

The Guidebook to **HAPPINESS**

Learn the Specific DO's and DON'Ts to
Raise Your Default Level of Happiness



Carl Massy

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Raise Your Default Level of Happiness

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Worlds **BIGGEST** Gym™

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For information about bringing Carl Massy or his team to a live event or delivering an in-depth transformational workshop, please contact WorldsBIGGESTGym at: admin@worldsbiggestgym.com.

Dedication

To all of the amazing teachers I have had the great fortune to learn from and share experiences with — thank you for continuing to share your wisdom with me.

And to my amazing partner, Ferry.

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An introduction: Who is Carl Massy?

When I look back over my life so far, there is an intriguing grand design to it all. Although I could have done without a few of the bumps and bruises along the way, I know they were all part of the sculpting process and have played a role in who I am today. I have been an Australian Army Major, an international security consultant to the Olympic Games and, after fulfilling a long-standing desire, inspired by the big-headed, big-hearted Tony Robbins, I am now a Neuro Linguistics Life Coach and the proud owner of WorldsBIGGESTGym™, which is based on the idea that the greatest workout we do every day is actually going on in our minds. But more on that later.

Not only once upon a time but numerous times in my late teens and well into my twenties, I acted like an absolute dill. Americans might translate dill as pain in the butt ; in the Queen s English you might say I was a confused and misunderstood young gentleman . Whichever way you choose to phrase it, I was not a model human being and I was not doing myself any favors. Granted there were times when it was very entertaining for others to watch me in a drunken state doing backward somersaults off the bar; but the experience of crawling to the hospital afterwards because I had almost fractured both my heels was much less enjoyable, not to mention excruciatingly painful and somewhat embarrassing.

After a particularly boozy night with me and my 29-year-old drinking buddies (that would be me, myself and I), I found myself watching an infomercial at

about 2am on a Sunday when this guy with an enormous head and a frame to match and a grin from ear to ear was talking about transformation . He was big enough, bold enough and loud enough to penetrate my mental haze and I ended up ordering a program from the American Success Coach Tony Robbins. This was my wake-up call. It was the right person, saying the right thing, in the right way, and at the right time.

That was Easter 1999. From then on, the journey to my new life began in earnest. I dove into learning about the integration of body and mind with Neuro Linguistic Programming (NLP), hypnosis, Reiki and physical training and devoted my time to reading and researching and made plenty of discoveries along the way. I figured out something that had been staring me in the face all along: *I only knew what I knew*. Revelation number one!

Have you ever tried to fix the engine on a car when you did not have a User's Manual, had never been shown how, had no one there to help you, and really didn't know what it was supposed to sound like in the end? I was working with the best resources I had at the time, but those resources were sorely lacking. When I talk about resources I am talking about role models (past and present), teachers (past and present) and the beliefs and behaviors I had adopted in my formative years, which formed the software programs in my mind and were effectively running the show. *Don't worry about understanding all of this now. I will be talking a lot more about the programs that are playing in our mind and whether they are serving us or sentencing us*. There was a very good chance that if I continued to live this way I would never get the engine of my life performing at its maximum capability.

As I merged 20 years of strategic planning expertise with my study of happiness, I came to realize that there are plenty of things we choose to do, or not do, that make a huge impact on the quality of our life experience.

That was revelation number two! I had thought I was just unlucky. In fact, that was what I had chosen to believe. I was an expert at blaming my bad luck :

for being arrested for disorderly behavior in my early twenties; or for being paraded before my Commanding Officer and told that if I did not drastically improve my performance over the next few months I would be asked to justify why I should be kept in the unit; plus plenty of other bad luck incidents.

It wasn't that I had been unlucky — I had just been making really bad choices — no one had forced me to get into the situations I was in. Revelation number two taught me that I lacked the good sense, self-belief and courage to make better choices. I needed to build up trust in myself and gain the courage to say no if I knew that something was likely to end in a whole lot of tears, bruises, or embarrassment.

So from that turning point of Easter 1999 I moved forward with an incredible new insight into getting the most out of life. I needed to make better choices and in order to do that I needed to learn what better options were available to me, and then how I could go about making those new options a part of my life. And that is when my life took a completely new course for the better. I had the boat, with a newly refurbished motor attached to the back, filled with the best equipment and essentials I would need along the way, a map and guidebooks to help me navigate the paths ahead, and a new destination. It was called living a life by design. Choosing happiness. Adding more of what worked and getting rid of the excess baggage that no longer served me. Then sharing all that I learned along the way, so that someone following along behind me could get all the benefit of the mistakes I had made and insights I had gained along the way.

