



Being Happy

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Searching For Happiness

Searching for Happiness is a personal statement of not being Happy. I do not need to search for what I already have.

We all have the potential to be happy, yet only a few people can fulfil that potential through choice. To choose to be happy, I first have to find it and when I do, I will be happy through choice.

- Being happy through choice is a conscious choice of no longer being unhappy.
- Being unhappy is not a conscious choice but it is a sub-conscious choice.
- Being happy is a super-conscious choice

A super-conscious choice is made with a higher awareness than just physical consciousness. It requires emotional awareness.

Searching for happiness requires an awareness of where to look and how to see it, how to feel it and how to actually know it is happiness. It requires the ability to explore, discover & experience happiness intuitively.

“Intuition is the gateway to finding Happiness”

However, intuition is not always interpreted intelligently. To be happy with my intuitive choices requires a degree of emotional intelligence, as well as a degree of rational

intellect. Together they allow the essence of happiness to flow as a personal experience.

When it comes to finding happiness, having a degree in the intelligence of a rational intellect is useless without the common sense of intuitive emotional awareness. Having a sensitive awareness of what makes me unhappy is equally as useless without rational intelligence, but it is the first step on a personal journey of experiencing happiness.

Finding Unhappiness

We don't need to go looking for unhappiness as it is apparent to most people wherever they are. The world is full of unhappy people pretending to be happy.

In a relative dual reality world, where everything is in contrast to something, happiness has a polar opposite of unhappiness. Paradoxically, the way to find happiness is to lose everything that causes unhappiness. To do this, I am required to understand why I am unhappy and what is the cause of the affect of my unhappiness. This requires a degree of emotional intelligence. It also requires an understanding of the contradiction that the way to find happiness is to understand what is causing my loss of happiness.

Happiness is a natural quality, whereas unhappiness is a normal default setting for most people; as they usually find something that makes them unhappy every day.

There are degrees of unhappiness that spiral down through gloom, sorrow, misery, despair & desolation, to depression. It is not emotionally intelligent to wallow in the negative polar intensities of unhappiness, looking for a solution to the problem. Trying to solve the problem of one's unhappiness has never made anyone happy, just less miserable.

Actually eliminating the cause of unhappiness is the pathway to conscious happiness. The cause of all emotional problems, including unhappiness, is a mental fear caused by

a limiting belief. Once I own the cause of my unhappiness because I know that my false beliefs are causing it, my problem instantly becomes a challenge. That challenge is to change a negative belief that is causing my unhappiness to a positive belief that allows my happiness to flow.

“Every frequency of thought is expressed on a wavelength of emotion”

All mental energy of thinking and emotional energy of feeling has a polarity that is either positive or negative. Unhappiness is the affect of negative thinking, due to negative beliefs, opinions, convictions & fears.

“Happiness is the positive feeling that accompanies a positive thought”

Consequently, unhappiness is the negative feeling that is caused by negative thinking.

Happiness Is The Effect Of Positive Thoughts

It is not possible to think negative thoughts and be happy. Only positive thoughts influence positive emotional experiences. Whatever I am thinking is influencing my emotional feelings. I experience emotionally, the influence of whatever I am thinking.

“My mental memes influence my emotional moods”

Suppressing my emotional feelings to stop me being sad or unhappy, will never make me happy. Happiness is an emotional experience, so suppressing an emotional experience suppresses my happiness, as well as my unhappiness. Suppressing my happiness has a direct affect on my wellbeing, which is the subject of another book.

Happiness is the effect of positive thoughts, not positive thinking, so we need to understand the difference.

- A positive thought is inspired & empowered and feels good. It feels good because it is empowered and it's emotional power is what inspires one's self
- Positive thinking is what I am motivated to think. When I am motivated to think in a certain way, it means that my perspective is neither empowered nor inspired

Understanding the difference between being motivated and being empowered requires both a rational and an emotional logic.

- Rational logic makes sense when I know it to be right
- Emotional logic makes sense when it feels good

If I think something feels good because it feels right, I will question whether my logic is serving me. Logically, we think with thought and feel with emotions, not the other way around. Thinking with emotions and feeling with thought is neither rationally nor emotionally logical.

“The other way around to a negative polarity is a positive polarity”

Thoughts are either rational or irrational and feelings are either emotional or unemotional, not the other way round. Irrational feelings are as illogical as unemotional thinking.

Happiness Is A Rational Emotional Experience

A Rational Emotional Experience is one that I can rate or measure experientially. To rate an emotion requires a system of measurement, so that it's quality can be qualified. To qualify as an emotion, it is required to be a feeling or an emotional state of being that is attributable to one's Self. What is being measured is not the emotion but whether it is attributable. I can attribute an emotion to my Self, once I know that I am expressing that feeling. Both the knowing and the feeling are intuitive.

An emotional state of being is one that I am both subjectively feeling and objectively expressing. When a subjective emotion is objectively expressed, I can describe it adjectively.

An adjective is a describing word. An adjective expression is described with an emotional attribute. When I am able to adjectively describe an emotion that I attribute as an expression of my Self, then I can choose it with awareness and I have consciously attained it.

“An emotional attribute is an adjective attainment once I can consciously choose to express it”

I can choose to express my Happiness, as a rational emotional experience, once I can adjectively describe the emotional states of being that I have happily attained, by consciously attributing them to my Self.

Conversely, once I become aware of the negative emotional attributes that are causing the unhappy experiences in my life, due to my negative thinking, I can consciously choose to change my emotional experience from a negative to a positive expression of my way of thinking.

“Positive thinking requires positive thoughts with the absence of negative limiting beliefs & fears”

Unhappiness Is A Fear & A Limiting Belief

When I believe that I am unhappy, I fear being unhappy and I am limited by my belief that I am unhappy.

