

7 Secrets to Happiness—Module Three

Where is my stuff?



There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

-Buddha

Whether we like it or not, want it to or not, understand it or not, the Law of Attraction is ever present and always working.

This course strives to make us consciously aware of this principle and help us to deliberately incorporate the right habits so that the Law of Attraction works every day to our advantage.

To do this we need to follow 3 steps, 2 of which we have already covered:

- ✓ Step 1. Identify your desire—we have done that with our Great Life Story.
- ✓ Step 2. Give your desire attention—we do that by reading our Great Life Story (or watching our Mind Movie) at least twice per day, morning and night.
- ✓ Step 3. We must allow the process to work. We must give ourselves permission to succeed.

This third step is the one that most people either miss, forget about—or are unclear on how to make it happen.

How do we “Allow”?

To “Allow It” or to achieve a State of Allowing we must become a vibrational match to those things that you want to do, be and have.

There are three important factors we need to achieve a State of Allowing:

- 1) We need to **FEEL GOOD.**
- 2) We need to **REMOVE DOUBT.**
- 3) We need to **MEDITATE.**

Let's start with feeling good.

Looking back on Module 1, we talked about how there is nothing more important than feeling good. When you feel good and remain in a state of joy, you vibrate at a positive, allowing level where you attract all those things that you focus your attention on and feel deeply about.

Because we are all busy people with very hectic and stressful lives, it's damn near impossible to feel good ALL the time. It is much too easy to be influenced by normal, everyday situations that take you from a positive into a negative mood.



A thoughtless partner forgot your anniversary.
Your children run around the house screaming.
Someone cuts you off in the traffic.
Your boss won't listen to a word you say.

Add your own entries to this list.

Our hectic lifestyle these days can sometimes make us feel like a leaf blowing in the wind or a cork bobbing in the ocean, aimlessly floating from one situation and emotion to another.

Can you relate?

So many of us fill our days with endless, frantic activities. Before we know it, the day is done, it's 9 P.M., and the hours are gone forever! These hectic days turn into months and even years.

To make matters worse, the older we get, the faster time seems to fly by.

We must purposely take time out of our day to consciously do something that makes us feel good. This in turn will allow us to vibrate at a higher, positive level and will put us into a State of Allowing.

I recommend the following, two of which we have already covered and should have implemented.

1) We must take the time to be grateful for what we already have and what is coming to us. Our Habit of Gratitude has set us up to retire to bed in a positive state and then wake up to start the day in a positive, uplifted mood.

The longer we perform this habit the easier it becomes to appreciate even the little things throughout our day. For example here are some things I was grateful for today.....

I was grateful I had the energy to finish my first Spinning class--though it nearly killed me.

I was grateful the sun was strong enough today to burn through the "May Gray".

I was grateful I could enjoy the sunshine from my balcony while having an afternoon coffee.

I was grateful that my new Neale Donald Walsch book arrived today so I can try out my new speed reading skills.

I was grateful new ideas were flowing quickly and easily while I wrote this module today.

Taking the time to consciously think and feel gratitude for the little things can provide constant "pick-me-ups" all day long.



In other words..... Stop and Smell the Roses!

2) Create a list of exactly what it is that you want and consult this list on a regular basis throughout the day. The mere fact you have a clear picture of what you want is liberating. Add to that the empowered feeling of faith that you KNOW you will achieve it all—what a fantastic feeling!

3) Conduct random acts of kindness. Give someone a hug, leave extra coins in a parking meter, donate your time to charity, pay the toll for the car behind you, call a friend who's feeling down, cook a meal for an elderly neighbor, call your mum (that's Australian for "Mom") unexpectedly to surprise her...Whatever floats your boat and makes you feel good.

4) Meditate—we'll touch more on that shortly.

5) Connect with your inner child. Jump in a puddle, sing loudly and passionately in the car, make a daisy chain, play "tag" with the kids, "do a little dance" while cleaning the house—just be silly for the heck of it—anything that you might normally classify as childish that puts a smile on your dial (that's Australian for "face"!).

You will be amazed at how good this feels. Hah! I can hear you smiling from here.

Now let's take a look at removing doubt.

A State of Allowing = a complete absence of doubt.

Let's face it, doubt is for the foolhardy. Let me explain this further...

The brilliant mathematician Blaise Pascal (1632-1662) addressed the issue of doubt in a work of Christian apologetics. He came to the conclusion that while God could not be proved or disproved conclusively, it was safer to wager on God's existence. His argument was that if, after death, the believer is wrong, he has lost nothing. However, if, after death, the non-believer discovers he is wrong, based on current belief systems he could pay for his error for eternity. This is known as Pascal's Wager.

Regardless of your religious or spiritual beliefs, this logical argument could be applied to anything we try to achieve in life.

