Why Happiness Matters for Your Bones, Health, & Longevity | Marci Shimoff Transcript

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Introduction

Hi, this is Marcy. Did Hi, this is Marcy. Did you know that you know that happier postmenopausal women happier postmenopausal women lose less lose less bone mass? And this is bone mass? And this is just one of the many just one of the many ways happiness is ways happiness is connected to our connected to our health. In health. In today's today's today's episode, you'll episode, you'll learn about some learn about some pretty impressive health pretty impressive health benefits of happiness that benefits of happiness that you you you may not have known about. My may not have known about. My guest is Marcy Shimoff, a #1 #1 New York Times bestselling author, world- New York Times bestselling author, world- renowned renowned renowned transformational transformational transformational teacher, and one of the teacher, and one of the leading experts leading experts on happiness. Her books on happiness. Her books have sold have sold over 16 million over 16 million copies copies copies worldwide in 33 languages. Marcy worldwide in 33 languages. Marcy was also my was also my mentor in mentor in happiness education and has had a happiness education and has had a profound influence on my profound influence on my work in this field work in this field today. We talked today. We talked about what happiness can about what happiness can do for your health, do for your health, how you can become how you can become happier, and how happier, and how to find happiness even to find happiness even when life is difficult.

when life is difficult. Marcy shares Marcy shares three powerful three powerful happiness habits that happiness habits that you can start you can start using in using in your own life right your own life right now. So, this now. So, this issue is full of issue is full of such great such great information.

information. information. Stay with us. Congratulations, Marcy. I'm thrilled to have you on my podcast. To you on my podcast. To everyone listening: you everyone listening: you might be wondering why might be wondering why I'm bringing up the topic of happiness? I mean, people? I mean, people know I teach know I teach this, but I have to this, but I have to say, it's just as say, it's just as important as the important as the exercises, the root cause, the exercises, the root cause, the supplements, and there's no supplements, and there's no one one one I'd rather have here I'd rather have here than my mentor, than my mentor, Marcy. I am so grateful Marcy. I am so grateful for everything you have for everything you have taught me, for how you have taught me, for how you have changed my life and changed my life and given me the given me the tools to tools to teach happiness and teach happiness and change the lives of change the lives of others. So I'm just others. So I'm just incredibly happy to be incredibly happy to be here with you.

Marcy, I'm also really Marcy, I'm also really excited to be with you excited to be with you because I love what you because I love what you do and the changes do and the changes you make in you make in people's lives, you're one people's lives, you're one of my top of my top certified certified Happy for No Reason trainers, and I Happy for No Reason trainers, and I consider you a true consider you a true ambassador for happiness in the ambassador for happiness in the world. I am very happy to be world. I am very happy to be with you.

with you. Oh, thank you. To everyone Oh, thank you. To everyone listening: Marcy is a true true true professional. You are so professional. You are so special, you special, you live live live your own teachings, and it your own teachings, and it really works and really works and changes every aspect of changes every aspect of your life. So your life. So listen carefully.

Marcy, I want to start by saying Marcy, I want to start by saying that since this is a bone health summit, there is bone health summit, there is research that shows research that shows that that that postmenopausal women who are postmenopausal women who are happier and more happier and more satisfied with their lives satisfied with their lives have higher have higher bone density. There is also bone density. There is also research on research on stress—reducing stress—reducing stress—reducing stress helps stress helps improve improve improve bone density. So, there bone density.

The health benefits of happiness

So, there is good is good scientific evidence on this. But what scientific evidence on this. But what else? What other else? What other health benefits does happiness have?

health benefits does happiness have? You know, people think of happiness You know, people think of happiness like, "oh, I like, "oh, I want to be happy want to be happy just for the sake of just for the sake of happiness," but happiness," but it actually has huge it actually has huge benefits in all benefits in all areas of life, areas of life, including health.

including health. So, people who are So, people who are happier are one-third happier are one-third less likely to get sick. They have a less likely to get sick. They have a stronger immune stronger immune system. They live system. They live an average of 9 an average of 9 years longer. You know, years longer. You know, not to mention the not to mention the obvious effects on obvious effects on anxiety and all that other anxiety and all that other stuff. And stuff. And I like that I like that you know the you know the research on the research on the effects of happiness on effects of happiness on bone health.

bone health. You know, it helps You know, it helps our health, it our health, it helps our helps our relationships. This relationships. This helps our helps our success. Happier success. Happier people earn a million dollars million dollars more over their lifetime than those who are not more over their lifetime than those who are not as happy. So as happy. So the range of what brings the range of what brings happiness is simply happiness is simply enormous.

enormous. enormous. Yes, I Yes, I like it. I first like it. I first realized this in realized this in my early my early 20s. I worked as a 20s. I worked as a physical therapist physical therapist and worked with people and worked with people who suffered from who suffered from chronic pain: chronic pain: head, neck, temporomandibular joint, back. I joint, back. I went through a difficult went through a difficult situation in life, and situation in life, and they said: "You are so they said: "You are so lucky." I lucky." I replied, "Yes, I'm replied, "Yes, I'm so happy." But so happy." But now, working with now, working with you, I realized that what you, I realized that what I was doing I was doing is called is called happiness habits. But when I happiness habits. But when I started teaching this to started teaching this to my patients, oh my my patients, oh my god, I just god, I just couldn't believe how much faster the chronic pain went away. And it was at how much faster the chronic pain went away. And it was at that moment, and that moment, and it was a long time ago, it was a long time ago, probably about 40 years ago, that probably about 40 years ago, that I said, "Wow, this is I said, "Wow, this is really powerful." And really powerful." And it made me it made me realize that this has to realize that this has to be a part of everything be a part of everything I do.

I do. But interesting. Yes, I just want to say Yes, I just want to say one thing about this one thing about this, because, you, because, you know, there are " happy chemicals"—endorphins, happy chemicals"—endorphins, serotonin, oxytocin —all these things that are —all these things that are really good for really good for our health.

our health. That is, the “ That is, the “ happiness chemicals,” happiness chemicals,” endorphins, are endorphins, are natural natural natural painkillers. So that painkillers. So that makes sense. This is not makes sense. This is not just something just something abstract or abstract or frivolous. This is a completely frivolous. This is a completely physical effect on the physical effect on the body.

body. Yes, definitely. And I Yes, definitely. And I saw it again and saw it again and again. But the interesting thing is that again. But the interesting thing is that I managed to I managed to stay happy stay happy despite the circumstances. But despite the circumstances.

