

1) To be happy and at peace with yourself (and to be healthy, too; although one can be at peace with himself even if sick).

Yes, really. Why? Because that is the sense of life: to discover the eternal love in yourself, the God within yourself and not on the cross or in a church; so that we can fulfill our paths and destinies and tasks in life.

2) to accept yourself and to love yourself just as you are; with all positives and negatives, i.e. imperfections, mistakes and talents.

3) you yourself are responsible for your own happiness

4) because they don't see out of the box; they are blind and deaf and just follow the main stream without thinking. The main stream is a heavy mass, but easily manipulated by the ones with "power" - but not the real power like universum; but ego-based power such as money, political influence etc...dictating us wrong values and wrong standards.

(similar answer would apply to the questions 5 and 6. Additionally to 6 because it is dangerous to be yourself; it takes courage and guts to be authentic - the majority does not learn it, it is too risky.)

7) out of fear to find out the truth

8) yes, of course

once you find out who you really are, who you want to be and what this life is about, you can do it, because then you will love yourself and accept yourself and understand that you do NOT need any approval of anyone else. You give yourself your own approval to be who you want to be, who you are.

9) probably not

10) many limitations and constraints; obligations and lack of freedom

11) see reply to 8)

12) the wrong values that we are being forced to follow: many people just follow the main stream; but some people feel that something is wrong, the unease and unhappiness - the lack of the acceptance, the lack of truth behind our lives. We lead "wars" with ourselves, which we project onto the others and fight for our survival. It can be overcome only when people, all people or at least a majority of us will learn to accept and understand that we do not need to fight for or deserve love. We are loveable creatures and we can make ourselves happy just by loving ourselves. When everybody will be at peace with himself, people will be at peace all together accepting themselves and the others; without playing any dramas from childhood, without using the wrong pre-coded programming language, without keeping ourselves in our own prisons of unhappiness and enslavement.

All your other questions are related to what I have written. We live and act for wrong values and the truth remains hidden to most of the people because obviously someone doesn't really want us to be really happy. They cannot sell and make profit out of happy people and true happiness; they can get more money only for the fake happiness that comes from the material world. Possessing things won't make us happier; just those who manipulate us and those we allow us to manipulate tell us such lies that a new car will fulfill your dreams because they need to squeeze more money out of everyone, so that they get rich and richer to buy more crap and just support the wrong value; the wrong identification through something so meaningless as all objects are. We have a free will, but we live in a world where this free will is not welcomed. We stay detached from the true nature because it is easier and more comfortable on the first sight to do so. Just do what the others do and then they will let you be and live. If you start to act differently, you but get suspicious.

21) I don't know how many years I will have to live - probably as long as I will need for fulfilling my life's tasks and learn my lessons.

22) no question is stupid; so remove this one the number 22

23) yes

24) I like this song: <https://www.youtube.com/watch?v=MDoJbJLDtI8>; and this, too: <https://www.youtube.com/watch?v=fhk-loVYNnQ> 'but there are many others. Everybody needs to find out for his own what to do to feel happy: do sports, draw, cook, make yourself free of whatever burden by means of what it takes - there is not a universal receipe.

25) thanks, likewise :-))