

Key of Life



Session 4 ~ Be Happy
 Would you like to experience life as performance art—a dance, a dream, a grand adventure with YOU as the star? Maybe you can, by simply shifting your point of view.



BE	POWER OF	THEME
Happy	Manifestation	Law of Attraction
BENEFIT—Align your energy field with what you want.		

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.
 Proverbs 17:22

Have you ever noticed how optimistic people tend to attract good things, while those who expect the worst are usually right?

- *The Greek philosopher Aristotle taught that happiness was the product of a virtuous life.*
- *This makes perfect sense, as the Greek word we translate as 'happy' literally meant 'the result of a well-lived life.'*



- It seems that many people today chase fleeting pleasures, all the while wondering, “Why aren’t I happy?” I spent decades thinking the pursuit of happiness was shallow, selfish, and futile, but recently changed my mind.



Joy and happiness are not exactly the same things.

Happiness is more dependent on circumstances, while joy is always there, even when it's hidden behind storm clouds. A close cousin to 'peace that passes understanding,' it continues quietly despite the sorrows that come and go through life.

We can find moments of comfort and relief, even joy, in spite of sorrow



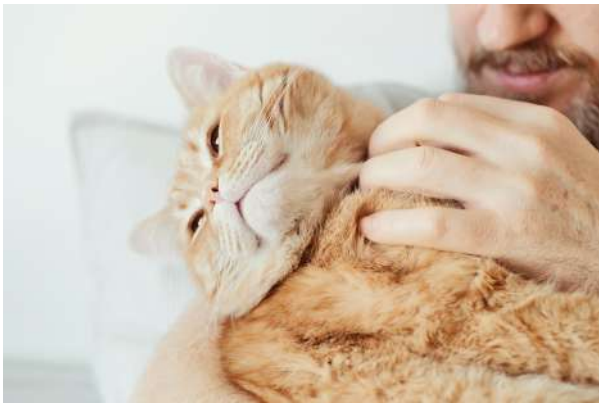
But I’m talking about something different here – **plain old-fashioned happiness** – the wholesome, healing pleasure that used to wake you up on Christmas or your birthday when you were a kid.



- *We all long for happiness, and with good reason.*
- It goes hand-in-hand with better physical health, emotional resilience, and satisfying relationships.
- *Since it's what we want and it's so good for us, then why haven't we made it a priority?*
- Why don't we have more of it in our lives?
- *Probably because happiness can be as elusive as the rarest of butterflies, and It's less likely than a cat to come when called.*



Shall we consider the relationship between happiness and virtue? Happy feelings come and go at will, but don't you notice them spending more time with people who do their best to live with kindness?



- *The elusive nature of happiness may make its pursuit challenging, but it isn't unique in this regard.*

- Much of human behavior refuses, despite our best intentions, to yield quickly or easily to our will.

Contentment may be a pleasant side-effect of sharing our light with others while benefiting from it ourselves.



So, how do we cultivate the good results of happiness in our lives without scaring it away?

- Maybe it's like putting out nectar to attract a hummingbird.
- Remember the quote from Tony Robbins, "Where attention goes, energy flows."

You may discover, as I recently did:

a merry heart is powerful medicine for the soul, the greatest tool for global transformation, and one of life's greatest rewards.

I invite you to live as if your happiness may be the best gift you can give to yourself and to the rest of humanity.

"Happiness is when what you think, what you say, and what you do are in harmony."
- Mahatma Gandhi

"The happiness of your life depends upon the quality of your thoughts."
- Marcus Aurelius