Marciu2019s journey from depression to happiness

But you, Marcy, are a completely you, Marcy, are a completely different story. So why do different story. So why do n't you share a n't you share a little bit of your story, little bit of your story, because I'm really curious because I'm really curious why you're so why you're so passionate about this. And a lot of passionate about this. And a lot of people think, "Well, people think, "Well, you know what?" I just was you know what?" I just was n't born n't born happy. So, there is happy. So, there is no hope for me. So why do no hope for me. So why do n't I n't I tell you,

because I tell you, because I find it very find it very inspiring.

inspiring. inspiring. Yes. Yes. Yes. For example, what happened For example, what happened to you? to you? Well, for those of you Well, for those of you who think, "I just was who think, "I just was n't born n't born happy.

happy. happy. There's no hope for me." There's no hope for me." Let me tell Let me tell you that there is hope, because I you that there is hope, because I was one of those was one of those people. I was born people. I was born depressed. I say I depressed. I say I came out of the womb with came out of the womb with existential existential existential anxiety. I had a anxiety. I had a great family, a great great family, a great upbringing, but there upbringing, but there was this was this dark cloud around me. I just dark cloud around me. I just felt gloomy.

I think I was a very I think I was a very sensitive child, sensitive child, you know, I'm an empath and I you know, I'm an empath and I could pick up on the could pick up on the tension of the world. And who tension of the world. And who knows why? Now I knows why? Now I think that maybe it's think that maybe it's hereditary PTSD that hereditary PTSD that I came into this I came into this life with, or maybe life with, or maybe PTSD from a past life. We can't know. We can't know this for sure, but I this for sure, but I was that kid was that kid who was just plain who was just plain grumpy, and my grumpy, and my solution to unhappiness solution to unhappiness as a child was sugar. It was the only thing that. It was the only thing that made me made me feel better: feel better: if I ate a little if I ate a little sugar, I felt sugar, I felt good for 15 good for 15 minutes. You know, and we minutes. You know, and we know what this know what this leads to. This leads to. This leads to leads to bad things because I became bad things because I became addicted to sugar, and addicted to sugar, and in the end it caused in the end it caused even more depression. I even more depression. I also gained weight, and also gained weight, and by the time I by the time I graduated from high school I was graduated from high school I was 35 pounds overweight, 35 pounds overweight, so that wasn't a so that wasn't a good thing. So when I was in my good thing. So when I was in my 20s, I really 20s, I really wanted to be happy wanted to be happy and I decided to do what most most most people do: set people do: set goals for myself, and I thought that once I goals for myself, and I thought that once I achieved them, I achieved them, I would finally be would finally be happy, and I was happy, and I was going to share going to share them with you. Of course, them with you. Of course, Margie, you know them, Margie, you know them, but I want to share but I want to share them with everyone because I think many can many can relate to them. You know, relate to them. You know, it's like, "I'll be it's like, "I'll be happier when happier when I have this or that." I have this or that." So, here are my five So, here are my five goals. I wanted to have a goals. I wanted to have a successful career successful career helping people, a helping people, a fabulous husband fabulous husband or partner, great or partner, great friends, a cozy home, friends, a cozy home, and a body like Halle and a body like Halle Berry's. Now, I've Berry's. Now, I've reached four out of reached four out of five. I don't have five. I don't have Halle Berry's body, but Halle Berry's body, but I do have a very healthy I do have a very healthy body, for which I am very body, for which I am very grateful. "68 and feeling grateful. "68 and feeling great" is my motto great" is my motto this year. So, I this year. So, I worked really hard to line up all these things to line up all these things to finally be finally be happy, and I had a happy, and I had a turning point. This turning point. This was in 1998. I had was in 1998. I had everything I was everything I was talking about, and I just talking about, and I just finished speaking finished speaking in front of 8,000 people.

At the same time, three of my At the same time, three of my books in the Chicken Soup for the Chicken Soup for the Soul series were on the Soul series were on the New York Times top five bestsellers, New York Times top five bestsellers, I spoke in front of 8,000 I spoke in front of 8,000 people, and signed 5,432 people, and signed 5,432 books. My client books. My client hired a massage therapist so hired a massage therapist so I could continue I could continue signing. And when I signing. And when I signed the last signed the last book, I went up to book, I went up to my hotel my hotel room—the penthouse room—the penthouse that a client had rented for that a client had rented for me—and me—and me—and walked over to the walked over to the huge windows. It huge windows. It was in Chicago. I was in Chicago. I looked out at Lake looked out at Lake Michigan, admiring Michigan, admiring the view, then the view, then turned around, fell onto the turned around, fell onto the bed, and burst into tears. I bed, and burst into tears. I burst into tears because burst into tears because I realized: I have everything I I realized: I have everything I need for happiness, need for happiness, but I still feel the but I still feel the emptiness in my heart emptiness in my heart that I always have.

that I always have. And then I said to myself, And then I said to myself, “This is the end of this “This is the end of

this story. I can no longer story. I can no longer think that think that another achievement another achievement will bring me happiness, will bring me happiness, because I know: it will work because I know: it will work for a short time, but not for a short time, but not forever." Then I forever." Then I immersed myself in immersed myself in happiness research and happiness research and interviewed all the interviewed all the researchers. I interviewed researchers. I interviewed 100 undeniably 100 undeniably happy people and happy people and started doing what started doing what they did. And it they did. And it worked. That's why worked. That's why I became so obsessed with the topic of I became so obsessed with the topic of happiness—because I wasn't happiness—because I wasn't happy. If happy. If I had been given a I had been given a grade for my grade for my happiness level back then, I would probably have gotten a happiness level back then, I would probably have gotten a "three with a "three with a plus." Now I have a plus." Now I have a confident "five".

confident "five". This doesn't mean I'm This doesn't mean I'm perfect yet, because I'm perfect yet, because I'm constantly working on it constantly working on it. But I am. But I am confident in myself, and that confident in myself, and that makes me shout makes me shout to the whole world: to the whole world: no matter no matter what stage you are at what stage you are at now, you now, you can always increase can always increase your level of happiness.