A limiting belief is any belief that limits my natural flow of positive emotional happiness. It is simple to spot the presence of a limiting belief because it does not feel good. When it feels really bad, the limiting belief has become a fear.

Fear is an acronym for False Evidence Appearing Real. The evidence of whatever is occurring in my life can appear to be good or bad relative to what I believe is happening to me. When what is happening appears to be bad, then my belief is false, because it is not true.

My definition of a true belief is one that allows a beneficial opportunity to occur. False beliefs cause problems to occur due to a negative perspective. A true perspective sees opportunities occurring due to my positive beliefs.

“Every negative problem in life is a beneficial opportunity in disguise”

Positive beliefs allow opportunities to occur and negative beliefs cause detrimental problems to occur.

When life happens to me or life happens by me, I have a choice of polarity to either think positively or to think negatively. I do this instinctively in alignment with my belief system. As my beliefs are stored in my sub-conscious

memory, I instantly feel positive elation with an opportunity or negative worry, concern or fear with a problem. It is not what is happening that is a problem or an opportunity, but what my belief about what is happening perceives it to be.

“There is always an opportunity to turn every problem into a challenge”

Unhappiness Is A Challenge

I have no need to challenge my Happiness. I take every opportunity to experience happiness in life, as an expression of my true nature.

Unhappiness is a problem that I can either tolerate until it becomes intolerable & unbearable or I can accept the challenge of an opportunity to change my current way of thinking. The problem is that the mental current that is my thinking is flowing in a negative direction and causing the entropy of a confused perspective. The negative direction that is orientating my thinking comes from my sub-conscious belief system.

“The challenge is to change a negative limiting belief to a true belief”

A negative belief is a problem because it disallows the flow of personal happiness.

A true belief is one that offers no resistance to any forthcoming opportunity.

- A true belief is that every problem is a challenge to change a negative belief
- A negative belief is that every failed challenge is a problem
- A true belief is that failure is not an option

- A negative belief is some you win and some you lose
- A true belief is that we are all winners in a life of opportunity
- A negative belief is that bad things happen to me
- A true belief is that good & bad is just the polarity of my perspective based on the positive & negative perception of my belief system
- A negative belief is that I cannot change my way of thinking

The challenge is to change every negative limiting belief to a better truer belief that opens up an opportunity to proceed in a positive direction, which allows a feeling of being happy. This is the process of changing negative beliefs that cause problems into positive beliefs that offer opportunities.

With every newer & truer positive belief comes the opportunity to become happier, with a better sense of feeling good by actually being happy.

“Happiness is an innate blessing and unhappiness is a self imposed curse”

Happiness Is An Opportunity

“Every moment in time is an opportunity to be Happy”

Conversely, every moment in time allows the possibility of being unhappy. There is never an opportunity to be unhappy. Unhappiness is a problem, not an opportunity. It is a problem that cannot be solved but every problem can be overcome. Being overcome with happiness is always a possibility.

I overcome every problem in my life by meeting the challenge to overcome the problem. I am never challenged by happiness.

- I can happily meet every challenge in life
- I can unhappily fail every challenge in life

Whether I meet a challenge or fail a challenge is due to one thing only: Emotional Power. Insufficient emotional power is a problem. With enough emotional power, I meet every challenge in life.

- Without enough emotional power, every challenge is a problem
- With enough emotional power, every challenge is an opportunity to be happy with the outcome

Happiness really is enough emotional power to meet every challenge and overcome every problem in life.

The paradox is that I need to be happy to have the emotional power to be happy. I am required to meet my emotional needs to be able to challenge my fears and limiting beliefs, so as to overcome the cause of my unhappiness. Being empowered is the only way to connect to my emotional power. I have to be empowered to be connected and I have to be connected to be empowered.

Being unhappily disconnected from the source of our emotional power is the sole reason that we get stuck in our negative moods and the depression of our own desperate belief system. The fact is: Thinking positive mental thoughts requires positively happy emotional feelings.

“I am required to be happy to both express and experience my own state of being Happy”

The question is: How do I happily connect to the emotional power that allows my happiness to flow?

The Need To Be Happy

In the pursuit of Happiness, I need to be happy to find my happiness. We all need to be happy, unless we are happy. What I have, I value and what I want and don't have, I need.

Unhappiness causes the need to be happy. When I am not happy, I need to be happy, which is the affect of my unhappiness. That need is an emotional need, not a physical need.

Meeting my emotional need to be happy effectively reconnects me to my source of happiness. Unfortunately there is not just one emotional need called happiness. There are many possible causes of unhappiness and the need to be happy. There are many qualifiable emotional needs that are both the affect and the cause of unhappiness.

Whatever I need emotionally is a statement of my need for happiness. Every emotional need describes the negative energy void that affects my ability to be happy. Needing emotional energy means that I am disempowered with no will power and no self-motivation.

There are many ways that I can be demotivating myself, disempowering myself and losing my will to live. Equally, there are many possible ways that I can get my need for emotional energy met.

Meeting personal emotional needs requires the emotional intelligence to consciously understand what I need

emotionally, to restore my self-motivation. Meeting an emotional need is how I motivate myself to have enough emotional power to change the limiting beliefs that are disempowering my happiness.

Firstly, I have to become aware that I have emotional needs; secondly, become aware of what they are and thirdly; become aware of how to meet them.

Meeting My Emotional Needs

Meeting My Emotional Needs is a three step process:

1. Identify what I need emotionally

In the Appendix at the back of the book is a list of 240 emotional needs. Pick out three emotional needs that have a positive or a negative pull and rate them in order of importance. You may identify as many as ten or more emotional needs that apply to yourself. As one emotional need is met, another usually becomes apparent.

