

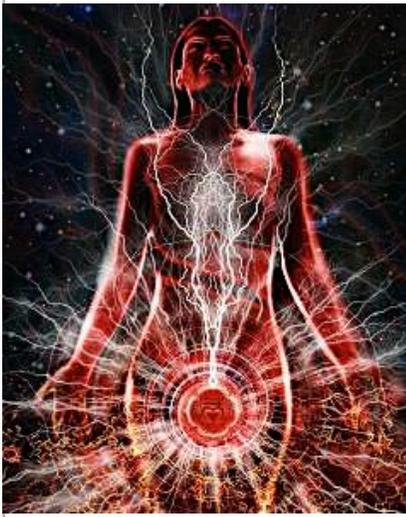
Soul Searching for Joy and Happiness



The most important first steps in achieving the state of joy and happiness is the building of a strong foundation here on earth. While we strive to be more connected spiritually, we often forget that we are incarnated into a physical world. Joy and happiness will be illusive if we are not grounded into this physical reality. This article is about finding your grounding and building a strong foundation and security on earth.

Foundations of Joy and Happiness	Page 2
Flexibility and Being Open to Clues	Page 3
Bach Remedies to Return You to the <i>Now</i>	Page 4
Homework - Three Exercises	Page 4
The Global National Happiness	Page 6





ROOTS

To be able to reach the states of joy and happiness, we need a strong root chakra. The root chakra deals with personal security and is basic for your sense of survival. This is no different than needing a strong foundation in order to build the frame of a house and then on top of that foundation and frame, we add a roof.

The root chakra needs to be established as the strong base for your incarnated life. The root chakra is important and it should be cared for properly over the course of your life. It is most important to have this base established properly in the first seven years of your life. This is the role of your parents.

So, your first chakra needs to be strong. If this has not been established, this issue needs to be addressed immediately. If you hate life, are not sure why you are here, etc., you need to deal with this.

This discussion will not be a discussion about maintaining the root chakra; there are a number of chakra meditations in your resources.

Foundations of Joy and Happiness

Feeling secure in life means feeling secure in your personal relationship with the earth, with your physical body, and by loving your incarnation.

In your first seven earthly years you learn to create the foundation of life; most important of which are shelter and food. Without those basics, you cannot be happy.

10,000 years ago you might have learned to hunt or fish from your father or the tribe. Today it is no longer about learning the basics of life; we operate very differently now, learning through education in schools and other places. Often, our parents cannot even really contribute or teach a child the basics of modern life and survival.

By the time you are seven, your life is less about loving life and incarnation on earth and much more about interaction with others and learning skills sets so that you can develop. Life is a mechanism for learning through which to gain your future employment. This becomes even more challenging as a teen.

Your root chakra needs to be grounded, open and working. Again, this is like a house with strong foundation, but like a real house, your foundation needs constant care to ensure it remains strong.

Once the root chakra is finally grounded, you need to be in the *Now* to be happy and joyful. This is challenging.

Our physical lives become more meaningful when we understand our Life Path and Soul Purpose. You have one Soul Purpose, but you have many Life Paths in order to meet that Soul Purpose. You have clues from various sources on your Life Paths that contribute to your Soul Purpose.

Once you get an idea of your Soul Purpose, you might then understand

your various Life Paths that contribute toward your Soul Purpose. When you have a clue, you then you have a driving force to move toward your Soul Purpose. A person with a clue will know whether to go left or right because of their meditations. This is how you put yourself into the *Now*, wisely, not blindly.

Blindness is about focusing on the outcomes and not on the *Now*. Outcome is important, but the journey is critical for your learning.

Bach remedies can help people who are always thinking about the past or worried about the future. [Page3].

It is important to remain wise and open to new clues through flexibility in our approaches to life. Most people are average in their flexibility but not fully flexible in adapting to new ideas, new paths and in being able to absorb them, and understand them. It is not about always adopting new ideas or changes; it is about not simply rejecting them out of hand.

In the next section we will explore two fictional or presumed examples of how flexibility and remaining open to clues is important to fulfilling your Life Path and Soul Purpose.



Flexibility and Being Open to Clues

FRANKIE THE FIRE FIGHTER

Frankie always new he wanted to be a fire fighter. He dedicated his whole life from his earliest memories dreaming and eventually training to become a fire fighter.

The problem was that Frankie was focused on only that goal; so focused that many important clues for his Life Path went unnoticed. His friends would invite him for coffee and he would push them away since he was so driven toward preparation. Family would invite him for dinner and he would push them away too.