Hi, this is Margie. Hi, this is Margie. High-quality supplements are an important part of a are an important part of a comprehensive comprehensive comprehensive osteoporosis program. To osteoporosis program. To help you out, I'm help you out, I'm offering a daily offering a daily deep discount on my deep discount on my supplement store supplement store through Fullscript. Fullscript through Fullscript. Fullscript has the most extensive has the most extensive catalog of professional catalog of professional supplements and supplements and health products I have ever found.

found. So, you just So, you just need to go to need to go to tinyurl.com. This is t i n y u r tinyurl.com. This is t i n y u r l.com/supplements for life, which will l.com/supplements for life, which will take you to my take you to my Fullscript store, where Fullscript store, where you'll see my you'll see my favorite favorite favorite bone-strengthening supplements.

Be sure Be sure to check it out, to check it out, the link will also be the link will also be in the release description. in the release description. Now let's get back to the Now let's get back to the show. I like show. I like this story. And also, this story. And also, Marcie, I have to say, it's Marcie, I have to say, it's not like not like you just said, " Okay, hooray, I'm happy." Okay, hooray, I'm happy." You said, "I have to You said, "I have to share this with the share this with the world." So, in addition to world." So, in addition to conducting programs conducting programs and other things, you and other things, you also retrain also retrain trainers. I'm trying trainers. I'm trying to remember how many to remember how many years ago that was.

years ago that was. When did you start When did you start your first training your first training program? program? program? 2019, and I think you were on our very you were on our very first first first program. So, program. So, it's because I've been following it's because I've been following your work before your work before. When I. When I wanted to, I said, " I have to learn I have to learn how to teach this too." That is, I understood." That is, I understood what I was doing myself, but I didn't what I was doing myself, but I didn't know how to teach know how to teach it to others. And that's it to others. And that's when I said, "I have to when I said, "I have to find out who…" You know, find out who…" You know, I started doing I started doing research, and I research, and I came across your came across your work, and I said, "I work, and I said, "I have to look into this." And have to look into this." And then, suddenly, you know, then, suddenly, you know, this this this course that you actually course that you actually taught came along, and I was like, "I'm in taught came along, and I was like, "I'm in business." I didn't even, I didn't business." I didn't even, I didn't even talk to anyone even talk to anyone. I just. I just said, "I'm on the case." said, "I'm on the case." Oh, this is so wonderful. We Oh, this is so wonderful. We really like that really like that you are one of our you are one of our trainers for the Happy for No Reason program.

Happy for No Reason program. And you just said you were And you just said you were spreading it. So spreading it.

Your happiness set point and its significance

So let's talk about the fact that let's talk about the fact that you did so you did so much research. You much research. You worked with so worked with so many people. What would many people. What would you say is the you say is the most interesting thing you most interesting thing you learned through learned through all of this?

all of this? Well, the biggest Well, the biggest discovery for me, discovery for me, the most important in all the the most important in all the research, was research, was the fact that the fact that we all have what's called a " happiness threshold." happiness threshold." And this happiness reference point And this happiness reference point is like is like setting setting setting a thermostat. No matter what a thermostat. No matter what happens to us, happens to us, good or bad, we good or bad, we tend to return tend to return to that level of to that level of thermostat setting. And that's why thermostat setting. And that's why when you when you get that wonderful get that wonderful thing on your thing on your wish list, you feel wish list, you feel happier for a happier for a while, but then you while, but then you go back to your go back to your original level of original level of happiness—that same happiness—that same thermostat setting. That's, you know, the thermostat setting. That's, you know, the reason why people reason why people who win the who win the lottery… A lot of people lottery… A lot of people think, "Oh, all I need to do think, "Oh, all I need to do is win the is win the lottery, and then I'll lottery, and then I'll really be really be happy." Well, you happy." Well, you become happier become happier for a while, but for a while, but studies have shown that within a year, that within a year, people who win the people who win the lottery lottery lottery return to return to their original their original level of happiness. So, this level of happiness. So, this starting point is the key starting point is the key to everything. And so, to everything. And so, of course, the next of course, the next question is: "So, how is question is: "So, how is this this this reference point determined?" After all, reference point determined?" After all, if I can change if I can change my level of happiness my level of happiness by changing my " by changing my " reference point," that's exactly what reference point," that's exactly what I want to do. Well I want to do. Well, here's how it's, here's how it's defined. It's 50% genetics. So for those genetics. So for those of us who weren't of us who weren't born happy, born happy, it's in our genes.

it's in our genes. But I'll tell you But I'll tell you something nice about that in a something nice about that in a minute. 10% of it is our it is our circumstances. Notice circumstances. Notice what a tiny slice of the what a tiny slice of the entire happiness pie entire happiness pie this actually this actually is—only 10%. You is—only 10%. You can work very can work very hard hard hard,,, try try try to achieve something, but it's not that to achieve something, but it's not that important. This is only important. This is only 10% of your happiness. The other 40 % are your habits of % are your habits of thought and thought and behavior. And this is where behavior. And this is where we can really we can really influence the situation —through our habits.

—through our habits. There are some There are some specific habits of specific habits of happiness that I would be happiness that I would be happy to share with happy to share with you, Margie. But before I you, Margie. But before I get to that, get to that, I want to say: Regarding I want to say: Regarding that 50% genetics, that 50% genetics, researchers in the field of researchers in the field of epigenetics, who epigenetics, who study our genes and study our genes and DNA, argue that DNA, argue that changing our habits changing our habits also affects genes also affects genes and DNA. Which to me and DNA. Which to me sounds like, "Wow, sounds like, "Wow, really?" Now, that 40% of habits and 50% of genetics— a total of 90% of our “ baseline” of happiness baseline” of happiness can be changed by can be changed by changing habits.

And it's so fascinating. And it's so fascinating. It works. That's the It works. That's the thing. It really thing. It really works. Well, what exactly are works.