2. Ask someone to meet my identified need for me

Starting with my primary emotional need, consciously ask someone to meet this need for me, unless I decide that I can consciously meet this need myself. Emotional needs are either introvert, meaning I can meet them myself or extrovert, meaning I need someone else to meet them for me. For example: the need to achieve is an introvert need because what I need to achieve for myself, nobody can achieve for me. The need for approval is an extrovert need as we seek it outside of ourself until it is present within our Self.

3. Discover a way to meet every need myself

Irrespective of the emotional need, explore ways of meeting it myself in the most effective and efficient way, which is both effortlessly & quickly.

Depending on other people to meet my emotional needs, whether consciously or sub-consciously driven, forms a dependent, co-dependent or inter-dependent relationship with that person or those people.

Developing an inter-developmental relationship with my Self allows me to transcend my attachments to other people and become truly independent in my connection to my emotional power supply. Once I know how to consciously meet my own need for emotional power, I am self-motivated and on the way to becoming personally empowered.

Personal empowerment is a very happy state of being to attain. The default state of being disempowered and unhappy, requires first the ability of self-motivation before attaining the emotional state of being empowered with Happiness.

Happily Empowered & Unhappily Motivated

I only need motivation when I am disempowered & unhappy. Motivation will never make me happy, though it may please me.

Motivation pleases me when it either meets one of my emotional needs or overcomes the fear of not getting an emotional need met. This is the analogy of the carrot & the stick.

- I motivate you with a carrot when I meet your emotional need
- I motivate you with a stick when you fear that an emotional need will remain unmet

Using a carrot or a stick, a reward or a threat, is how I motivate someone else to act under my authority and do what I want them to do. This pleases myself by others pleasing me but it will never make me happy, only pleased rather than displeased.

Empowerment is emotional power with personal authority, which comes from within and is not to be confused with self-motivation.

Self-motivation is my ability to motivate myself by meeting my own emotional needs. When I fill my emotional need with energy, I am meeting my need for emotional power myself and this has value. My self-worth is greater when I meet my

emotional needs myself than when I need someone else to meet them for me. Self-esteem has value whereas the esteem of other people is a need. When motivating myself, I am pleasing myself, which pleases me because it has value; but not a true value.

Doing what I truly value allows the experience of being Truly Happy. Only when I connect to my true sovereign authority can I become truly empowered and be Happy.

Happiness Is An Empowered Authority

Confusing emotional power with mental authority disallows happiness.

“Unhappiness is the affect of a disempowered authority”

We all have the authority to make a choice but not all our choices are empowered. It is being disempowered that causes my unhappiness. I cannot be empowered and unhappy.

True authority is called sovereign choice, which is always empowered. We all have the authority of sovereign choice, unless we believe that we do not. With my own sovereign choice, I make empowered choices. When I make a choice from an unhappy state of being disempowered, my choice is not sovereign. When I allow people to influence me and I default to their choices, my choice is not sovereign because it truly is not my choice. I can argue that choosing another's choice is my choice but people who argue are not happy.

Happy choices are positively sovereign because they feel good. I am happy making my own choices. When I am happy making a choice, it is with my sovereign authority because it feels good and I know it is right.

Authorised choices are empowered and empowered people make sovereign choices. Disempowered choices have no sovereign authority, so whether I believe them to be right or wrong is irrelevant. When my sub-conscious negative beliefs

or my need to please others, override my sovereign choice, I will not feel happy. My empowered authority aligns with my intuitive truth, not my intellectual beliefs. My intuitive truth feels good and I know it's right because I see my choice with clarity.

When my intellectual reasoning is unemotional and I believe it to be right because others have told me so, my choice is rarely beneficial in my long term.

I am intuitively empowered with sovereign authority, unless I am intellectually disempowered by other people's opinions, fears, beliefs and convictions.

Happiness Is Intuitive, Not Intellectual

Happiness is something that I feel but cannot touch. I cannot locate happiness with my physical sense of touch; neither can I see it, hear it, smell it or taste it. Happiness is not something that is physical, it is something that is emotional.

Happiness doesn't make sense intellectually. Being rational & intellectual never made anyone happy. It only ever managed to please the ego and make someone less miserable.

I cannot touch happiness physically, I can only feel it intuitively. I can only ever feel any emotion intuitively. All emotional feelings are intuitive. An intuitive sense of feeling is the only way to experience any emotion. When I suppress my emotions, I deny my intuition and when I deny my intuition, I suppress my emotions.

A rational fear is experienced as an intuitive sense of dread, with an intensity that is too high for me to suppress, so I feel intensely unhappy. An irrational fear is a worry that my intellect is unable to suppress, so it continues to sub-consciously concern me.

- The intellectual belief that emotional feelings are counter-intuitive is a nonsense
- The intellectual belief that being emotional is irrational, is a nonsense

- The intellectual belief that being sensitive is being weak, is a nonsense
- The intellectual belief that intuition is not a sense, is a nonsense

“The intellectual nonsense is that intuition is a non-sense”

With what sense to I experience happiness, if it is not intuitive? The answer is I don't. Suppressing or denying my innate intuitive senses disallows my happiness. The extensive cause of self-inflicted unhappiness in this world is caused by the intellectual belief that intuition is counter-intuitive.

With no acceptable way of measuring or rating happiness, it has become irrational to an intellectual mind. There is no rational way of being unemotional as I cannot measure what is not there.

Only when the intellect can accept the existence of its own intuitive feeling experiences will it be able to rate, measure and attain Happiness.

Happiness Is A Quality Attainment

Quality is a four dimensional reality. This means that there are four dimensions to the quality of an emotional attainment.

Happiness is a spiritual quality. The spiritual reality of happiness is that it has three other distinct dimensions. As well as the spirituality of happiness, there is a mentality, an emotionality and a physicality.