Frankie finally graduated from his training; he was a very happy fire fighter in deed. But, as time passed he became sad because he missed clues to opportunities that would have added more joy to his life than was gained from his career alone.

But let's explore an alternate Frankie.

Had Frankie somehow understood that he needed to become less rigid and open to more ideas, he might have accepted friends' invitations that might have opened him to different thinking, different people or options.

He might also have tried learning about his timeline and using Rock Water. Perhaps he gets clues that tell him to look into a different direction that helps him to gain different ideas.

In this version of himself he is much more open, he will turn toward clues not even knowing that he will reconnect with his main purpose. Frankie meets people and all are connected to different ideas, all meet their outcomes (yin/yang) on their respective paths, that are now happy and balanced where Frankie too is in the *Now*.

Sometimes getting off of the direct path is what gives you joy.

PRESIDENT OBAMA

It is likely that the earliest dreams of the young Barack Hussein Obama II was not to become the president of the United States, much less to be the first black US president. They were likely more mundane. It was perhaps some flexibility in thought and some opportunities along the way that propelled him to his victory as the first black president in US history.

It is likely that thinking really lofty thoughts *i.e.* presidency, would have been way too much and may have dissuaded him from a big future goal.

Perhaps the story is more like this: His first goal was simply study law. Perhaps next, it was about learning international law. Then teaching. These smaller goals are more realistic and achievable, with the notion of a political career that may come some time in the future. Stepwise, not overwhelming goals while following some clues.

At some point he receives new clues; More emphasis on politics. Guidance in some form suggests that he trust is instincts and seeing if it feels right to enter the world of politics.

He continues on the political path as governor of the State of Michigan and works until he decides to run for President. His arrival in the White House was not a direct or focused path from the onset, but it was perhaps achieved indirectly.

This story is purely speculative, but it can serve to illustrate the point that few paths are direct and that direct, inflexible paths can lead us astray.

For a less fictional account of the life of President Obama you can view the following Wikipedia link:

https://en.wikipedia.org/wiki/Barack_Obama

Workshops and Meditations

TIMELINE

Timeline is the appropriate workshop for gaining a better understanding of your own Life Path and Soul Purpose.

The three *Timeline* exercises need to be done once a week for 6 months. This work will help with understanding your Soul Purpose and will give you clues about your Life Paths.

See the *Exploring Other Lives* CD for the three main exercises that will help you to access your timeline.

OPENING THE HEARTH 1

Opening the Hearth 1 is where you learn to love yourself, others and understand what real love is.

THE BUDDHIST WORKSHOP ON HOW LIFE IS PRECIOUS

The Buddhist Workshop on How Life is Precious reminds us about why we have incarnated, why in this incarnation you are the only you that you will ever be ever again, and why that is a special and important incarnation.

LIFE IS A
GIFT. WAKE UP
EVERY DAY
AND REALIZE
THAT.

Bach Remedies to Return you to the *Now*

Challenge	Bach Remedy	Outcome of Bach Remedy Treatment
Living in the past	HoneySuckle	Helps to let go of the past and put you into the <i>Now</i>
Worried about the future	Clemantis	Helps to let go of the future and put you into the <i>Now</i>
Overly focused or rigid	Rock Water	Supports flexibility and seeing opportunities
Drained from focusing too much	White Chestnut	Calms and slows the mind
Cannot see the clues or path	Wild Oat	Helps to see the path and clues

HOMework

THREE EXERCISES FOR GAINING JOY AND HAPPINESS

EXERCISE 1: DEFRAGMENTATION

Analogous to defragmenting a computer hard drive.

1. **LET GO!** This means letting go of addictions to lower attractions and replacing them with a higher frequency of activity or addiction. It can be a different type of compound or activity, etc. It can be about healing emotional dramas and fears, letting go of some of your outdated and unproductive education, or false needs. All of these issues need to be released and replaced. False needs (often called retail therapy) are also an addiction. It is difficult to let go of this type of behaviour, but begin by being aware of it; be aware of how you view and interpret commercials, how you may be trying to keep up with Joneses, etc. Assess your thinking and vulnerability patterns and find a way to fix and heal these issues. Make a plan to do this.
2. **ENERGY:** You have cleared or healed your addictive issues; now you need to deal with your bioenergy needs. You need to assess your energy levels and then determine where to make your changes for improvement. You will need to consider changing the food you eat, how much water you drink, what else you drink (alcohol, coffee, or soft drinks, etc.) as well as your habits concerning exercise, sleep patterns and duration, etc.
3. **INVEST:** Invest in your sense of risk. We all need to take some risks to make our life exciting. We need to invest time for things that are worth achieving. Invest time since instant solutions do not work. Invest in people who enrich you. The workshop *Opening the Heart 1* is where you learn to love

yourself, others and understand what real love is. Invest in your life and believe in your life in general.