The seven areas of your inner home for happiness

Well, what exactly are the habits? I mean, there are the habits? I mean, there are so many of them. But so many of them. But if you had to say if you had to say which ones turned out to be the which ones turned out to be the most powerful?

most powerful? Yes. Well, first I Yes. Well, first I want to give an overview of these want to give an overview of these habits because I find it habits because I find it very useful. There are very useful. There are 21 basic habits of 21 basic habits of happiness, and they happiness, and they are divided into seven are divided into seven main areas. I main areas. I created an analogy. I created an analogy. I call this “ building an building an building an inner

home inner home for happiness” to for happiness” to help you help you help you remember these seven remember these seven essential components. So, there are seven zones in the house. So, there are seven zones in the house. This is the foundation,. This is the foundation, four corner columns, a four corner columns, a roof and a garden. Here's how it roof and a garden. Here's how it relates to the seven relates to the seven core areas of core areas of happiness. And I want happiness. And I want people, when listening to me, to people, when listening to me, to think about what think about what they are weakest at. Because it's where they are weakest at. Because it's where you are weakest that's where you you are weakest that's where you should start, should start, because you will get because you will get the greatest return in the greatest return in raising your " baseline" of happiness.

So, I'll ask So, I'll ask everyone to determine everyone to determine for themselves what they are for themselves what they are weakest at. So, weakest at. So, Margie, I'm going to put Margie, I'm going to put you in an awkward you in an awkward position to position to see where you're see where you're weakest, and I'm going to weakest, and I'm going to share where share where I'm weak, too.

I'm weak, too. Good. Good. Good. So, the foundation of So, the foundation of your home of happiness is your home of happiness is taking taking taking responsibility for responsibility for your life and your your life and your happiness. You can't happiness. You can't be happy if you be happy if you postpone your postpone your happiness by blaming happiness by blaming other people. We other people. We call it the big call it the big three: three: three: blame, shame, and blame, shame, and complaints. Blaming complaints. Blaming others, shame, that is, others, shame, that is, blaming yourself: blaming yourself: you know, I can't be you know, I can't be happy because I'm not happy because I'm not good enough good enough or something. And then or something. And then the complaints. Complaints: I can't the complaints. Complaints: I can't be happy be happy because of the weather, or because of the weather, or because of where I live, or because of where I live, or any other any other circumstances. So, your circumstances. So, your foundation is to take foundation is to take responsibility for responsibility for your life and your your life and your happiness. Next come the happiness. Next come the four corner four corner pillars. The first pillar is the pillar of reason.

is the pillar of reason. Your thoughts. Do you have Your thoughts. Do you have thoughts that steal thoughts that steal happiness? And this is what gets happiness? And this is what gets many people many people into big into big trouble. And we'll trouble. And we'll talk about this a little more talk about this a little more later, because this is one of the later, because this is one of the main problems for main problems for many. Next comes the many. Next comes the heart column. I have never heart column. I have never met a met a happy person with a happy person with a closed heart. Are closed heart. Are you sincere? Do you sincere? Do you feel you feel gratitude, love, gratitude, love, kindness, generosity, and kindness, generosity, and can you can you forgive easily? You know, this forgive easily? You know, this applies to both other applies to both other people and yourself. Next comes the body column.

You know, happiness is a You know, happiness is a biological phenomenon. Do biological phenomenon. Do you have enough you have enough endorphins, endorphins, endorphins, serotonin, serotonin, serotonin, oxytocin, dopamine, oxytocin, dopamine, all of that? By the way, this is where all of that? By the way, this is where I was I was weakest. And there were weakest. And there were some very simple some very simple ways to work with it ways to work with it that really that really helped. Next comes the helped. Next comes the pillar of the soul. The soul is pillar of the soul. The soul is your connection to the your connection to the greater energy of greater energy of life. Do life. Do you feel a connection—I don't you feel a connection—I don't care whether care whether you call it divine, you call it divine, God, nature, or God, nature, or creative intelligence— just to this greater just to this greater energy of life. So, energy of life. So, these are the four corner these are the four corner pillars. Next comes the roof pillars. Next comes the roof of your house of happiness, and of your house of happiness, and that roof is your that roof is your calling or calling or passion in life.

passion in life. Are you living an Are you living an inspired life? Are inspired life? Are you doing what you you doing what you came to this planet for? And finally, there is the garden, and the? And finally, there is the garden, and the garden is our relationship. Who surrounds you? Are there. Who surrounds you? Are there many many many roses and gardenias around you— people who lift people who lift you up and inspire you? Are there you up and inspire you? Are there weeds in your garden —people who seem to —people who seem to suppress your suppress your happiness? So, these are the seven happiness? So, these are the seven spheres. The foundation is spheres. The

foundation is taking taking taking responsibility for responsibility for your life, the pillar of your life, the pillar of the mind, your thoughts, the the mind, your thoughts, the pillar of the heart, your pillar of the heart, your feelings, the pillar of the body, the feelings, the pillar of the body, the pillar of the soul, and then the pillar of the soul, and then the roof is your roof is your purpose or purpose or passion in life, and the passion in life, and the garden is your relationships. So, Marcy, what is. So, Marcy, what is your weakest point in your your weakest point in your life?

life? life? This is interesting. As you This is interesting. As you list them, I'm list them, I'm thinking: yes, I take thinking: yes, I take incredible care of incredible care of my body. I am meditating.

my body. I am meditating. I do everything that I do everything that concerns the soul, concerns the soul, you know, I have a you know, I have a huge passion huge passion and purpose. And here's an area that and purpose. And here's an area that might surprise you: might surprise you: I have great friends, a I have great friends, a great family, and a great great family, and a great online community, but online community, but I work an incredible I work an incredible amount of time. And that's why I don't amount of time. And that's why I don't put so much put so much time and effort into it… Not time and effort into it… Not time and effort, but what time and effort, but what I've been feeling I've been feeling lately. I lately. I need to change my priorities a bit to focus on to focus on relationships. So, it's relationships. So, it's not that not that they're neglected, but I do they're neglected, but I do n't… It's not that n't… It's not that I don't spend as much time I don't spend as much time with the people I love as I would like. So when like. So when I think about all this, that's what comes I think about all this, that's what comes to to to mind, you know.

Yes, this is very good, because Yes, this is very good, because you can be strong you can be strong in a certain area, but in a certain area, but just not devote just not devote time to it, so it's important to time to it, so it's important to identify it, and you know what the identify it, and you know what the point is: wherever you point is: wherever you are weakest, don't are weakest, don't punish yourself for it. This punish yourself for it. This only makes things worse only makes things worse because because because self-flagellation, self-flagellation, self-flagellation, judgment, and criticism of judgment, and criticism of yourself will not help yourself will not help your level of happiness.