1. The mental reality of happiness is called Fulfilment. I am mentally happy when the choices that I make are fulfilling. When I am mentally fulfilled, I am filled full of happiness at the choices that I am influencing.
2. The emotional reality of happiness is Joy. I am emotionally happy when I am enjoying the experience of my contentment at being fulfilled with my life. My life is joyfully fulfilling its purpose. I experience my life as full of content and filled with joy.
3. The physical reality of happiness is contentment. I am physically happy when everything that I physically need exists in my life, right now. When I have enough of everything that I need in every moment, I am content because I have neither too much nor too little, neither more than enough nor less than enough.
4. The spiritual reality of happiness is a fulfilling influence in a content existence with a joyful experience of a quality attainment called being happy.

I am unhappy when:

- I am being mentally unfulfilled
- I am being emotionally disempowered
- I am being physically discontent
- I am being spiritually unaware of my happiness

Becoming aware of the spiritual attribute of happiness requires:

1. The influence of intuitive guidance
2. The experience of intuitive support
3. The existence of intuitive provision

Without the provision of intuitive guidance & support, I will sub-consciously default to needing to either please myself or please others to get my emotional need for happiness met.

The Unhappiness Of Greed & Pleasing

Greed & Pleasing is the same emotional need for energy, perceived with an opposing gender of perspective.

The male gender of emotional greed is in contrast to the female gender of emotional pleasing. They are like polarities flowing in the same negative polarity of direction, even though their gender is in opposition. Greedy people need people to please them and people pleasers attract greedy people, who hate the displeasure of not being pleased by others.

In alignment with the Law of Attraction, like energy unto itself is drawn. This means that like polarities with opposing genders attract each other. Attraction works irrespective of positive or negative polarity, so happy people attract happy people and unhappy people attract unhappy people.

Being happy in the company of unhappy people defies the law of spiritual energy. Being happy in the company of either people pleasers or greedy people is therefore not energetically possible.

Being greedy is deemed to be selfish and pleasing others, we are told, is being unselfish. Neither allows my Self to be truly happy. As my true Self is Happy, being truly selfish overcomes the duality of being either selfish or unselfish, as well as being either greedy or pleasing.

With the equanimity of a balanced gender of emotional happiness and the equality of a congruent polarity of mental happiness, I have the equability of a state of being both inspired & empowered with happiness. We are all equally able to be happy when our equanimity is balanced and our equality is congruent. We attain a level of mental equality when we express the mutual equanimity of our emotional happiness.

I realise that pleasing other people just makes them greedy and when I need others to please me, I am being needy & greedy as the default setting of my unhappy self.

Happiness Is Ever Present

Happiness is a Gift, a Blessing and a Present. It is a representation of my True Self to my Real Self. I am really true to my Self when I am Being Happy.

Happiness is present in my Self when I am being Present. Being present is attributing emotional presence to my Self.

Presence is an emotional state of being that I consciously attain when my mental focus is in the present moment of Now. When I am presently in the now, I am conscious of neither the past nor the future, only the present moment. The elimination of past & future thinking is attained through the spiritual practice of meditation. It is a spiritual practice because it takes practice to tune out any past objections and future projections of my sub-conscious mind.

In metaphysical terms, meditation is tuning into the Alpha brain wave frequency of super-conscious intuitive thoughts. This tunes out the Beta brain wave activity of conscious intellectual reasoning and the Theta brain wave activity of instinctive sub-conscious programmed memories.

Intuitive Alpha thought activity is the source of personal sovereign authority, which by its divine nature is always empowered. Divine means a pure state of feeling good. With the right mental authority, my emotional power is always good, which ensures my continued physical experience of happiness.

Reminiscing in the past and planning the future is only authorised with divine power when it really feels good. When beta thinking aligns with both theta programming and alpha thought, it is a divine flow of pure happiness that always feels good.

The definition of an expansive supra-conscious mind is when personal mental activity aligns with all three levels of:

1. Sub-conscious theta instinctive thinking
2. Conscious beta intellectual focus
3. Super-conscious alpha intuitive thought

When I present all three levels of my conscious-awareness, together in one moment of time, I attain the ever present nature of true happiness.

Pleasure Is Not A Joy

“Joy is a pain free experience of emotional happiness”

Pain is a symptom of the resistance that I am experiencing to my freely flowing state of being happy. In a state of pure joy, pain cannot exist. In a relative dual reality world, pain & pleasure are the same experience viewed from opposing perspectives. They exist as a contrast in polarity, experienced with either a positive or a negative perception of reality. It is either really painful or really pleasurable, relative to my personal beliefs about whatever is occurring. Whatever I oppose in life is a pain and whatever reduces my painful life, I consider to be a pleasure.

Low emotional power causes painful experiences. Pain is a warning to be aware of my state of unhappiness, caused by my low emotional power. With enough emotional power, pain cannot exist.

It is a challenge to remove whatever is causing the tolerations of an emotional energy drain.

- When I believe that my pain is physical, I cannot remove the cause of my painful emotional experiences
- When I believe that an external remedy can alleviate the cause of my pain, I will continually relive it and not relieve it

- When I believe that pleasure is the antidote to pain, I will be seduced by the pleasures of my physical existence
- When I choose an addictive substance to relieve my pain, the pleasure is just a fleeting sensation

There is no joy in the addiction to any substance, whether it be nicotine, caffeine, alcohol, adrenalin, sugar or recreational drugs. They are all driven by the sub-conscious need to relieve the pain of my low emotional energy. Without the emotional intelligence to meet my emotional needs myself in an efficient & effective way, I will default to the normal practice of taking addictive substances for a short term energy boost.

In my pursuit of pleasure and the relief of pain, there is a complete absence of the emotional Joy of Happiness.

The Joy Of Happiness

Joy is the emotion that I experience when I am feeling happy. There is nothing that I have to do to enjoy being happy. Joy is an emotional feeling, not an action.

