

# The Greatest Tool Ever Created for Happiness



One of the most elusive questions in our lives is “what makes us happy?” Of course, we all hear the phrase “happiness comes from within.” But the question is how?

[Meditation](#) has stood the test of time and rigorous scientific investigation has proven it to be one of the most effective tools for producing positive states of mind.

Meditation can be the single greatest tool for producing consistent states of happiness. I say the word “consistent” because it's very difficult to maintain a consistent state of happiness. The mind spins into several different emotional states throughout the day and it's hard to stay happy all day. We try exercise and we get that great boost of serotonin (happy chemical) right after an intense work out. But it doesn't seem to stay very long!

Research at the University of Wisconsin studied the brains of long term meditators, meaning they meditate over 10,000 hours. These monks essentially re-wired their brain for consistent states of happiness. Another study at UCLA showed how long term mediators have bigger brains, similar to doing push-ups for the brain. I know what you're saying right now, “but I'm not a monk, I can't meditate that long.” So I'm going to let you in on a super easy way to incorporate meditation into your hectic stress filled lifestyle. If you do only fifteen minutes a day you will see a massive change in how you feel.

If you do five minutes, every three hours, by the end of the day you will have done fifteen minutes or more. I recommend you program your alarm in your phone to say, “take a break.” Then set your alarm for five minutes, or do it with out an alarm, it doesn't matter.

Here's a very simple way to meditate:

- **Close your eyes**
- **Focus on breathing to your abdomen**
- **Inhale and expand your abdomen**
- **Exhale and contract your abdomen**
- **Repeat**

By doing a simple 15-20 minute daily meditation you are re-wiring your brain for happiness and focus.