Instead, just Instead, just say: wow, that's a wonderful say: wow, that's a wonderful realization. You know, realization. You know, my thoughts really my thoughts really take away my take away my happiness, or I happiness, or I need more need more forgiveness in my heart, or forgiveness in my heart, or I'm not doing what I I'm not doing what I came to this came to this planet for. So just planet for. So just identify where you are identify where you are weakest.

weakest. weakest. Yes, it's so important to analyze yourself, to analyze yourself, because you really because you really can't change anything can't change anything for the better if you for the better if you don't even know what's don't even know what's going on. So I going on. So I completely agree.

Finding happiness during grief and difficult times

Many people in this Many people in this community are 60+, community are 60+, and many of them and many of them are facing health issues, loss of health issues, loss of family members.

There's a lot of There's a lot of sadness in life as you get older, so people sadness in life as you get older, so people often ask, "Oh, often ask, "Oh, you know what you say you know what you say when people struggle to be when people struggle to be happy in the face of loss happy in the face of loss and other things?" "And and other things?" "And you know, these are also you know, these are also difficult times." So, what do difficult times." So, what do you tell people?

So, I call it " happiness without a reason" happiness without a reason" because most because most people in the world people in the world are addicted to the pursuit of are addicted to the pursuit of happiness, with happiness, with good reasons for doing so. My good reasons for doing so. My health is normal, so health is normal, so I feel good.

I feel good. My, you know, relationships My, you know, relationships are normal, so I are normal, so I feel good, or feel good, or something like that. These are the something like that. These are the things. Happiness without things. Happiness without a reason means that a reason means that you have an inner you have an inner state of peace and state of peace and well-being that is well-being that is independent of your independent of your circumstances. Of course, this circumstances. Of course, this doesn't mean that you doesn't mean that you 'll 'll 'll walk around 24/7 with a silly walk around 24/7 with a silly smile on your face smile on your face and be in an and be in an illusory state of illusory state of denial. This denial. This means that, you know, means that, you know, when people die, when people die, and you mentioned that and you mentioned that you have a lot of elderly you have a lot of elderly people among your acquaintances.

people among your acquaintances. People die, and People die, and of course you of course you will feel grief. will feel grief. But still, there But still, there remains an remains an remains an inner background of peace inner background of peace and well-being, which and well-being, which makes it easier makes it easier to survive this sadness. You to survive this sadness. You can actually can actually feel grief and at feel grief and at the same time be the same time be in an inner state of in an inner state of peace and well-being.

peace and well-being. You know, sometimes people You know, sometimes people think, "Oh, this is think, "Oh, this is not good—to feel not good—to feel good, to be happy good, to be happy even in the midst of even in the midst of mourning." But that's mourning." But that's okay. You can okay. You can have both.

have both. You know, you can be angry or irritated about something be angry or irritated about something and still maintain an and still maintain an inner sense of inner sense of peace and well-being.

peace and well-being. For example, I recall the For example, I recall the example of His example of His Holiness the Dalai Lama. Holiness the Dalai Lama.

His life wasn't all rosy, but he was rosy, but he was one of the happiest one of the happiest people I've ever met. This is met. This is happiness that happiness that transcends any transcends any circumstances. And as we age, circumstances. And as we age, we need it even we need it even more. Because with more. Because with age, age, age, health problems arise. Can I be. Can I be happy even when I happy even when I have have have health problems? People die.

? People die. Can I be happy Can I be happy even in the midst of the changes even in the midst of the changes that are happening? That's that are happening? That's when it becomes especially when it becomes especially important to create a important to create a strong foundation for strong foundation for our inner our inner core of happiness. And, core of happiness. And, of course, you want of course, you want to take care of your to take care of your health, your health, your body, but not make body, but not make your happiness completely your happiness completely dependent on it.

dependent on it. This is so true. This is so true. It's interesting that when I listen, It's interesting that when I listen, I remember my own life : when things were : when things were really difficult or really difficult or someone in my family was someone in my family was sick, what kind of happiness sick, what kind of happiness could I feel? And the could I feel? And the main thing I main thing I use is the use is the search for the good. Even in search for the good. Even in the midst of terrible the midst of terrible events, there is always something events, there is always something good. There are good people.

good. There are good people. There is also a community. There is also a community. I think it's different—what I think it's different—what you surround yourself with.

you surround yourself with. And there are people around you who And there are people around you who love and love and support you. And there's, support you. And there's, you know, someone you know, someone coming to visit or coming to visit or something. So there is always something. So there is always something good, even something good, even in the midst of things that in the midst of things that seem so seem so bad and quite the bad and quite the opposite. What about opposite. What about you, Arcee? Personally you, Arcee? Personally, do you find what, do you find what you like?

you like? This is something I This is something I always come back to. always come back to. I, I, I agree with you on this I, I, I agree with you on this. You know what I. You know what I discovered about discovered about happy people—there's a happy people—there's a great quote from great quote from Einstein. Einstein Einstein. Einstein said, "The most important said, "The most important question you question you can ask is, is this universe a is this universe a loving one? Is this loving one? Is this universe universe universe benevolent?" "And I benevolent?" "And I have found that happy have found that happy people, even though their lives people, even though their lives may not may not seem perfect on the outside, seem perfect on the outside, believe that it is a believe that it is a loving universe and that loving universe and that everything that happens to them is everything that happens to them is actually actually actually happening for them." So happening for them." So instead of instead of feeling like a victim of feeling like a victim of circumstance, they say, "Okay, well, there's a lesson "Okay, well, there's a lesson or a gift here." "And it's exactly what or a gift here." "And it's exactly what you said, Margie: ' you said, Margie: ' What's the gift here?'" "What's the What's the gift here?'" "What's the lesson here?" I lesson here?" I like to ask like to ask the question, "If this the question, "If this were happening for my were happening for my highest good, what would highest good, what would it be?" "And it makes it be?" "And it makes you you you look at every look at every situation in a completely different way, thinking, 'Oh, situation in a completely different way, thinking, 'Oh, life is rooting for life is rooting for me.' How, what, what, what is it what is it trying to give trying to give me in this?

