



Experience  
Being Happy  
manual

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# Introduction

The purpose of this manual 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 though **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 Harnessing Happiness

## I Have

**H**umility

**A**cceptance

**P**erseverance

**P**atience

**I**mpeccability

**N**urturance

**E**nthusiasm

**S**ensitivity

**S**trength

The purpose of this manual 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 and 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?

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2. Where have you exhibited your humility?

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3. Where have you exhibited your arrogance?

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

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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.

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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?

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2. Where have you exhibited your acceptance?

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3. Where have you exhibited your rejection?

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

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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.

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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 soul 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 umph to trying is triumph.

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

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2. Where have you exhibited your perseverance?

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3. Where have you exhibited your hesitation?

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

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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.

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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?

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2. Where have you exhibited your patience?

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3. Where have you exhibited your impatience?

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

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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.

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



# Step Five

## Yearnings

*Yearnings – passion, desire to make something happen, inspired to have something different, optimistic*

### Opposite

*Depression – depression, slow in action, feeling of laziness, feeling of what's the use, pessimistic*

**Yearnings are the first steps to recognizing our soul's passion**

Yearnings are one with our heart's desires. As a result, we awaken our ambitious and artistic nature. Yearning is also a statement of our hope. We are saying to the Universe and ourselves that we believe in dreams and success. To yearn for something or someone is the awakening of our individual delight. If we discard our yearnings, we discard our purpose and potential. This, in itself can lead to depression and despair. We never know what life has in store for us, but in the end we must follow our own longings. They are the path to our purpose, destiny and fate.

**Happiness is the result of yearnings** because to yearn is to learn....and it comes from the feeling that we have the right to earn.

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

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2. Where have you exhibited your yearning?

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3. Where have you exhibited your depression?

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

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

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

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