Sadness & sorrow are the negative emotional experience of being unhappy. Sorrow is the unhappiness of experiencing my misfortune. My fortune is the abundance of joy implicit within my happiness. My misfortune is the sorrow & guilt that I experience when I miss the chance to express my joy. I am sorry when I miss my chance to be happy. The cause of my misfortune & sorrow is always a fear or a limiting belief. I am guilty of the negative perspective that is causing my sadness & grief. I am grieving for what I need emotionally because my negative beliefs are disallowing any positive emotions materialising into my experience. Sadness is the depression or empty feeling of having an unmet emotional need. When I am deprived of what I need emotionally, I feel sad. When I am no longer guilty of disallowing my happiness and I am no longer sorry, my sorrow no longer exists. When I am no longer sad, due to the depression of my emotional power, my emotional needs are met and my sadness disappears.

Joy is the absence of sadness & sorrow. It is the presence of truly beneficial beliefs that allow the true value of my emotional power to effortlessly and joyfully flow through me.

- Sadness & sorrow happen to me

- Pain & pleasure happen by me
- Joy happens through me

When I allow the true value of an empowered life to happen through me, it is a Joy.

- Beneficial experiences are the effect of a happy & joyful nature
- Detrimental outcomes are caused by the sadness & sorrow of a negative outlook on life

The True Value Of Happiness

A True Value is an experience that I am empowered to choose once my emotional needs are met. With no need for emotional power, I am empowered to experience in my life whatever I truly value. I am worthy of an experience that expresses my true happiness.

In the same way that we all have different emotional needs, we all have our own true values of choice. These are experiences of value that ensure our true happiness. I offer a list of true values in the appendix but it is by no means all encompassing. One person's true value may be considered another person's emotional need and what another person needs may be deemed to have true value for me. Every need has a value when it is met but it is not a true value.

- A value is something that sub-consciously motivates me. It has a subjective positive effect
- A True Value is what I choose to consciously experience when I am empowered. It is an adjective beneficial choice

The object of emotional values is that they are the absence of any subjective need and have the power to fulfil an adjective true value of my choice. What I perceive to be the source of my true happiness may have no emotional effect on you. When emotions are deemed to be aspects of love, true

values are aspects of personal happiness. Don't we all love being happy?

Emotional states of being and their true value become a clear choice of objective with the emotional intelligence to mutually agree on their adjective definition. When I can subjectively describe my emotional feelings in a rationally intellectual way, I can choose my emotional experience to be positively happy. Having a personal emotional experience of unknown quality & value is not emotionally intelligent.

“A truly valuable experience of personal choice is one that allows the enjoyment of happiness to flow”

When I ask someone if they are happy, they either say yes or tell me what they believe is making them unhappy. Few people understand the true value of their happiness and can intelligently describe their emotional state of being happy.

The personal awareness of clear adjective states of being happy and the truly valuable experiences that allow them to exist is the essence, or essential nature, of our own sovereign choice of personal happiness.

Happiness Is A Sovereign Choice

A Choice is Sovereign when I personally own the beliefs that inform it. A personally informed choice is sovereign and overrules any external influence. My choices are determined by my beliefs about what is occurring in my life. Choices that I am happy to choose are empowered and therefore they are sovereign. When I am making choices that are influenced by my need to be pleased or my need to please other people, they are not sovereign choices.

I am being influenced to please other people when I believe that I should, I ought to, I must or I have to do what they believe is right for me. What other people believe is right for them is what they believe is right for me. When my belief is informed or influenced by other people, it is not my own and is therefore not a sovereign choice.

When I make a choice, based on my own true belief, it feels good and is empowered with sovereign power because it has my own sovereign authority. We each have the capacity of our sovereign authority to make our own wise choices, unless for some reason we are incapable of doing so. It is always a false belief that incapacitates my sovereign authority and disempowers me.

When I make a choice that neither feels good nor bad, it is usually made under the influence of an external authority. I sub-consciously choose it without validating the sovereignty of my own choice. When I make a choice that feels wrong, I

intuitively know that it doesn't align with my own sovereign truth. It resonates with a false belief that misaligns with my own true wisdom.

In our past, the only sovereign entity was deemed to be the Sovereign Ruler of a State or Country. When Kings & Queens were deposed in favour of democratically elected governments, or autocratically imposed dictators, the sovereign state of the Ruler was transferred to the sovereign state of the Country. As people make choices, not countries, sovereign choice became overruled by Law.

Today we are taught to overrule our own sovereign choices by defaulting to what is popularly believed to be both legally & morally right.

Making my own sovereign choices requires a personal standard of behaviour that is without boundaries, which allows me to happily be a sovereign entity in my own right. Enforcing my boundaries on other people that are out of alignment with my own standards of behaviour will only ever ensure our mutual unhappiness.

Happiness Is A Standard

Being Happy is an excellent standard but it is not a normal standard. Being unhappy, for many people, is normal but it is not my standard. I cannot be happy being the cause of my own unhappiness. Being unhappy doesn't help other people to be happy.

Happiness is neither a subjective cause nor an objective affect. It is an emotionally adjective effect of effectively attaining the enjoyable, fulfilling standard of living a physical life of contentment.

My standard for Being Happy, whilst living an influential, existential, experience of life is:

- Being physically content
- Being mentally fulfilled
- Being emotionally joyful

It is my responsibility to attain the ability to respond in life to my own chosen standard. I may blame other people for my inability to be happy but this is my incompetence, not theirs. Other people appear to make me unhappy & displeased when I blame them for my own lack of responsibility. When I adopt their standards of living irresponsibly, I will blame them for my unhappiness.

When I take responsibility for the standard of my own happiness, I allow other people to do the same and I am no

longer the cause of their unhappiness. Being responsible for nobody's choice but my own, I am able to set and maintain my own standards for living a happy life.

The Golden Rule of standard setting is to be unto others as you choose for others to be unto you. When I am being happy in the company of all other people, I allow them to choose to be happy themselves.

