**Zen and happiness**

Just as we can grow muscles, we can learn to produce endorfines. (p204)

Endorfine is the counterpart of adrenaline. Adrenaline stands for fright, flight and fight, endorfine for happiness, creativity and health. (p215)

Endorfines contribute to the recuperation of our body. (p215)

Usually, the production of endorfines is joined with a positive experience. That’s the normal course of events, but: meditation enables us to produce endorfines even in conjunction with negative experiences. (p216)

The expectation of a positive outcome in a difficult situation leads to increased production of endorfines. (p217)

It is our perception of a situation which determines whether we produce endorfines or adrenaline, not the actual circumstances. (p217)

When you have managed to train the muscles of your arm intensively, you can easily lift thirty kilo with one hand. When you manage to meditate often, it becomes easier to remain calm, relaxed and creative in stressful circumstances. (p220)

Happiness is primarily the reverse of the ability to tolerate unhappiness. The upper limit of happiness exists due to the fear of the lower limit. This conclusion contains an essential insight: when you manage to lower your bottomline in tolerance of frustration and pain, you automatically lift your upper limit to the same degree. (p223)

When things go well, we are immediately inclined to cling to the good circumstances. This is the way it should stay, we think. Unfortunately, it means we have strayed from the present moment into the future. And immediately, our feelings of happiness dissipate. (p223)

By meditating, we lower our bottomline because we choose, of our own free will, to give it all we’ve got. Maybe we learn to see that this sort of exertion can even be fun. Because of this experience, we lose our fear of exertion and the urge to avoid pain and suffering at all cost. And so the resistance against great happiness also disappears. (p224)

Meditating daily, two times 20 minutes a day, not only trains you to deal misfortune, but also with good fortune. If you win the lottery, it will not be an unsettling experience. You will be able to remain calm, relaxed an happy. (p226)

Practice: have a daily cold rinse/shower.