



## A Question of Happiness

by Sho Botham

Why are we always in a hurry to be happy?  
What is this thing we call happiness?  
What is it that drives us to want to be happy?  
How do we find this happiness we crave?

How often do we hear, if only I had this or that,  
I would be happy?  
But truly, does this or that make us happy?  
Do we ever stop looking for happiness?

What do we need to make us happy?  
Do you need the same as I do, to be happy?  
Is happiness something we need or  
is it simply something we want?

Is happiness a commodity to buy off the shelf  
a little brightly coloured box to open up?  
enticing us to want to have it in our lives, or  
is it something we have within us always?

Is happiness waiting to emerge when we need it?  
Is it something deep within us waiting to get out  
to share with others in peace and tranquillity?  
enabling us all to experience being happy

Does happiness only reside in our mind?  
Or is it in our body and in our soul?  
Can we touch this happiness we seek?  
Or is it too elusive to be real enough to feel?

Is happiness its own cure for life's challenges?  
And once found can we hold onto being happy?  
Will it help us to be determined and flourish  
this thing we call happiness?