me in this? And I think the interesting thing And I think the interesting thing about being about being older is that you older is that you can look can look back, and there are so many back, and there are so many things that things that seemed terrible at the time.

seemed terrible at the time. And I always tell people, And I always tell people, Marcie, that a diagnosis of Marcie, that a diagnosis of osteoporosis is an osteoporosis is an opportunity. If you're opportunity. If you're okay, but you just okay, but you just got this diagnosis.

got this diagnosis. So instead of fear and all that So instead of fear and all that, it's, it's an opportunity to look an opportunity to look at your life, at your life, see what areas see what areas need your need your attention. And then when attention. And then when you do that, people you do that, people look back and look back and realize that it was a realize that it was a blessing in disguise because they did because they did so much so much positive for themselves.

positive for themselves. So it's the same type of So it's the same type of situation. situation. Yeah, I mean, Yeah, I mean, I have a relative who had the same thing— I have a relative who had the same thing— she got she got cancer, cancer, cancer, completely changed completely changed her life, and now her life, and now she feels she feels better than ever.

And so I think there And so I think there are always gifts in these challenges are always gifts in these challenges… So, Marcie, before So, Marcie, before we finish, I'd we finish, I'd like to know if there's like to know if there's a habit that a habit that you want to share, you want to share, because I love it when people because I love it when people can walk away with something can walk away with something that they can take that they can take and implement into their and implement into their lives that will change lives that will change it for the better.

it for the better.

The sunning meditation

Oh, my God, let's do Oh, my God, let's do some… Let me some… Let me give you some give you some exercises that you can exercises that you can do. do.

do. Okay, great. This is Okay, great. This is interesting. interesting. interesting. One of my favorites is is is sun meditation. And this is something that sun meditation. And this is something that most people don't most people don't know about, but maybe know about, but maybe your listeners are more your listeners are more aware of. Your aware of. Your listeners are more listeners are more aware of this, but it's aware of this, but it's one of the best one of the best ways to increase your ways to increase your serotonin and serotonin and melatonin levels because melatonin levels because they work so closely they work so closely together.

together. Serotonin is our Serotonin is our happiness hormone. happiness hormone. Melatonin helps Melatonin helps us sleep. The us sleep. The happier we are, the better we happier we are, the better we sleep, and the better we sleep, and the better we sleep, the sleep, the happier we are.

happier we are. Studies Studies Studies show that that the quality of show that that the quality of your your your sleep last night has a bigger impact on your sleep last night has a bigger impact on your happiness today happiness today than your marital than your marital status or your income level. So, I learned this. So, I learned this little practice.

It's called It's called sun meditation; I sun meditation; I learned it from learned it from my mentor, my mentor, Gilles Marin, a Gilles Marin, a qigong master. All you have to do qigong master. All you have to do is is is go outside and I'll go outside and I'll tell you what to do tell you what to do if it's raining and you can't if it's raining and you can't do it.

do it. So you go out into the So you go out into the sun and close your sun and close your eyes, this is very important. eyes, this is very important.

You close your eyes and you You close your eyes and you don't don't don't look directly at the look directly at the sun at all. With your sun at all. With your eyes closed, you eyes closed, you look up at the sun look up at the sun and imagine the and imagine the sun's rays sun's rays going through your going through your eyelids right up to your eyelids right up to your pineal gland. And then pineal gland. And then imagine that warmth imagine that warmth spreading spreading spreading throughout your body, throughout your body, going through your going through your hormonal system.

hormonal system. You do it for two You do it for two minutes, twice a day. He says, "Two minutes,. He says, "Two minutes, twice a day, and in a twice a day, and in a week you will have completely week you will have completely restored your restored your serotonin levels." serotonin levels." I love this.

I love this. Yes, it's incredibly Yes, it's incredibly easy to do. So that's the easy to do.

The Inner Ease technique

So that's the first one. How about first one. How about we do a really we do a really quick session of the quick session of the Inner Inner Inner Peace Technique?

Peace Technique? Yes, sure. Yes, sure. Okay. It's a practice Okay. It's a practice that I learned at the that I learned at the Institute of HeartMath. They Institute of HeartMath. They 're the 're the world's leading world's leading world's leading researchers on the heart researchers on the heart and our sense of and our sense of happiness. It only takes happiness. It only takes a minute or two. That's a minute or two. That's what I love. It's what I love. It's not about not about taking up a lot of taking up a lot of time in your day. I know everyone is busy right now. You're incredibly. You're incredibly busy.

busy. busy. Everyone is. So we're not Everyone is. So we're not trying trying trying to take away your time. to take away your time. We're offering things We're offering things that take a minute or two but can two but can make a huge difference make a huge difference. So this. So this exercise called the Inner Inner Inner Peace Technique puts Peace Technique puts you in a state of cardiac you in a state of cardiac coherence coherence coherence instead of cardiac instead of cardiac incoherence.

incoherence. incoherence. When we're When we're angry and upset, angry and upset, our heart rhythm our heart rhythm becomes incoherent. becomes incoherent. Research Research Research shows that 5 minutes of shows that 5 minutes of this can this can suppress the immune suppress the immune system for up to 6 system for up to 6 hours. But hours. But research also research also shows that 5 minutes of shows that 5 minutes of love, care, and love, care, and compassion can compassion can put you in a state of put you in a state of heart rate heart rate coherence, which coherence, which will strengthen your immune will strengthen your immune system for up to 6 system for up to 6 hours. So we're not hours. So we're not going to do this for 5 going to do this for 5 minutes.

We're going to do this for minutes. We're going to do this for a minute or two, and I a minute or two, and I think you'll feel the think you'll feel the difference. So I difference. So I invite everyone invite everyone to close their eyes. Of course, if you're driving, you, if you're driving, you won't be doing this.

won't be doing this. But with your But with your eyes closed, the first step is to eyes closed, the first step is to just put your just put your hand on your heart. That hand on your heart. That simple action of putting your hand on your putting your hand on your heart triggers the heart triggers the production of a production of a chemical called chemical called oxytocin. Oxytocin is the love hormone. It's what is the love hormone. It's what we feel we feel when we're connected when we're connected. But right. But right now, as you put your hand now, as you put your hand on your heart, you're on your heart, you're feeling the feeling the oxytocin levels rise in your oxytocin levels rise in your body. Now the second body. Now the second step is to imagine that you're step is to imagine that you're breathing in and out breathing in and out through the center of your through the center of your heart. This is called heart. This is called heart-directed heart-directed heart-directed breathing. So you're breathing. So you're breathing into your heart. You can breathe all the way down. You can breathe all the way down to your belly if to your belly if you want, but just you want, but just make sure that you make sure that you focused on the focused on the air going air going through your heart and then through your heart and then breathing out through breathing out through it. And you can it. And you can continue to do continue to do this at your own pace. And this at your own pace. And the last step is, on the last step is, on each breath, imagine each breath, imagine that you are breathing in love, that you are breathing in love, peace and compassion.