Think about it...

Suppose we set a target to earn \$100,000 within a 6 month period. We don't know how we might earn this money but we choose to believe that we can. This is what I would call a "safe wager" because the worst thing that could happen is that we don't get the \$100,000 in 6 months. What if it takes 8 months? Certainly our position is no worse than when we started. The best outcome of course would be that we DO earn \$100,000, or even more, in the allotted time. What a feeling of victory!



Let me add to this by sharing my personal experience.

I wrestled with one overriding thought when I initially set goal my to reach a size 10, a thought that repeated itself at least a THOUSAND times during my 7 week journey.

That thought was doubt.

I mean who was I kidding? Why would this time be any different? Everybody knows that our metabolism slows down AGAIN at 40. 7 Weeks? I couldn't pull this off in 70 weeks! And in any case, at my age I should not be so worried about how I look – you gotta' live life don't you?

These thoughts plagued me every time I jumped on the scales, every time I hadn't lost any weight, every time I ate food that wasn't part of my eating plan, every time I had a glass of wine with dinner when I told myself that I shouldn't.

And that's not all. Have you ever entertained any of these types of thoughts?

Why would my boss promote me anyway?

I probably couldn't handle the stress.

This is the worse time to start a new business anyway.

The government is keeping us down.

What could a girl or guy like that possibly see in me anyway?

He or she probably already has a girlfriend or boyfriend.

My parents have never been skinny so how could I be?

People are not interested in what I have to say.

I'm sure that you have a few others of your own.



Remember in the “*old days*” before fancy nozzles when we used to regulate the flow of water through a garden hose just by squeezing it and creating a slight fold? Holding onto doubt, just like the hose, is like pinching off the flow between you and the things you want.

So what can we do to eliminate the doubt and stop slowing down the flow (besides exercising our habit of gratitude and watching our Mind Movie as many times as possible)?

We can search for and find actual PROOF.

We can seek it out, proof it HAD been done and COULD be done—proof from those who came before us. If THEY could do it so can we!

Thank goodness for the internet that makes it so easy to source stories, books, testimonials and myriad other tools that demonstrate to us just how many times before others have succeeded, often against far worse odds than ours. If they can, we can!.

To make this search process easier, here is a small directory of resources that we can refer anytime that we feel an onslaught of doubt. The good news is that many stories stay with us and we don't need to come back to this directory over and over. Keep the list handy though for a quick dose of positive input whenever necessary.

Websites

<http://www.ijourney.org/index.php>

<http://www.spiritual-endeavors.org/stories/>

<http://www.rogerknapp.com/knap/inspire.htm>

YouTube

These videos and others can truly inspire us:

http://www.youtube.com/watch?v=fIRvsO8m_KI&feature=PlayList&p=DE08E5C1F017CB42&index=0&playnext=1

http://www.youtube.com/watch?v=jj5_MqicxSo&feature=PlayList&p=DE08E5C1F017CB42&playnext=1&playnext_from=PL&index=1

<http://www.youtube.com/watch?v=gbEKUeMnibw&feature=related>

<http://www.youtube.com/watch?v=rV-juQdjUEQ>

Plus, what I also did was to search for "*inspirational weight loss stories*" that I could tap into at anytime throughout the day.

Books

[*Extraordinary Comebacks*](#) by John A Sarkett.

[*Extraordinary Comebacks 2*](#) by John A Sarkett.

[*Famous Failures*](#) by Joey Green.

[*African American Stories of Triumph Over Adversity*](#) by Geraldine Coleman.

[*Unstoppable*](#) by Cynthia Kersey

ANY of the [*Chicken Soup for the Soul*](#) Books by Mark Victor Hansen and Jack Canfield.



ANY autobiographical book on the lives of people like Nelson Mandela, Bruce Lee, Abraham Lincoln, Martin Luther King, Bill Gates, Ghandi, Franklin D Roosevelt, Richard Branson, Henry Ford, Malcolm X...or ANY inspirational person you can think of.

[*The Bruce Lee Story*](#) by Bruce Lee

[*A. Lincoln: A Biography*](#) by Ronald C. White Jr.

[*The Autobiography of Martin Luther King, Jr.*](#) by Martin Luther King, Jr.

[*Ghandi's Autobiography: The Story of My Experiments with Truth*](#) by M. K. Ghandi

[*Losing My Virginity: How I've Survived, Had Fun, and Made a Fortune Doing Business My Way*](#) by Richard Branson

[*My Life and Work - An Autobiography of Henry Ford*](#) by Henry Ford

[*The Autobiography of Malcolm X*](#)

Movies

The Hurricane.

Million Dollar Baby.

Men of Honor.

The Pursuit of Happiness.

