen to their ideas and ask if you can help in any way.**

AT SCHOOL

Get to know the teachers.

Build relationships with your child's teachers by being friendly and approachable, introducing yourself, volunteering to help at the school or in the classroom if you are available, and responding to notes and attending information evenings.

Be positive.

To foster a positive outlook about school, speak encouragingly about the teachers and the other students. Model a **positive attitude** to your children when in conversation with others; children pick up on your feelings and learn more from what you **practice than what you preach.**

Make an appointment.

If you need to speak with the teacher privately, make a time to meet with him or her rather than just turning up at the beginning or end of the school day. Unless what you have to say is urgent, **organize a time that is suitable for both of you** to discuss, this way the teacher will be prepared and be able to give you her full attention without students interrupting.

Communicate.

Parents may feel that what happens at home doesn't affect a child at school, but if the teacher is aware of any changes or disruptions to home life, they will be more likely to notice and address any change in the student.

Attend information nights.

These are a good opportunity to meet other parents as well as the teacher and you will be more fully informed about what is happening in your child's class. If you don't understand any of the information, ask for clarification.

Going back to school can be a fun and exciting time for your children.



REMINDER Dufferin Fun Run

Location: Island Lake Conservation Area
673067 Hurontario St. Orangeville, ON
GPS coordinates - latitude 43.929569,
longitude -80.087261
REGISTER: Contact: bob@runduferin.com

LABOUR DAY-SEPTEMBER 4, 2017

- \$40 in advance, \$50 race day, children's fun-run FREE
- Chip timing, results posted at finish & online
- Custom medal for all finishers
- Post race refreshments for runners & walkers
- 8:30-9:30 day-of-registration & bib pick up
- 9:30 am sharp, children's fun-run followed by treats
- 10:00 am sharp, 5K & 10K start
- BBQ lunch post race
- Stay, enjoy the park
- Souvenir race t-shirt available for sale—\$10

The kids' fun run is 250 metres on grass with ribbons and prizes for all, sponsored by The Grime Team - ROYAL LePAGE. A great BBQ following the main event and during the awards makes this day into a family picnic kind of day. Thanks to Sobey's & Foodland.



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ANNOUNCEMENT ... We are thrilled to introduce our
newest team member

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Bill brings a vast knowledge of business from the accounting & finance world to the team. His attention to detail & time management will be beneficial to all of us and when assisting clients.

We look forward to working with Bill to make your experience with The Grime Team outstanding.

~ Dave & Margorie

