

Tips for Remembering Happiness!

1. Re-evaluate what you have learned about happiness and whether it is actually working for you. Remember only 10% of our happiness relates to our job, status, age and income, etc., 50% is inherited from our parents and 40% is negotiable! Redirect attention to the unchanging happiness that lies within to realize the 40%.
2. When strong belief systems and/or emotions arise, bring awareness to them and related bodily sensations until they shift. Discover their origin and be with it until you have integrated its teaching. If possible, sit with them for 24 hours before expressing them.
3. Physically release strong emotions and bodily sensations by deepening your breath, going for a brisk walk and/or finding a good place to scream (a great release)! Practice EFT, BodyTalk or other energy techniques on yourself to help resolve the energetic patterns that support them.
4. If the patterns feel too entrenched or overwhelming to work with alone, have a BodyTalk session (in person or by distance) or use another body-centred or energy therapy to shift them in the subconscious mind and bodily tissues.
5. Find a quiet place to focus attention within for at least 10 minutes a day. Allow this meditation to cross over into your day by continuing to be with yourself (distraction free), connecting with the life force energy within and experiencing your surroundings and other people with new eyes. Enjoy the spontaneity, ease and calm that arises.
6. Develop a daily practice, e.g., yoga, meditation, Qigong to align body, mind and spirit. Commit to it for 40 days, enabling it to become a habit and enjoy a more vibrant spirit, vital body, and greater peace of mind.
7. Give time to serving others each week. Enjoy some downtime with family, friends and community. Take time to play and enjoy yourself like you did as a child!
8. Become your own best guide through the practices of meditation, getting adequate nutrition, exercise, and sleep, etc. Let yourself be shown effortlessly when change needs to happen and welcome it as best you can. Allow more space for joy to enter and give less space to stress, negative thoughts, overthinking and related physical pain!