**Energy Exercise
NRGX 4.1**

Is Your Life a Beacon for Happiness? A Questionnaire

“If you build the nest, the little bird will come” Based on a Haitian proverb

I. WHO impacts your happiness?

- A. As you think of the people in your life, which names and faces make you feel happy?
- B. Are there others who bring up different feelings—confusion, cognitive dissonance, anxiety?
- C. Are there people you find challenging, but can't avoid because of work, family, or other connections?
- D. Do you know how to shield, guard, or protect yourself from people in your life who may be difficult? Here are some resources you might want to check out:
 - **Magazine article**, <https://www.psychologytoday.com/us/blog/the-empaths-survival-guide/201804/5-protection-techniques-for-sensitive-people>;
 - **Blog with instructions for Pink Rose Quartz and Mirrors Protection Shield**, <https://www.davinia.org.uk/articles-and-downloads/how-to-create-a-personal-energy-shield-for-protection.html>;
 - **12-minute video presenting 12 practices for building emotional health in challenging situations**; <https://youtu.be/skZagPiKQfQ?si=24HAJNTRNCdYnZTm>
- E. **OPPORTUNITY FOR IN-DEPTH WORK:** *Make a list of the people in your life. Include people you see every day and people who are often in your thoughts and who matter to you. Contemplate the names. Notice your emotional reaction. Who feeds your growth and lights you up? Who challenges you in a constructive way? Are there people in your life who undermine your confidence or block your intentions, either consciously or unconsciously? How do you balance your spiritual sovereignty with love, service, and compassion?*

II. WHAT impacts your happiness?

- A. What makes you happy?
- B. What do you love to do?
- C. Are there ways you can adjust your life to make room for more of what you love?
- D. Do the physical objects in your life bring you joy,? Would it make you happy to reduce clutter?
- E. Are there situations or circumstances causing you stress? What helps you cope?
HINT: The next session is about radical acceptance.

NRGX 4.2

More Happiness Hacks

“If you build the nest, the little bird will come” Based on a Haitian proverb

1. Give Yourself Permission to be happy

I was being a good seeker following my bliss. I had the sustaining comfort of joy and occasional bursts of spiritual ecstasy. My life had been reshaped. But when it came time to plant seeds of intention for a new moon or a new year, I didn't dare name happiness for fear of jinxing it.

I recently read, “The vast majority of people today cannot bear to think of happiness as something that can really happen in their lives.” (The Book of Peace WE ARE ONE channeled by Isabel Barsé).

How about you? Can you think of happiness as something possible? We came into this life to work, to play, and do our part. But we've been hurt. No matter—It's not too late. The world may be going mad, but we can be happy anyway. It's a matter of focus.

2. Find Polestars

Certain thoughts and mental images lift my spirits. As ancient mariners navigated by the north star, so we can place 'stars' of inspiration in our mental skies. Here are some categories of things people find inspiring. You may use this as a springboard for coming up with your own specifics.

- *They can be videos in a saved playlist, photos or other images, memories, stories, or literally anything. This exercise asks for you to identify specific things that make you happy. Collecting polestars is an exercise in recognizing emotional resonance. When you use them, your brain gets to practice finding and using the neurological connections that produce happy feelings.*

• Baby ducks	• Sun/Moon/Stars
• Warm Cuddly Fur Babies	• Natural Beauty
• People Overcoming	• Your Person/People
• Memories of Love	• The Triumph of Goodness

NRGX 4.2 (Continued)
More Happiness Hacks

“If you build the nest, the little bird will come” Based on a Haitian proverb

- ***People often use vision boards to collect images of their goals. You could use one for pictures that make your heart sing.***
- ***You might choose to keep a journal or notebook and use it only for jotting down synchronicities, serendipities, and inspiration.***
- ***Go even more 3-D.. Look for gifts from nature, a feather, a shell, a flower. Consider starting an altar if you don't already have one.***

3. Let your seeds sprout

When we're practicing new states of being, it's tempting to poke around inside looking for evidence of growth. One of the most frequent mistakes seekers make is to dig up the seeds of their intentions before they have time to sprout. In fact, it has often been the case that breakdowns and breakthroughs cycle through my life in rapid succession. It's almost as if the courage to take on a new attitude also gives me the strength to confront my barriers.

- .But it would have to be that way, wouldn't it? How else would we see the old that needs to make way for the new.
- **When in breakthrough** I celebrate, share, and create. Life gets easier and lighter while I surf the energetic ebbs and flows as they come.
- **When in breakdown** I face the truth about my feelings while having compassion for myself. I recognize my old story for what it is. I practice radical acceptance and choose the real experience of the moment over an imagined 'better' future.
- **When we accept the reality of the moment** our truthfulness and tranquility bring sacredness to life's challenges. The thought, "There's something wrong here," gives your unconscious mind a signal to look for problems. Since there's little to no perfection on this plane, there's almost always something to find. The more we focus on our intentions instead, the more effective we will be in attracting the happiness we seek.
- **You'll be surprised at how effective you can be at training your mind.**
- **It's simply a matter of building a new habit.**