My choices are:

- I choose to be allowing of all others to set their own standards for happiness, as I choose my own personal standards for myself
- I choose to be respectful of the sovereign choices of others, without judgment, so that they are respectful & happy with my sovereign choices for my Self
- I choose to set my boundaries to be so extensive that other people cannot cross them and make me cross & unhappy

“Other people's happiness is not my concern and when I am Being Happy, I am not concerned”

Happiness Has No Boundaries

Happiness is acceptable and unhappiness is unacceptable. We tend to endure & tolerate varying degrees of not being happy. Tolerating unhappiness is not being accepting, which is not being happy.

- A personal boundary identifies what is unacceptable behaviour from other people
- A personal standard qualifies what is acceptable behaviour for my Self

My personal boundary for happiness is that I accept other people's unhappiness, without tolerating other people's unhappiness, because it is neither my issue nor my concern.

My personal standard for happiness is that I respond with happiness in a responsible way. By taking responsibility for my own happiness and allowing others the same ability, my standards and boundaries are in alignment and there is no hypocrisy. I cannot take responsibility for my own happiness until I realise that I am responsible for causing my own unhappiness. When I react with unhappiness of any kind, my behaviour falls below my chosen standard and I am presented with an opportunity to uncover its cause.

Happiness is a choice that I can choose for my Self but not something that I can choose for another. What I consider to be acceptable behaviour for other people is that, like me, they choose their own happiness or they choose their own

unhappiness; with neither my approval nor my disapproval. The paradox here is that I am mentally accepting when other people are unhappy, whilst emotionally choosing not to share it. I am detached from the drama of their unhappiness when I have no emotional attachment to it.

- I am sensitively detached from their unhappiness with my empathy
- I am emotionally connected to their happiness with my compassion
- I am insensitively, unemotionally, disconnected from their unhappiness with my apathy
- I am inclusively, irrationally, attached to their unhappiness with my sympathy

“My standard is to share another’s happiness without sharing their unhappiness”

- Declaring that being unhappy in my company is unacceptable, would result in my becoming a hermit
- Accepting other people’s unhappiness as my own, would render me a misery and a miserable miser.

Whereas it is my unhappiness with other people that causes me to impose boundaries; my happiness with my Self is abundant, when boundless and boundary free.

“Imposing Boundaries onto other people never promotes happiness”

Promoting Happiness

Promotion is forward motion. My happiness moves forward when I allow it to move through me. I naturally promote my own happiness when I disallow any unhappiness of being discontent, unfulfilled or disapproving. When I disapprove of what I believe is causing my unhappiness, I fix it in to my reality as an experience. When I approve of disallowing my unhappiness, I am able to consciously eliminate its cause.

- My approval of disallowing happiness promotes my approval of happiness
- My disapproval of my unhappiness promotes it, which disallows my happiness

“Promoting happiness requires a positive perception of its emotional power”

When I see the unworthiness of my unhappiness, I take responsibility for demoting it to a past experience; by valuing the presence of my self-worth in the current moment of time. I demote unhappiness by deeming it's unworthiness to be unacceptable. Once I acknowledge my unhappiness to be a negative polarity of perspective, promoted by a false belief, I am able to reorient my perspective in the positive direction in which my happiness is flowing.

Waiting for happiness to happen to me will only ever allow me to be patient. I become a patient of my own happiness.

Trying to make happiness happen by me is a pleasure, not a joy, which often results in pain.

Allowing happiness to happen through me is my most positive perspective. It happens when I have no disapproval of whatever is occurring in my life. I deem myself worthy of everything that is presented to me. In the absence of any disapproval, there can be no unhappiness. It is my disapproving negative perspective that causes my unhappy experiences. Unconditional approval of whatever turns up in life, allows my happiness the freedom to flow through me without restriction.

- My personal approval promotes happiness
- My personal disapproval promotes unhappiness

Being approving allows happiness to flow freely in the most acceptable way. I allow being happy to happen through me when I am being unconditionally approving & accepting of whatever is occurring in my life.

“I require the value of my own self approval to be worthy of being happy”

Happiness Is An Allowance

Happiness is my allowance when I allow it. I allow my happiness when I am not disallowing it. When I am being happy, my allowance is abundant. With an abundance of happiness, my allowance is flowing through me. I am experiencing an abundance of joy when I am happily allowing beneficial experiences to flow.

Happiness is abundant when I have enough. I cannot have too much or more than enough happiness. Too little or not enough of anything that I need causes my unhappiness. When I have had enough of something, I have really had too much.

Enough is filled full and is fulfilling. I am fulfilled when I experience the abundance of having enough.

- When my cup is half empty, my perspective is negative
- When my cup is half full, my perspective is positive
- When my cup is full, my perspective is beneficial
- When my cup overflows, I perceive my cup to be too small

I can never have too much happiness, unless I am unable to contain it. When I cannot contain my happiness, I am overwhelmed by my cup running over. I am required to first attain my happiness then contain the flow of my happiness. When I experience the beneficial abundance of life flowing

through me, I realise that it contains my happiness. When I disallow the flow of my abundant allowance of happiness, I am unfulfilled & discontent because my container contains only unhappiness. When I fill my container with unhappiness, my life is not enjoyable.

- I contain my happiness by allowing it to flow through me
- I contain my unhappiness by disallowing my flow of happiness

Happiness is my allowance when I am allowing it to freely flow through the vessel of my extensive container.

“I am the physical container of my happiness and the mental maintainer of my happiness, once I become the emotional attainer of my happiness”

When I seal the container, I cannot maintain the flow and I feel only the inertia & entropy of my own unhappiness.

Being an open vessel allows my allowance of happiness to flow in an abundance of fulfilment & joy, when I am content with my container.

My joy is attained when my fulfilment is maintained and my contentment is contained.

