



Harnessing
Our
Happiness

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Introduction

The purpose of this guide is to spark us into moving life's journey into lasting joy.

In this world of “haves” and “have nots”, we often associate happiness with something material or physical. However true happiness comes from within, something we are born with, or some essence we self-develop. A feeling of joy that we get from something outside of ourselves is momentary. However, a feeling of joy that we get from something inside of ourselves is everlasting.

We cannot escape problems but we can develop ways of dealing with our problems that does not allow our happiness to be taken from us. More than we are doers, we are deciders. Our decisions to maneuver life with truth and integrity are our intentions to live our happiness. When we experience life from a fearful and shameful place, we disconnect from our self-respect and self-worth. Therefore, the most important decision we make on a minute to minute, day to day basis is to experience all of life through our own good intentions.

Our individual goodness is manifested through **T.L.C.**
truth, love and consciousness

Through Truth – we defend our soul

Through Love – we defend our heart

Through Consciousness – we defend our life

The Nine Steps to Happiness

I Have

Humility

Aceptance

Perseverance

Patience

Impeccability

Nurturance

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Strength

The purpose of this guide is to help us source what we do have within, such as, our inner wisdom and our inner knowing. Having knowledge of our own good qualities will ensure a happier life for ourselves and others.

Step One

Humility

Humility – The quality of courtesy and kindness, aware of others.

Opposite

Arrogance – haughty, claims much for oneself, concedes little to others.

Humility is a force not a fragility.

Humility is one with heart. It is the opposite energy of arrogance, which is inevitably ego-fed. To be humble is to be heartfelt and honest. It is incessant sincerity. Whether a president or a street person, we are but one small instrument in the universal plan. Humility holds within it the essence of safety, grace and kindness. It is a sweet whispering amongst the harsh noise of this world. The ancient masters taught that humility was the basic principle for happiness. It is a power that is birthed from the highest source. Being humble is a mixture of mercy, mindfulness and might...truly the foundation of our human greatness.

Happiness is the result of humility because it avoids all humiliation.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your humility?

3. Where have you exhibited your arrogance?

4. Do you plan to be more humble, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of humility and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more humility and how it helped you to feel happier.

Step Two

Acceptance

Acceptance – to take with good grace, to submit to

Opposite

Rejection – to deny, to repudiate, to not accept

Acceptance is doing our best and forgetting the rest.

Acceptance is one the highest nutrients for a peaceful existence. It facilitates a wisdom of having eyes with foresight and minds with forethought. Life is unpredictable with unexpected difficulties. Accepting this fact helps us deal with our complex world with greater ease. When handling life's challenges, become like the bamboo shoot. It amazingly has a very long life because it is flexible and pliable. Acceptance holds within it an energy that disarms adversity. It is a mindfulness that is enlightenment, salve for the soul. Accepting life on life's terms is considered the illuminated path that leads to contentment and serenity.

Happiness is the result of acceptance because there is good in the worst of us, and bad in the best of us, so we might as well accept the whole darn lot of us.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your acceptance?

3. Where have you exhibited your rejection?

4. Do you plan to be more accepting, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of acceptance and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more acceptance and how it helped you to feel happier.

Step Three

Perseverance

Perseverance – to undertake in spite of counter influences, to press on

Opposite

Hesitation – to waver, to falter, to give up

Even with interference – maintain perseverance.

It is believed that if there were an eleventh commandment, it would be perseverance. It is the vehicle for spiritual growth, mind advancement and emotional stability. Thomas Edison made over 5000 attempts before he discovered the right filament for the light bulb. When we persevere, we salute our mistakes, seeing them as an advantage, an opportunity to overcome adversity. Our courage takes over and we know it is better to try and fail rather than fail to try. We strive in spite of our difficulties becoming like a flame that refuses to be extinguished. We hold to a worthy course, seeing hindrance as chance for our higher self to interfere. To persevere is to not “sever” before the deed is “perfected”.

Happiness is the result of perseverance because giving up to trying is triumph.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your perseverance?

3. Where have you exhibited your hesitation?

4. Do you plan to be more persevering, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of perseverance and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more perseverance and how it helped you to feel happier.

Step Four

Patience

Patience – a capacity to endure without complaint, tolerance, calmness

Opposite

Impatience – Complaining, intolerance, nervousness

Patience is a gift that eliminates a rift and facilitates a lift.

Between the bombardment of all the stimuli and choices coming our way, patience is vital to our peace of mind and serenity. Being patient comes from our understanding and compassion of the trials for our human development. We develop a faith which enables us to let things unfold as they should. Our higher knowledge can only reach us when we are patient and still. Our wisdom is birthed from our quietude. Patience reforms the emotions, replenishes the body and refines the mind. Impatience undermines our well-being, and puts our sense of calmness at risk.

Being patient is a sign of not having unrealistic expectations. This in itself protects us from becoming judgmental and critical. Patience is a compliant composure and uncomplaining steadiness, whereby we do not compromise our high-mindedness.

Happiness is the result of patience because the reward of patience is...patience.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your patience?

3. Where have you exhibited your impatience?

4. Do you plan to be more patient, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of patience and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more patience and how it helped you to feel happier.

