



# **harbor happiness**

healing one another.



# harbor happiness

From its inception, the phrase 'harbor happiness' has held deeper meaning than a simple alliterative connection between happiness and our geographic setting, our harbor community. At its core, harbor happiness is about self-discovery, connection, and understanding that, as adrienne marie brown says, "we all have the capacity to heal each other."

**"The greatest gift you have to give is that of your own self-transformation."**

Part of self-transformation is the recognition that we are all connected. From there, compassion is born. "The more we turn toward others, the more joy we experience, and the more joy we experience, the more we can bring joy to others. The goal is not just to create joy for ourselves but, as Archbishop Desmond Tutu poetically phrased it, 'to be a reservoir of joy, an oasis of peace, a pool of serenity that can ripple out to all those around you.'"

Our hope is for Harbor Happiness to be another reservoir of joy, rippling love and empathy downstream; to be part of a network of peace; to be a resource for growth, understanding, and love; to operate from a foundation of gratitude and kindness.

**The greatest gift you have  
to give is that of your own  
self-transformation.**

– lao tzu –



In a conversation between the Dalai Lama and Archbishop Desmond Tutu on the "Central Pillars of Joy," the two Nobel Laureates identified three factors that have the greatest influence on increasing our happiness:

- Our ability to reframe our situation more positively.**
- Our ability to experience gratitude.**
- Our choice to be kind and generous.**

With these factors serving as foundational components of harbor happiness, we can authentically, and humbly, offer our community opportunities to connect, heal, and release through the work being done in the Garden.

We can set the table for self-discovery and transformation with the Enneagram.

We can infuse joy, music, art, and laughter.

We can heal one another.

# healing one another





**healing  
one another.**

# enneagram

Author and sought-after speaker, Suzanne Stabile teaches us that the Enneagram is a powerful ancient tool used to learn more about ourselves – why we do the things we do, how we can become more aware of the workings of our personalities, and how we can grow and seek transformation for greater balance and wholeness.

It helps us discover the patterns associated with personality function, explore our underlying behavioral motivations, and empowers us to unlock the gifts we have to transform non-productive encounters with others.





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*Enneagram Workshops*

# connect. heal. release.

Garden of Peace exists to connect;  
to heal; to release.

To connect with songbirds and trees – with nature; but also with each other, and deeply with ourselves. The Garden has become a sacred space in our community; an oasis of peace in our busy lives that serves as a trailhead for a healing journey.

## **Connect. Heal. Release.**

A continued process of transforming suffering and restoring wholeness, mirrored in the transient nature of the plants, flowers, and trees that make up the Garden itself.

Garden of Peace is located in Gig Harbor, WA



## garden of peace



**There's water in the  
flowers, let's grow.**

– mac miller –



# lotus mark

**"Without mud, there can be no lotus."**

The lotus reminds us that suffering is a kind of mud that we need to generate joy and happiness. Without suffering, there is no happiness. We should not run away from our suffering, but acknowledge, face, and transform it.

As Thich Nhat Hanh teaches us, "If we can learn to see and skillfully engage with both the presence of happiness and the presence of suffering, we will go in the direction of enjoying life more. Every day we go a little farther in that direction, and eventually we realize that suffering and happiness are not two separate things."





# A Poem by Thich Nhat Hanh

Precious gems are everywhere in the cosmos  
and inside of every one of us.

I want to offer a handful to you, my dear friend.

Yes, this morning, I want to offer a handful to you,  
a handful of diamonds that glow from morning to evening.

Each minute of our daily life is a diamond that contains sky and earth,  
sunshine and river.

We only need to breathe gently for the miracle to be revealed:

Birds singing, flowers blooming.

Here is the blue sky, here is the white cloud floating,  
your lovely look, your beautiful smile.

All these are contained in one jewel.

You who are the richest person on Earth  
and behave like a destitute son,  
please come back to your heritage.

Let us offer each other happiness and learn to  
dwell in the present moment.

Let us cherish life in our two arms  
and let go of our forgetfulness and despair.





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