Being Content

Being Content is an awareness of being satisfied with my physical existence. I am satisfied with the contents of my life, when I am content. It contains what I need to be physically happy and mentally fulfilled with my existing life.

I feel content when there is nothing in my physical reality that is disallowing my happiness. I am discontent when I believe that I do not have enough of something. I am unhappy when I do not have what I think that I need. My lack or scarcity is misery which causes my misery.

Misery is both the physical act of being in scarcity as a miser and the emotional state of being miserable as a misery. It is both the pursuit of unhappiness and the experience of unhappiness. It is caused by the belief that scarcity exists, so I will never have enough.

- Vagrancy is poverty, applicable to the poor
- Extravagance is gluttony, applicable to the rich

“Neither the rich nor the poor are content, with enough happiness”

Neither the vagrant nor the extravagant have found abundance. Whether I have too little or too much, less than enough or more than enough, I do not have enough.

Being content is the feeling that I experience when I have enough of everything, which is the definition of abundance.

When there is nothing that I need, I have enough, I am content and my life abounds with abundance.

I am only ever content in the present moment. The presence of contentment is only experienced now. When right now in this present moment I have enough, I feel content and the experience of an abundant life flows into my existence.

“The fastest way to experience contentment is to want for nothing”

My life can be unfulfilled & wanting or filled full of contentment.

Being Fulfilled

- Being Content is having everything that I need
- Being Fulfilled is having everything that I truly value

What has true value in my life is whatever aligns with my purpose for being alive.

“When my purpose in life is being fulfilled, I experience the feeling of joy”

When the purpose in life is to propagate one's genes and make babies, the joy of a fulfilling purpose is experienced at the birth of one's children. There is no greater feeling of joy than becoming a mother or a father but there are many more experiences of life that we are equally able to enjoy.

Enjoying any truly valuable experience requires an intuitive vision of a purposeful mission in life. There is much more to a happy life than just making babies. The conscious fulfilment of a happy life requires the knowledge of the individual path we each have personally chosen in life because it has true value for our Self. We remain unfulfilled in life due to our unawareness of our intuitive insight.

A personal vision, mission & purpose in life can only be imagined, visualised & realised with intuitive insight. No matter how informed the rational intellect, it will never discover its purpose from knowledge and experience of the external physical world. I can only discover my purpose in my

internal spiritual world with the awareness of my insightful intuition.

“With intuitive insight, I see that my vision for my life has a purpose and my life becomes a mission to fulfil both”

My Mental Vision is to live in a world where everyone is influential in the control of their own power, their own authority and responsible for their own actions. This is a world where people are naturally well, naturally happy and their human natures are mutually beneficial.

My Emotional Purpose is to experience being a happy & well human Being experiencing the contentment, fulfilment & joy of my happiness & the health, wealth & wisdom of my wellbeing.

My Physical Mission is to make responsible, empowered choices with sovereign authority; which allow the purpose of my vision to be realised through my human existence.

Being Unfulfilled

I cannot be happy whilst remaining unfulfilled.

A fulfilling life is full of achievements, accomplishments & attainments.

- Achievements require mental capacity or know how
- Accomplishments require physical skill or capability
- Attainments require emotional attributes or competence

I feel unfulfilled when I do not achieve what I want to achieve and I haven't accomplished what I want to accomplish. This is a false sense of being unfulfilled, which is really a feeling of failure. When I believe that success or failure is just about what I achieve or what I accomplish, I will remain being unfulfilled. I may feel satisfied with my achievements & accomplishments but this is a false contentment without the attainment of fulfilment.

- When I achieve an objective, I need another objective to achieve
- When I accomplish a level of skill or professional status, I need to accomplish the next level of recognition & acknowledgment
- When I attain the true value of being fulfilled, it becomes an experience of choice

I am motivated to achieve & accomplish whatever meets my emotional needs. This has a perceived value but not a true value. Only what I emotionally attain in life has true value for my Self.

“My self-worth is the value of the emotional attributes that I have attained”

With the awareness of attaining the quality emotional attribute of fulfilment, I am worthy of attaining the feeling of being fulfilled that I am attributing to my Self.

Other people may hold me in their esteem for my achievements and my accomplishments but this is a false sense of confidence. My self-esteem is relative to my own self-confidence & self-worth, which I experience with the awareness of the value of my choice of personally attributable emotional attainments.

It is not possible to be truly happy and be unfulfilled. The sense of achievement & accomplishment that pleases others will temporarily ease my pain but will not succeed in fulfilling my own reason, meaning & purpose for being successful.

The Meaning Of Success

We all have a choice in life of experiencing thriving, striving or surviving.

- Thriving is about attaining succession. When my life is in succession, one beneficial experience follows another
- Striving is about working hard to achieve & accomplish
- Surviving is about not failing. Death is the ultimate failure

When thriving, I succeed in flowing from one beneficial experience to the next without resistance, obstruction or objection. Succession flows freely with the success of my own emotional attainments. Life flows freely and in succession when I allow it to.

Being happy allows my life to succeed and my success to thrive. Many people strive to find happiness and fail miserably.

“With the attainment of happiness, I cannot fail in life and my life doesn’t fail me”

The meaning of success is in the mean balance. It is the balance of:

- Emotional power with mental authority, as physical ability
- Emotional feeling with mental thought, as physical reality

- Emotional experience with mental influence, as physical existence
- Emotional worth with mental confidence, as physical esteem
- Emotional enrichment with mental enlightenment, as physical enhancement
- Emotional competence with mental capacity, as physical capability
- Emotional love with mental light, as physical life
- Emotional joy with mental fulfilment, as physical contentment

“Contentment flows through my life with the existence of my enhanced esteem for my real ability to be happy”

“Fulfilment flows with the confident light of my influential, thoughtful, enlightened authority”

“Joy flows with the worthwhile experience of a powerfully enriched feeling of love”

“Happiness flows with contentment, fulfilment & joy”

When I bring my life into balance, it means that my happiness is succeeding. In every continuous moment of time, I am succeeding in being happy.