4. **PASSION:** You need to find your passion. Many people live and work without passion due to lack of time, too much work, lack of funds, etc. They then retire and try to find a hobby when it is perhaps too late. They sit around without purpose or passion and drop dead far before their time. This is very common. Be in the *Now* and find your passion now so that when it comes to the time when you have time to enjoy a hobby you can land on your feet and not scramble to find something to enjoy. Many people say, “*I have no hobby*” or “*I have no passion*”. Try things before suggesting you have no passions; you might find a clue to a true passion by trying one that was not the best fit at first. You might try a cooking class you loath only to run into a person who will teach you to play piano!

COMMENTS ON THE NEED FOR DEFRAGMENTATION

The global level of sadness and depression has risen considerably in the last two years and having or finding a passion can be life-changing occurrence. It is often having or finding a passion that has stopped people from committing suicide when they have reached the end of their ability to cope with their sadness and depression.

Passion can add to the understanding and commitment to your Soul Path and Life Plan. Since *it is Monday every day*, for some people these four remedies made a difference and helped people find a small amount of joy every day; that brings happiness to working on your Soul Purpose and Life Plan, even if it is just one day at a time.

HOMWORK CONTINUED

EXERCISE 2: MAKE A LIST AND CHANGE WHAT YOU CAN

For this exercise you will make two lists: On one list you will describe three or more things that really make you happy; on the other list, you will describe the things that really make you sad. Here are my two lists:

Makes Me Really Happy	Makes Me Really Sad
1. Working and visiting with smart and enthusiastic people and friends	1. Working and visiting with closed, negative, and angry people (who are not likely to be my friends)
2. Animals and nature	2. Cruelty to animals and destruction of nature
3. Being out in the sun in the yard or on a highway on my motorcycle	3. Being cooped up inside on a hot sunny day.

Some things are within your control some are not. Many of the sad things that you experience cannot be changed by you alone, but you do get to change your experience of them so you can be happy or at least not be sad about them. **You can adjust your emotional response to the problem.**

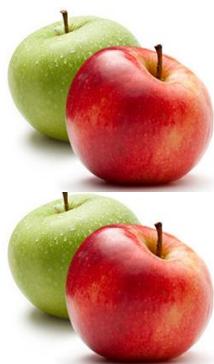
COUNTERCONDITIONING

What would counterbalance the things you do not like?

If you don't like snow, build a fire in your fireplace or have a hot bath. Drink a nice cup of hot chocolate, coffee or tea with a friend or relax with a good book! Make soup!

Perform these sorts of counterconditioning exercises when you are faced with that thing you do not like and cannot really change! Acting on the emotion will help you feel less sadness when you are not in the position to fix the issue itself. Focus on your emotions around the issue and not on the issue itself.

Also there are remedies such as Tromose for sadness....



Exercise 3: Create your own Mini-Mantra

Do this to saturate your brain with new ideas that you need to change, *i.e.* addictions, etc.

For example, if you have a withdrawal, etc., from sugar for sample but if you want to avoid sugar today since you had some yesterday with friends, you can use a mini-mantra.

The mantra is very short but powerful since it can remind you to deal with the addiction or

something that is affecting you adversely.

It is OK to enjoy some of those *vices*, but if you want to stay away, a short mantra is useful. Apply this mantra to anything!

For example, Alex likes the mantra "*APPLE! APPLE! APPLE!*" when he craves sweets!

Short and to the point!

FOUR SOLUTIONS FOR A BETTER WORLD ~FOR THE WORLD AND FOR YOUR WORLD~

1. **Cap how much money people how much people earn annually.** Studies show that if you earn \$75,000, \$80,000, or \$100,000 or \$1M you are not happier as you earn more. In fact, the opposite may be true. The determined limit for happiness is about \$75,000*. This number is a cap, it is not a minimum requirement; you can make less and still be happy. You need to assess what you need and then you cap your salary for your personal or family happiness. Again this is tied to your first chakra and your passions. Happiness is not gained from the outside or bought with money. Happiness is generated from within, while recognizing that you do need money to live. Capping your salary allows you to stop stressing over making more and more for the wrong reasons and this gives space to allow you to pursue more meaningful activities with your time.
2. **Make people volunteer.** Volunteering helps to bring people to new places and this understanding works for people to learn about and understand and value other people. It is about coming out of your own bubble. It equalizes the socioeconomic playing field and does not require money.
3. **Make meditation mandatory.** Meditation allows people to discover who they truly are and to truly understand what happiness for them looks like on a personal level. This allows for a constant exploration of your Life Path and Soul Purpose.
4. **Bringing creativity into what ever you do.** Bring creativity into your work into your painting, music, science, healing, lawn cutting, garbage collecting, etc.