The wayward journey from that point in 1999 has seen me visit, travel through and sometimes work in over 50 countries now. I have seen many parts of the globe and met people from numerous cultures that had very little in a material sense, but radiated happiness, vitality and appreciation, and I have met others that seemingly have the good life but lack any real joy and wonder in their lives. I had always been a curious kid and wanted to know why things were the way they were. Why some people were happy and others weren't? Why

some people had great health and others struggled through a day. Why some people achieved the goals they set out to achieve and why some don't even know what they want. It is said that curiosity killed the cat. But I say that curiosity adds wonder, excitement and insight to our lives.

Curiosity causes our brains to light up at the prospect of learning something new. So I ask you to be curious as you read this book. Every chapter is an opportunity to learn something new. This book is not called *The Rulebook to Happiness*; it is called *The Guidebook to Happiness*. I want to guide you to view your internal world and your external world with a new set of eyes, stimulated by that curious and limitless mind of yours.

This book is for anyone who has dreamed of stepping up to a new level, who wants more from this journey called life and themselves, and like me, realizes that we only know what we know. It is time to get the tools, techniques and strategies that will actually cause you to think in a new way, form new empowering habits and therefore cause you to create a new life experience. A leopard may not be able to change its spots, but any person that has the right tools, techniques and strategies, and the desire to use them, is only one step away from an entirely new experience. That new experience could be a whole new life. A life filled with more certainty, with a lightness of spirit, with more excitement and an extra boost of passion. If you are ready for that sort of journey then you have definitely ended up at the right place. Thank you for allowing me to be your guide as you enjoy more than ever before this amazing journey on the way to a remarkable destination of your choosing.

What is *The Guidebook to Happiness?*

This book is designed to increase your default level of happiness.

What is this elusive little thing called happiness? What does happiness even mean? I think it is quite different for all of us and unique to all of us. Rather than defining it in fixed or scientific terms, I suggest that ‘happiness’ is more about something we experience — a by-product of the things we do, rather than something we find. It is more a sense of *being*, rather than the act of walking around with a huge smile on our face (although science does tell us that the act of smiling can change our emotional state for the better).

For some, happiness is related to feeling a deep sense of peace. For others, happiness is a bubbling of love and joy in their heart, enjoying feelings of belonging, or that they really matter. Perhaps for you happiness is knowing you are heading in the right direction as you make your way towards your personal higher purpose. Or maybe you are like me and happiness is a cocktail of all of these things, which in turn causes a cocktail of positive emotions to flow through your body.

Whatever happiness means to you specifically, the purpose of this book is to remind you that you can have more of all the good things and experiences you seek in life. I recall reading many years ago that the original meaning of the word *pursuit* had more to do with *practicing* than *chasing after*; rewording the common phrase, the pursuit of happiness into the practise of happiness .

This is how I have since come to understand happiness, on my upward, sideward, backward, entirely-off-the-playing-field and onward life journey.

Happiness is not just about what you achieve, it is about what you experience, and who you become along the way.

While I intend on sharing with you the best of what I have learnt over the last 20 years, I also intend on keeping it light and fun.

The Guidebook to Happiness will be INFORMATIVE, INSIGHTFUL, FUN and prompt you to take specific ACTIONS towards your desired life. It is also strategically designed to be short and sweet. I have purposefully chosen not to fill it with scientific research findings, images of activated brain regions in the prefrontal lobe in response to specific thoughts, tabulated scientific data proving why rest is important to you at a physiological and psychological level, or detailed findings from the isolated regions around the world where humans experience the greatest levels of health, happiness and longevity. I have included, however, a comprehensive guide to the books, programs, authors, experts and other sources covered in this book should you seek a deeper level of understanding on any topic.

Having traveled through more than 50 countries over the years I know the life-saving value of a good-quality guidebook. *The Guidebook to Happiness* is designed to be just that – a guidebook to take you in the right direction in life. Refer to it often. Write on it, give it dogs' ears, fold it up, pop it in your back pocket, lend it to your friends, and use it to help you experience a much greater level of happiness. I truly look forward to sharing this next stage of your journey with you.

What to pack: The essentials

Before I dive into sharing the 21 greatest happiness tips and strategies contained herein, let me reiterate the main messages and themes I want you to travel with throughout this book.

Responsibility

Taking personal responsibility is one of the keys to personal development, transformation, increased consciousness and a whole load of other good stuff (to be overly scientific).

Learning to take personal responsibility was a damn big pill for me to swallow wasn't my life in a mess because of all the bad things happening to me? When I took an honest look at the root cause of those bad things I had to wake up to their being a result of really bad choices I had made. Ouch! It was all me. The moment I became courageous enough to admit that, I was opened up to a world of possibility and transformation.

Not taking personal responsibility for your choices and results in life is like being the Captain of a ship who refuses to steer its course. You will be at the mercy of the elements and could end up in the middle of *Whoknowswhere*. Without personal responsibility you have no control over the bad or the good.

