

15. Dreams on the Bronheuvvel

Park Meerland (Strijp) (accessible from the parking garage at Grassavanne)

THE HAPPY SPOT

This is a historic district. During the liberation of 1944, the British Airfield Repair Unit repaired more than 1,650 bomb craters in this area. As it turns out, churned earth gives oxygen to the soil. In this area, a new airport arose as did the Meerrijk district where more than 30,000 people now live, work, shop and relax. Stroll along the water and the rock formations throughout the park to the top of the Bronheuvvel.

WHAT MAKES US HAPPY HERE?

Everything is in motion. Bridges. The horizon. Outdoor air. Playing. The variety of people. Watching the airplanes. Releasing one's thoughts. Kiting. Catching your breath.

THE HAPPINESS TIPS

CONNECT AND RELEASE

- **The suspension bridge.** Stand in front of the bridge. Connecting with people makes us happy. Think of someone with whom you'd like to have better contact. What can you do to make that connection? Take a step on the suspension bridge and think of it as a symbol of the steps you will take. Upon your return, do the same process again, but this time focused on another person.
The bridge of contact is shaky, but you can always make the first step toward connecting.
- **Halfway up the steps near the major water source.** Listen to the calming sounds of this man-made lake. Inhale and hold your breath. How long can you hold it? Oxygen bubbles. Name three things that exist in your personal core. What keeps you in motion and gives you oxygen? Then name two people who can always count on you as a source of oxygen and energy.
- **On top of the hill.** This is where you can watch the planes flying in and out of Eindhoven Airport. The airport boasts more than 40,000 flights per year. Imagine your mind as an airport. Thoughts and feelings travel in and out. What thoughts would you prefer to let go of? Think of a thought that hinders or limits you. Check it in like a piece of luggage, throw it in the cargo space of one of the planes you see taking off, and watch it as it fades into a dot in the horizon. See how good you feel now.

MORE HAPPINESS

Stand on the square amidst the Meerrijk shops. There are four major arms – Bosrijk, Waterrijk, Grasrijk and Zandrijk. Every human being consists of a convergence of two arms and two legs. Consider these as four treasuries housing your collection of positive stories. Pull out two positive memories from each treasury – ones that revolve around forest, water, grass and sand. Now, decide what fun activity you will do next week that touches upon every realm – forest, water, grass and sand.