So as you breathe in, So as you breathe in, breathe breathe breathe love, peace and love, peace and compassion into your heart. And on the compassion into your heart. And on the exhale, just exhale, just breathe out gently through your breathe out gently through your heart. Each breath is an heart. Each breath is an inhalation of love, inhalation of love, peace and compassion.

peace and compassion. You can think of a time when you last when you last felt this, or felt this, or think of a loved think of a loved one, or even a one, or even a beloved beloved beloved four-legged friend four-legged friend who helps you who helps you feel this. I think of feel this. I think of my puppy. Breathe in my puppy. Breathe in love, love, love, peace and compassion into your heart. And peace and compassion into your heart. And then let go, then let go, breathing out from your heart.

Take another breath in Take another breath in through your heart, breathing in through your heart, breathing in love, peace and love, peace and compassion. And on compassion. And on the exhale, you can the exhale, you can slowly remove your slowly remove your hand from your heart and hand from your heart and slowly open your slowly open your eyes. So this took eyes. So this took less than 2 minutes. And less than 2 minutes. And I I want everyone to I I want everyone to notice: Do notice: Do you feel you feel any different now than you did two any different now than you did two minutes ago? Are minutes ago? Are you feeling any you feeling any physical changes? Are physical changes? Are you feeling any you feeling any emotional changes?

emotional changes? Margie, you're going to be Margie, you're going to be our test subject. our test subject. Tell us what you're Tell us what you're feeling.

feeling. feeling. I really I really like this. You like this. You taught me this a long time taught me this a long time ago. I ago. I use it all use it all the time. And as you the time. And as you taught, you become, you know, all I have to, all I have to do is do is put my hands here put my hands here and my body and my body goes into this state right away, it feels so good. It's so, it feels so good. It's so wonderful to have an wonderful to have an antidote, you know, antidote, you know, to be able to to be able to relax. Because relax. Because a lot of times we get stressed and a lot of times we get stressed and we can go in the we can go in the opposite opposite opposite direction. But when we direction. But when we have these wonderful have these wonderful strategies, we can strategies, we can stay stay stay calm, calm, calm, balanced, and it's a balanced, and it's a much better much better way to live. That's you, I've way to live. That's you, I've always been kind of always been kind of happy, unlike happy, unlike you. But I'm not, I've you. But I'm not, I've been in a very been in a very stressful state. So stressful state. So that's one of the techniques that that's one of the techniques that I've used, and I've used, and one of the practices that one of the practices that has really changed my has really changed my life, because now I I'm going with the flow life, because now I I'm going with the flow. I'm. I'm very different from very different from who I used to be, who I

used to be, but I have to work but I have to work on myself. It doesn't on myself. It doesn't just happen just happen.

.. Yes, you have to Yes, you have to create new create new habits. And here's the habits. And here's the thing: habits thing: habits are formed through are formed through small steps. You don't small steps. You don't have to do have to do a lot, do it a lot, do it twice a day twice a day for a week, and you'll for a week, and you'll start to get used to start to get used to this pattern. That's why this pattern. That's why Margie said that Margie said that now all you now all you have to do is have to do is put your hand on your put your hand on your heart, and your body heart, and your body instantly goes into a instantly goes into a state of love, which is state of love, which is very different very different from the stress response.

from the stress response. So you want to So you want to start getting used to start getting used to this, but do it in this, but do it in small parts small parts twice a day. You know, twice a day.

A simple question to ask yourself today

You know, it's very real. Let me give you another piece of Let me give you another piece of advice, which is very advice, which is very simple: we get simple: we get so so so overwhelmed with life that many people, that many people, especially women, especially women, put off put off listening listening listening to our own needs. We're to our own needs. We're busy meeting busy meeting everyone else's needs.

everyone else's needs. But we have to take care But we have to take care of our own needs of our own needs for our own happiness. for our own happiness.

So I want to ask you a very So I want to ask you a very simple simple simple question. I want question. I want you to write it down, and it's this you to write it down, and it's this question: What is question: What is the most caring thing I the most caring thing I can do for myself can do for myself right now? "And a few right now? "And a few times a day, times a day, stop and ask stop and ask yourself this question. What is yourself this question. What is the most caring thing I the most caring thing I can do for myself can do for myself right now? It could right now? It could be getting some fresh be getting some fresh air or doing air or doing that exercise in the sun.

that exercise in the sun. It could be calling a It could be calling a friend for a friend for a little support. It little support. It could be just going to get some could be just going to get some water and drinking water and drinking some more water. It some more water. It doesn't matter what it is doesn't matter what it is. What's important is that. What's important is that you take the time to you take the time to focus on what focus on what is the is the most caring thing most caring thing I can do for I can do for myself right now, and you myself right now, and you do it. You'll do it. You'll find that it find that it really really really increases your level of self- increases your level of self-love. And love. And self-love is the self-love is the key to greater key to greater happiness. Well, Marcie, it's happiness. Well, Marcie, it's so wonderful. And everyone so wonderful.