*GOOGLE: "\$75000 cap on happiness" and you will find many articles on this concept.

Gross National Happiness

Gross National Happiness is a term coined by His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuck in the 1970s. The concept implies that sustainable development should take a holistic approach towards notions of progress and give equal importance to non-economic aspects of wellbeing. The concept of GNH has often been explained by its four pillars: good governance, sustainable socio-economic development, cultural preservation, and environmental conservation.

See: <http://www.grossnationalhappiness.com/articles/>

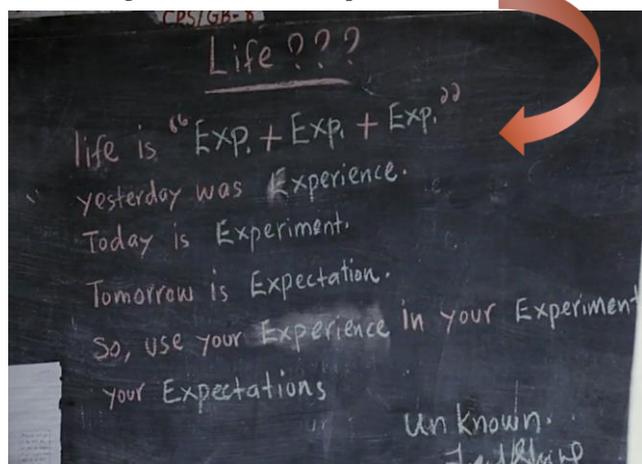
The idea of the GNH exists in contrast with the Gross Domestic Product (GDP), which is defined as being a monetary measure of the market value of all final goods and services produced in a period (quarterly or yearly). Nominal GDP estimates are commonly used to determine the economic performance of a whole country or region, and to make international comparisons.

See:

[https://en.wikipedia.org/wiki/List_of_countries_by_GDP_\(nominal\)_per_capita](https://en.wikipedia.org/wiki/List_of_countries_by_GDP_(nominal)_per_capita)

Alex showed four videos that illustrated various aspects and values ascribed to the Gross National Happiness index and how its values are more relevant to the health and welfare of countries and to their citizens than the traditional GDP is, especially as we consider issues such as pollution of our air and water, sustainability, stress levels, the overarching impacts of climate change, and a host of other global challenges that become very personal over time and as our world is affected increasingly by consumerism driven by a global GDP mindset.

Alex asked that a particular screen shot below be captured since it communicates a valuable message for this article. The message needs no further explanation.



GROSS NATIONAL HAPPINESS - VIDEO 1

<https://www.youtube.com/watch?v=7Zqdqa4YNvI>

Uploaded on Dec 13, 2010

What is "Gross National Happiness" explained in 3 min - Inspired by GNHFund.com - Created by MortenSondergaard.com

GROSS NATIONAL HAPPINESS - VIDEO 2

<https://www.youtube.com/watch?v=KOE3wL26LUA>

Published on Feb 8, 2016

The message that I would like to share about gross national happiness is that is not just about Bhutan, and that is not just about happiness in a superficial way. Its really about the deep seeded causes of happiness and wellbeing that come from living in harmony with nature, in harmony and balance with others around you, and really being in touch with yourself and your own wisdom that transcends any cultural or country boundary, and its really central to our own personal happiness and to, I think, our survival as a planet.

GROSS NATIONAL HAPPINESS - VIDEO 3

<https://www.youtube.com/watch?v=-yDOGXBhLqC>

Published on May 27, 2012

Lungten Gyatso is Director of Language and Cultural Studies, Taktse, Trongsa, Bhutan. Lungten Gyatso is also a monk professionally.

GROSS NATIONAL HAPPINESS - VIDEO 4

<https://www.youtube.com/watch?v=GjLnLYZkrdk>

Published on May 3, 2012

Kinley Pem, Principal of Lungtenzampa Secondary School in Thimphu, Bhutan, talks about the values of Gross National Happiness at her school.

