



Getting Your Happy Back!

8 Tips to Change Your Resonance FAST!

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Ok you so *know* how important your emotions are. They *are* creating your *entire* reality, after all. And yet, sometimes you find yourself feeling frustrated, sad, angry, depressed, hurt or one of the other constricting emotions, and you want to *scream!* Because you do *know* you are pushing away your dreams when you feel that way!

It's OK. You are human. It happens.

So what do you *do* when you find yourself in a challenging place, emotionally? You ask yourself these questions—to get to the bottom of the issue. And then *apply* the corresponding tips.

These Q&As can take you to a whole new “you”...*if* you are *honest* with your answers and *apply* the solutions.



Happiness doesn't just happen.

1. **The Question to Ask:** *Am I unhappy because I feel overwhelmed with all I have to do?*

It is super easy for we humans to be pulled off-course by the demands and intrusions of our modern day society. We aren't taught to be focused, present and introspective. We are taught to multi-task, constantly think ahead, and look for validation outside of ourselves. It's no wonder we sometimes slip into overwhelm and feelings of inadequacy.

The Solution:

When you find yourself in overwhelm, stop. Sit. Be still. Take a deeeeeeep breath. And remember:

Life is the *most* enjoyable when we live it with *all of our being*. That's where we find the magic. That's where we find the miracles. And that's where we find the joy.

Revisit the "Narrowing Your Focus" technique in chapter ten of The Map. It will teach you how to bring your mind back to the *here and now* and find your peace again.

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2. **The Question to Ask:** *Am I allowing the "flow stoppers" to take over my life (and my creations)?*

Flow stoppers include: self-pity, doubt, fear, martyr, control, impatience, judgment, blame, entitlement, guilt, jealousy and shame.

### **The Solution:**

If you are feeling one of the "flow stopper" emotions, *know* that there is a reason, *and* a way to stop. Re-read the "flow stopper" section in chapter five and apply the antidote to the emotion you are feeling.

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3. **The Question to Ask:** *Have I lost sight of how well my life is going?*

Sometimes we slip into states of negativity simply because we're more focused on what's wrong than what's right with our lives.

The Solution:

This one's easy. Make a gratitude list. It never fails, if you do it sincerely, to shift your focus and your emotions to a better place. And if you are focused on what's good and are happy about that, you will create more good things to feel happy about.

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4. **The Question to Ask:** *Is there some mis-creation in my life that is making me unhappy?*

Did something go wrong, or hasn't happened yet, and you are bummed out (or worse) about it?

**The Solution:**

First, allow yourself to fully feel whatever you are feeling. Yes, I know, emotions create. But if you don't express the emotion that is there you will carry it around with you eternally. Feel it, let it go, and then revisit chapter twelve—specifically the section on “Troubleshooting Your Reality”.

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5. **The Question to Ask:** *Have I forgotten who I am and what I am capable of?*

It's easy to forget who we (really) are on this planet. And when we do we begin to think it's all happening to us and we are simply victims of fate and circumstance.

The Solution:

Re-read chapter three of The Map, “Who Are You, Really?” And remember who you are and what you are capable of creating (hint: virtually *anything* your heart desires!)

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6. **The Question to Ask:** *Have I made a choice to feel joy?*

Such as easy thing, and yet we forget that we can simply choose to feel happiness.

**The Solution:**

Say, aloud or to yourself, “I choose to feel joy. I choose to feel happy.” And *feel* those feelings. Find *something* to feel happy about (see answer to Question 3).

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7. **The Question to Ask:** *Have I asked for help from my unseen friends?*

You don't have to do everything yourself. There are many, many loving beings on the "other side" that are waiting (and longing) to assist you.

The Solution:

Simply say this, aloud, or mentally, *"I ask all the beings of light and love who are available to help me to please help me feel the feelings I most desire: happiness and joy! And thank you in advance for this assistance. I vow to listen to any messages of things I "need to attend to" in order to keep my happy happening always!"*

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8. **The Question to Ask:** *Do I simply need to shift my mood?*

Sometimes we just need a *break!*

**The Solution:**

Re-read the section in chapter ten, "How do you feel happy when you're just not?" for ideas on how to move from the blahs to smiles. And don't forget to craft your own personal, "These Things Make Me Happy" list—for next time.

## For More Information:

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