Why happiness isnu2019t selfish

And everyone do it, and I want to do it, and I want to hear, I want to hear hear, I want to hear what happens when you what happens when you start adding it start adding it in little by little, because we don't in little by little, because we don't want to want to want to overwhelm, as overwhelm, as you said, our you said, our lives. But I think it's lives. But I think it's important to say one important to say one thing, because a lot of thing, because a lot of people think it's people think it's selfish to selfish to selfish to work on your own work on your own happiness, but it's the exact happiness, but it's the exact opposite. And I opposite. And I think, you know, with think, you know, with given what's given what's going on in the world going on in the world today, am I today, am I right, Margie?

right, Margie? Absolutely. Absolutely. Absolutely. You know, when you You know, when you become happier, become happier, you affect more than you affect more than just yourself.

just yourself. Studies Studies Studies show that your show that your happiness extends happiness extends to at least five to at least five people that you people that you affect. And these are people affect. And these are people that you may that you may not even know. So, not even know. So, for example, your for example, your becoming

happier becoming happier affects affects affects your your your neighbor's teacher's cousin. You know, it neighbor's teacher's cousin. You know, it extends, I think, extends, I think, even further than that.

even further than that. So our happiness So our happiness matters, and I think matters, and I think being happier is the least is the least selfish thing selfish thing you can do. There's a you can do. There's a Chinese proverb Chinese proverb that I'm sure you've that I'm sure you've heard from me a million heard from me a million times, Margie, but that's why times, Margie, but that's why I'm so I'm so passionate about it. It passionate about it. It goes like this. It goes like this. It says, "When there is light in says, "When there is light in the soul, there will be beauty in the soul, there will be beauty in the person. When there is beauty in the person. When there is beauty in the person, there will be harmony the person, there will be harmony in the home. When there is in the home. When there is harmony in the home, there will be harmony in the home, there will be order in the country. And order in the country. And when there is order in when there is order in the country, there will be peace in the country, there will be peace in this world." And that's my this world." And that's my prayer and my wish prayer and my wish for each of us, that for each of us, that we will experience this light, we will experience this light, this happiness in our own this happiness in our own souls. And through souls. And through that, we will help that, we will help create more peace create more peace on our planet. So, on our planet. So, you know, it, it, you know, it, it, it's all connected.

it's all connected. Everyone here Everyone here is interested in is interested in is interested in health and health and healing in one healing in one way or another. You know, way or another. You know, bone health is so bone health is so important. And our happiness important. And our happiness not only affects that, the not only affects that, the health of our health of our bones, but it really bones, but it really affects our impact affects our impact on the world.

on the world. I love that. I love that. What a great way What a great way to end. So, Marcy, to end. So, Marcy, tell everyone, I know tell everyone, I know you have a you have a workbook. It's so workbook. It's so fantastic. So that's going to be fantastic. So that's going to be in the description for the in the description for the episode, and tell episode, and tell people about your people about your podcast. So, if you podcast. So, if you want a really want a really positive podcast positive podcast with really interesting with really interesting guests. I love you, guests. I love you, Marcy. I have you on Marcy. I have you on Spotify, and I just Spotify, and I just listen to you in the car.

It's really a different type of It's really a different type of podcast, because there are really podcast, because there are really interesting guests, people interesting guests, people who are really who are really have done this in different ways. So why do different ways.

The Happy for No Reason workbook and Living in the Miracle Zone

So why do n't I tell you n't I tell you a little bit about living in the a little bit about living in the wonder zone? wonder zone? Of course, I'd love to Of course, I'd love to. By the way, I'm so. By the way, I'm so excited that everyone can excited that everyone can get the get the Happy for No Happy for No Reason workbook, because it's a Reason workbook, because it's a collection of 21 collection of 21 happiness habits, and happiness habits, and each one has a simple each one has a simple exercise to help exercise to help you increase your you increase your happiness in that area. There happiness in that area. There 's also a little 's also a little quiz in there so you can quiz in there so you can see what see what level of happiness you're at right now level of happiness you're at right now. So this is the Happy for No Reason workbook, and my podcast, and my podcast is called Living in the is called Living in the Wonder Zone, and it's about Wonder Zone, and it's about people who are living truly amazing truly amazing lives and how lives and how they got there. And we're just. And we're just having a great time with having a great time with our guests. So our guests. So come listen to the come listen to the episode, and I think you'll episode, and I think you'll enjoy it.

enjoy it. Well, thank you very much, Well, thank you very much, Marcy. Is there anything else Marcy. Is there anything else before before before we wrap up? I we wrap up? I really liked that really liked that you ended with that you ended with that prayer. That just prayer. That just so beautiful and so so beautiful and so true.

true. true. Well, I also believe that Well, I also believe that this is the time for this is the time for this on our this on our planet. You know, we planet. You know, we look around and we look around and we see a lot of see a lot of

challenges, but I think this is a challenges, but I think this is a time of great time of great awakening where awakening where people are really people are really realizing the realizing the realizing the need to take their need to take their lives into their own hands and lives into their own hands and be happier and be happier and healthier. So I healthier. So I believe that if you're believe that if you're listening to us right now, it's not a listening to us right now, it's not a coincidence. You were meant to coincidence. You were meant to hear this hear this message, and it's message, and it's great, Margie, that great, Margie, that you have such a great you have such a great community of people who community of people who care so much about living your best living your best life. So it's life. So it's a great honor to be here a great honor to be here with you.

with you. Oh, well, thank you so much, Oh, well, thank you so much, Marcy. It's Marcy. It's been a real pleasure. I been a real pleasure. I always love always love talking to Marcy, talking to Marcy, and I hope you and I hope you enjoyed this enjoyed this interview. But interview. But take this take this topic seriously. I promise, it will change your, it will change your life. It really is life. It really is transformative. All transformative.

Margieu2019s Happy Me, Happy Life class

All the links that the links that Marcy talked about, Marcy talked about, including the including the workbook, will be in the workbook, will be in the show notes. And show notes. And also in the notes to also in the notes to show, you'll find my show, you'll find my course on happiness course on happiness called Happy called Happy Me—Happy Life. It's a Me—Happy Life. It's a separate course that's separate course that's also part of my also part of my Happy Happy Happy Bones membership. So, it's really Bones membership. So, it's really one of my one of my favorite courses that favorite courses that I teach, because like I I teach, because like I said, when you're said, when you're happier, happier, happier, everything gets better. And we everything gets better. And we just have a great just have a great time. It's once time. It's once a month, live, and it's something that always leaves me feeling always leaves me feeling inspired, inspired, inspired, light, and light, and joyful. So, anyway, I'll add that anyway, I'll add that information to the description for the information to the description for the episode. Thanks for episode. Thanks for joining, and I joining, and I look forward to seeing you look forward to seeing you on the next on the next episode.