Step Five

Impeccability

Impeccability – absolutely correct, beyond criticism, clean, accurate

Opposite

Impurity – moral pollution, being impure, unchaste

To be impeccable is to be respectable, even when it is not acceptable!

Impeccability is the non-attached authentic yearnings of our soul. No matter how people react to our actions, what is most important is our pure thought and pure intention. It becomes irreproachable and bypasses all doubt. It is a nobleness that is acquired, retained and extended. Living life motivated by flawless integrity is to look a person in the eye, own our truth and then be direct and clear. It is a call to our earnestness, which then becomes a call to our mastery. To be impeccable is to be protected. It is purity in purpose. This, in itself can create miracles within the mundane because it is alignment with all that is universally correct.

Happiness is the result of impeccability because it holds within it the potent power of protection.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your impeccability?

3. Where have you exhibited your impurity?

4. Do you plan to be more impeccable, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of impeccability and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more impeccability and how it helped you to feel happier.

Step Six

Nurturance

Nurturance – nourishing, supporting, direct reference to moral qualities

Opposite

Negligence – overlooking, discounting, disregarding, not honoring

Without nurture, there is no future.

When we save just one person from sorrow, we repair a multitude of wounds. One truly nurturing person can exert such healing to the world at large. It is sad indeed that as a race, we have forgotten that it is our nature to nurture. Yet, life is so much more rewarding when it is lived nurturing others. Just as healthy food is nourishment for our body, nurturance is nourishment for our soul. It is our spiritual replenishment. Nurturing another becomes our emotional tithing because it is a statement of our unselfishness. We live united with our heart, whereby we become the silent partner for a higher realm. People do not care how much we know until they know how much we care.

Happiness is the result of nurturance because through it, two lives are healed, theirs and ours.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your nurturance?

3. Where have you exhibited your negligence?

4. Do you plan to be more nurturing, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of nurturance and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more nurturance and how it helped you to feel happier.

Step Seven

Enthusiasm

Enthusiasm – delighted, inspired, excited, eager, exalted, optimistic

Opposite

Apathy – dull, depressed, brooding, bored, pessimistic

Enthusiasm is being passionately wired instead of apathetically tired!

Enthusiasm is the cheerleader for every situation. It is a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we lead the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, more often than not, success is right around the corner. We carry the matchstick for the still undeveloped potential. Feeling enthusiastic keeps the heart pumping because it holds within it the pulse of the creative forces. This produces a momentum that manifests extraordinary results. It is the vehicle for our spirit to spiral into substance. Our enthusiasm is the delight of our heart’s desires being heard loud and clear.

Happiness is the result of enthusiasm because it is the combination of our confidence, character and charisma.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your enthusiasm?

3. Where have you exhibited your apathy?

4. Do you plan to be more enthusiastic, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of enthusiasm and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more enthusiasm and how it helped you to feel happier.

Step Eight

Sensitivity

Sensitivity – Compassionate, emotionally aware, empathic

Opposite

Insensitivity – Cold, unfeeling, self-involved, unCaring

Sensitivity avoids all defensiveness and offensiveness.

Sensitivity is our heartfelt connection, birthed through our feelings. In today's society, many are afraid to acknowledge their sensitivity. Based on all the negative news, we have become desensitized to our surroundings. As a result, we are furthering ourselves from the people and things that mean the most to our spirit. Viewing our sensitivity as one with our strength is connected to our self-empowerment. Being sensitive speaks of being concerned, careful and compassionate. This, in turn, awakens the intervention and intermingling of a sense of responsibility, a sensibility and a common sense. These are all the markings for saving our wounded planet because it confirms an acuteness of our consciousness.

Happiness is the result of sensitivity because it is the primary intelligence of all that is wrong in the world.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your sensitivity?

3. Where have you exhibited your insensitivity?

4. Do you plan to be more sensitive, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of sensitivity and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more sensitivity and how it helped you to feel happier.

Step Nine

Strength

Strength – power, force, might, energetic, openly flowing

Opposite

Weakness – feebleness, inferiority, tired, blocking

Strength is knowing what to stand for and what not to fall for.

It is a sure sign of our strength when we know there is much to learn and equally, much to unlearn. This shows the absence of pride and the presence of purity. To be strong is to know and study our weaknesses and their priceless values. It is such a statement of our self-worth to openly and easily admit our wrong doings. The more we are willing to face our inadequacies, the more we ignite our full power. This is the combination of integrity and intention, leaping from ego to elevated. When we are able to captivate consciousness, clarity and courage in an environment filled with confusion, carelessness and condemnation, we have earned the right to call ourselves strong and mighty.

Happiness is the result of strength because it holds the vibration of vitality, virtue and vigilance.

1. Which line from the step meant the most to you and why?

2. Where have you exhibited your strength?

3. Where have you exhibited your weakness?

4. Do you plan to be more strength, where, with whom and how?

5. Whom, if anyone, do you feel is a great example of strength and why? This can be someone you know personally, a famous person, a historical person, or a person who is not alive presently.

Suggestion: each week document when you showed more strength and how it helped you to feel happier.