Keith Collins October 2022

Happy Highlights

“Intuition is the gateway to finding Happiness”

“Every frequency of thought is expressed on a wavelength of emotion”

“Happiness is the positive feeling that accompanies a positive thought”

“My mental memes influence my emotional moods”

“The other way around to a negative polarity is a positive polarity”

“An emotional attribute is an adjective attainment once I can consciously choose to express it”

“Positive thinking requires positive thoughts with the absence of negative limiting beliefs & fears”

“Every negative problem in life is a beneficial opportunity in disguise”

“There is always an opportunity to turn every problem into a challenge”

“The challenge is to change a negative limiting belief to a true belief”

“Happiness is an innate blessing and unhappiness is a self imposed curse”

“Every moment in time is an opportunity to be Happy”

“I am required to be happy to both express and experience my own state of being Happy”

“Unhappiness is the affect of a disempowered authority”

“The intellectual nonsense is that intuition is a non-sense”

“Joy is a pain free experience of emotional happiness”

“A truly valuable experience of personal choice is one that allows the enjoyment of happiness to flow”

“Other people’s happiness is not my concern and when I am Being Happy, I am not concerned”

“My standard is to share another’s happiness without sharing their unhappiness”

“Promoting happiness requires a positive perception of its emotional power”

“I require the value of my own self approval to be worthy of being happy”

“I am the physical container of my happiness and the mental maintainer of my happiness, once I become the emotional attainer of my happiness”

“Neither the rich nor the poor are content, with enough happiness”

“The fastest way to experience contentment is to want for nothing”

“When my purpose in life is being fulfilled, I experience the feeling of joy”

“With intuitive insight, I see that my vision for my life has a purpose and my life becomes a mission to fulfil both”

“My self-worth is the value of the emotional attributes that I have attained”

“With the attainment of happiness, I cannot fail in life and my life doesn’t fail me”

“Contentment flows through my life with the existence of my enhanced esteem for my real ability to be happy”

“Fulfilment flows with the confident light of my influential, thoughtful, enlightened authority”

“Joy flows with the worthwhile experience of a powerfully enriched feeling of love”

“Happiness flows with contentment, fulfilment & joy”

I Emotionally Need To:

<p>Win</p> <p>Abundance Affluence Conquest Luxury Prosperity Success Triumph Victory Wealth</p>	<p>Be Right</p> <p>Accurate Clear Correct Exact Make a Point Morally Right Precise Proper Truthful</p>	<p>Feel Safe</p> <p>Alert Cautious Certain Comfortable Organised Prepared Protected Reassured Secure</p>
<p>Be Busy</p> <p>Accomplish Achieve Attain Complete Fulfil Make happen Perform Produce Realise</p>	<p>Be at Peace</p> <p>Agreement Aloneness Balance Calm Quiet Space Stillness Tranquillity Understanding</p>	<p>Have Order</p> <p>Consistency Excellence Method Perfection Precision Regularity Reliability Stability Uniformity</p>
<p>Be Free</p> <p>Autonomous Detached Independent Self-determining Self-regulated Self-reliant Self-sufficient Unhindered Unlimited</p>	<p>Be Special</p> <p>Better than Chosen Deferred to Favoured Ideal Number One Outstanding Privileged Superior</p>	<p>Be Virtuous</p> <p>Loyal Faithful Reliable Dependable Sincere Honest Straight Trusted Respectable</p>

<p>Have Approval</p> <p>Allowed Approved of Authorised Empowered Endorsed Legal Motivated Permitted Sanctioned</p>	<p>Be Liked</p> <p>Accepted Admired Fashionable Included Normal Popular Stylish Traditional Trendy</p>	<p>Be Loved</p> <p>Adored Appreciated Cherished Desired Esteemed Prized Treasured Valued Respected</p>
<p>Be Acknowledged</p> <p>Commended Complimented Flattered Honoured Noticed Praised Recognised Remembered Thanked</p>	<p>Be Needed</p> <p>Assist Be Important Be Significant Be Useful Care Count Help Make a Difference Matter</p>	<p>Have Control</p> <p>Authority over Charge of Commitment Guarantees Obedience Power over Promises Reassurance The Last Word</p>
<p>Be Heard</p> <p>Be Got Be Grasped Be Listened to Be Understood Chat Communicate Gossip Make My Point Talk</p>	<p>Be Controlled</p> <p>Be Obligated to Capitulate Comply with Conform Defer to Follow Give In Give Way Surrender</p>	<p>Be Cared For</p> <p>Cuddled Feel Warmth Held fondly Hugged Nursed Receive Tenderness Shown Affection Touched Treated Kindly</p>

I Truly Value:

Adventure, Exploration,
Discovery

Intelligence, Intellect,
Cognition

Harmony, Connection,
Empathy

Freedom, Acceptance,
Gratitude,

Appreciation, Growth,
Expansiveness

Nurture, Development,
Learning

Bliss, Ecstasy, Euphoria

Reason, Meaning, Purpose

Clarity, Direction, Presence

Intuition, Innovation, Initiative

Honesty, Modesty, Purity

Spontaneity, Flow,
Expression

Invention, Imagination,
Insight

Qualities, Attributes,
Attainments

Authenticity, Authority,
Creativity

Happiness, Wellbeing,
Excellence

Abundance, Providence,
Prosperity

Distinction, Exclusivity,
Uniqueness

Integrity, Truth, Alignment

Beauty, Serenity, Calm

Faith, Certainty, Compassion

Confidence, Worth, Esteem

Magic, Mystery, Miracles

Awareness, Alertness,
Aliveness