

# M&CO Newsletter

*In search of happiness.....*

Perhaps you will agree that the developed world has never been as obsessed with happiness as now, yet, judging by the demand for antidepressants, it seems we have never been less happy. In a recent study into human well-being, American psychologists Ed Diener and Martin Seligman wrote "Although economic output has risen steeply over the past decades, there has been no rise in life satisfaction... and there has been a substantial increase in depression and distrust." According to US social psychologist Dan Gilbert, "Economies can blossom and grow only if people are deluded into believing the production of wealth will make them happy... Economies thrive when individuals do, but because individuals will strive only for their own happiness, it is essential they mistakenly believe that producing and consuming are routes to personal well-being." In other words we have been duped.

Most researchers agree that for people below the poverty line, there is a measurable and sustained increase in happiness when their income improves. Evidence though suggests citizens of developed nations stopped gaining in happiness decades ago. Puzzlingly neither economic growth nor economic decline seems to create happiness. Our obsession with happiness - as though it were yet another purchasable product - is quite recent in historically terms.

Happiness defined in terms of fulfilment is a more useful term. New observations confirm that helping other people is what increases your own well-being & those volunteers with charitable groups have lower levels of depression and higher levels of well being. As an executive with experience in that area described it: When you stop putting a monetary value on what you do, it is immensely liberating. You're doing something because you want to". How we make use of our time and energy is key. Evidence suggests that volunteers often travel from far away, returning year after year, inspired by a renewed sense of meaning...

Cognisant of the above, together with the increasing realisation many of our clients are really unsure as to how they're going to spend the rest of their life, & find a meaningful purpose in their new semi & then increasingly permanent retirement over the next 25-30 years or so, besides for some, "going around the country for a couple of years", Lombard Securities Ltd's Directors together with a small group of civic leaders from our closest overseas neighbour just North-West of Darwin decided to establish the Iliomar Foundation of East -Timor, back in 2004, coincidentally at about the same time as a devastating Tsunami hit so many Countries & Islands further to the West.

In the new democracy, things takes time ...about 4 years in fact to get the East -Timorese Ministry of Justice finally give the Iliomar Foundation it's seal of Approval in July 2008, being only the 4<sup>th</sup> nationally accredited foundation in the country at that time. Its *modus operati* is best described by an old Chinese proverb: "If you give a man a fish, you'll feed him for one day but if you teach him how to fish you'll feed him (and his family) for the rest of his life." Currently the Iliomar Foundation (ILF) is in the process of developing training projects in Dili, the capital. For further details, please check its website: [www.iliomarfoundation.org](http://www.iliomarfoundation.org)

If you think this corresponds with your view of life, why not call or email us today. Perhaps you have some skills and knowledge and that may be very beneficial to others. Please tell us about it. Who knows if there is not a new opportunity waiting for you? Why not share your wealth of business and/or trade/technical knowledge and expertise and pass on your skills before they become redundant. Others, much less fortunate than you & your children (+ grand children perhaps) will greatly benefit from them & in fact it may well turn out to be a life changing experience for you and your pupils, paving the way for new, rewarding & enduring friendships. Discover the meaning to the word "purposeful fulfilment": Share freely with others what you probably already have in abundance: Know-how, experience & wisdom. As demonstrated above, whilst useful, financial wealth is not the true meaning of life. Emotional wealth is. And if you know of someone else that may be also interested, please pass this on to them. They may be very grateful you did. We look forward to your call or email.

**Acknowledgements: the Weekend Australian, Good Weekend, 19-21 Dec 2008**



## **Regards JDM & Brisbane Team**

*The above information is of a general nature only. It is not client specific advice and does not take into account the objectives, financial situation or needs of any particular person. If you wish to discuss how this information may be relevant to your individual circumstances, please call, fax or email us as per below. In accordance with the SPAM Act, we will continue to send this information to you unless you advise us by email to the contrary.*

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