Erin Brockovich.

Amistad.

ANY of the Rocky movies.

This should last for a while.

Finally, let's address meditation.

Meditation is the best most effective way to achieve a State of Allowing.



Don't worry...

I'm not asking you to turn into an orange-robed, deep-breathing vegetarian.

Meditation means to ponder, think deeply and concentrate our minds on one thing, or nothing at all.

While meditating we enter into a positive vibration of no resistance, a peaceful and centered state of allowing. Because we quiet our minds through meditation, we offer no conscious thought and therefore feel no resistance.

We can think of it as putting the world on pause.

We give our subconscious and super conscious mind a state of peace to do what they do best – attract the people, places and events needed to working out the best solution for us to achieve our goals.

My personal daily regimen consists of only 15 minutes per day. I consider it my relaxation time and it gives my body a chance to rest and repair after my heavy morning exercise sessions.

For anyone new to meditation, don't worry. There are no right or wrong ways to meditate.

My method is to clear my mind of all thought which, in the beginning, was easier said than done. I keep a pen and paper handy to write down important thoughts that sometimes float through my conscious mind while I'm meditating, let them go and get back enjoying this quiet time.

Some people prefer to purposely concentrate on one thought or challenge. While I was creating this course I would think about the module that I was currently working on and then meditate for 15 minutes. Sometimes I could keep my mind in a clear, allowing state and other times I had a flood of creative ideas flow through me.

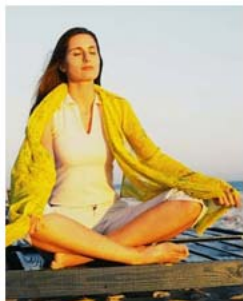
Either way, when I sat down at my computer to write out that module, the ideas came to me with greater ease because I took the 15 minutes to meditate beforehand.

And if either of these methods proves difficult, I suggest using a guided audio recording that leads you through a meditation of your choice.

Here are some great examples: [quantum meditations](#)

More and more studies at top research facilities around the world are scientifically documenting evidence of the health and longevity benefits of meditation.

In fact, it has become a widely acknowledged fact that daily meditation is not only good for us—some studies suggest that it may help to actually extend our lives. Now there's an incentive for us!



"Meditation is the tongue of the soul and the language of our spirit"

-Jeremy Taylor

And this leads us to our next habit...

The Habit of Meditation

Much like the previous two, this habit requires only a small amount of effort on your part—about 15 minutes per day.

You choose the best time of day to meditate—whatever works best for you. I'm a morning person and like to meditate before lunchtime. My brain could do with (that's Australian for "use") a rejuvenating timeout by then.

Some people are night owls and take longer to get going during the day. Perhaps an afternoon or early evening meditation would be preferable and more effective.

Here are the 4 steps for a successful mediation:

- ✓ 1. Set an alarm clock to let you know when 15 minutes have passed.
- ✓ 2. Get yourself into a comfortable position and make sure that your clothes do not restrict you in any way. If you don't fall asleep, you can lay on the floor. Otherwise, I suggest that you sit in a chair.
- ✓ 3. Close your eyes. If you are using an audio, turn it on now. If you are concentrating on one challenge, focus on it. If you are doing a clear mind meditation, relax and clear your mind.
- ✓ 4. Start to breathe deeply. Slowly fill your lungs with air and then slowly let the air out.

To maintain a mind clear of all thoughts during your meditation, try the following:

- a) Concentrate on taking long, slow, deep breaths.
- b) Think of a single object like a blue flame.
- c) Repeat a single word over and over, such as "peace" or "love".

If you find that thoughts keep "popping" into your head, gently visualize pushing them away and then go back to your centered, peaceful concentration on your breath or blue flame.

OR, if that doesn't work...

Rather than punish yourself with thoughts of "I must remember that!" that might ruin the serenity of your meditation, simply write the thought down and resume your meditation by again by concentrating on your breath, blue flame or whatever method of clearing your mind that you prefer.

As you quiet your mind, you may feel a sense of physical detachment. You might start to sway, have involuntary body movements, or even begin to weep! All these things are normal and indicate that you have successfully achieved a state of meditation.

When in this state you may hear sounds around you. Don't worry about them as they won't interfere with your meditation because you have already achieved the sense of separation.

Don't be at all concerned if it takes you a while to master the ability to free your mind of thoughts. It took me several weeks to master this as it is natural for our minds to fill with "chatter", especially if you have a busy lifestyle.

If you persevere you will undoubtedly see and feel amazing results.



You will find on this week's worksheets there is a check box titled The Habit of Meditation. Tick this box once you have completed this habit that day.

Consider these 15 minutes each day as a kind of self care activity. This is your time for personal attention. You deserve it. Treat yourself every day.