Alternatively, by keeping your hands on the steering wheel you can decide the direction you set sail for, how you face the gale force winds of life and how deeply you enjoy the beautiful moments of calm waters and gentle breezes.

I urge you to consider your life from this moment onwards as belonging to you. You are the Captain of the vessel that will take you through life. You will be in control of which course you take, the speed at which you travel and the amazing destinations you will get to explore. As is often quoted in Neuro Linguistic Programming (NLP), 'all you need is within you now'.

Energy. It is everything ... and it is also everything

While many of us do not have the slightest understanding of how Einstein came up with his famous insight, $E = mc^2$, we do know that the entire universe and everything within it is made up of energy: the book you are reading (or Kindle or tablet); the hand you are holding it with; the chair, floor, sand, grassy knoll, bench, or younger sibling you are currently sitting on. We are all made from energy vibrating at different frequencies. The results we get in life depend on two things in relation to that energy:

1. How much energy we have (or generate), and
2. How we direct the energy we have.

If we have very little energy then we are unlikely to be able to create big results. We are unable to make big changes. We are unable to handle life's inevitable challenges as well.

The more energy that we have at our disposal, the greater the results we can create and the less affected we are by the winds that blow against our sail – it's like having a powerful inbuilt motor ready to use on our sail boat, if needed.

Alternatively, it is no good having that extra energy or motor on our boat if we steer it towards a hidden reef or ride it across the waves making us more likely to capsize. We need to point that energy in the right direction, so we get to our desired destination – the one with coconut trees, sunshine, soft sand, a hammock; I am sure you see the picture. It is not only about the size of the motor or the amount of energy it can deliver, it is also about where and how we direct that energy to get the best results.

My aim is to help you develop higher levels of energy and then help you determine the best strategies to use and places to focus that energy so you get the best possible results.

At a very practical level, over the course of this book I give you specific

Happiness Strategies to increase your physical energy. I will also teach you how to have more mental energy by increasing your vibrational energy, that is, your vitality and mental functioning, and help you reduce the amount of energy you waste through ineffective thinking, limiting beliefs and draining behaviors.

I will help you become your absolute *Best Self*. I will help you tap into more of your unlimited potential and expand your mental and emotional consciousness to a whole new level. I guarantee that if you open yourself to new ways of understanding and perceiving the world around you and APPLY the strategies I suggest in this guidebook to happiness, your life will become the greatest adventure you ever could have imagined: ‘Hoorah!!!’

My passion in life and quest for now and the next 62 years (which will take me up to 105 years of age and my current target) is to help you fully express your uniqueness and potential and become the best you can be. In order to do that I offer you 21 ridiculously simple insights and life lessons that have been the result of a lot of my blood, sweat and tears (plus a lot of laughter, joy, wonder and amazement) and echoed by many inspiring thought-leaders through the ages. You also have access to some great resources and freebies to help you stay the happiness course, which you will find at www.theguidebooktohappiness.com in the Bonuses for Book Owners tab. I have even created a Personal Journal for you, plus a mini happiness course you will have access to! You will be sent weekly activities and training from me based on the most effective Happiness Strategies. If you follow them, you will create some strong momentum and become unstoppable in the face of the most raging storms and gale force winds.

How to use this guidebook

Just like a good-quality travel guidebook, *The Guidebook to Happiness* is about helping you work out the best ‘Things to Do’, how to avoid ‘Dangers and Annoyances’, and ‘Getting There’ when it comes to happiness. In this guidebook you will learn what to do, what not to do and what to keep doing.

You can work your way through chronologically, or you can jump from chapter to chapter if that is what you prefer. However, I encourage you to read Chapter 1 first as this deals with the mind, which is ground zero when it comes to getting results in your life. As Roman Stoic philosopher Seneca said, Everything hangs on one’s thinking.

To help you make better choices, each chapter finishes with a Summary and a list of simple Happiness Strategies to undertake so you can start making positive changes in your life today. If you would like to delve deeper into a particular topic there is a list of reference material at the end of the book.

Below is a quick guide to finding specific topics if you have a particular destination in mind.

Desired Destination	Recommended Chapters
Increased energy levels	All
Reduced stress	All (especially 3, 5–9, 13, 15–18)
Improved relationships	1–3, 7, 8, 10, 13, 16–18
Increased health	1, 3, 9, 12, 14, 15
Less affected by others	1, 3, 7, 8, 10, 14, 16–18, 21
Increased productivity	1, 2, 5, 6, 11, 12, 15, 21
Increased clarity	1–3, 6, 8, 13, 16, 17, 20
Increased peace and calm	1, 3, 5, 6–9, 12, 13, 15, 17, 21

Snapshot: How happy am I right now?

What you don't measure you don't notice. With that in mind, before we get started, I have a quick exercise for you to do that has proven insightful for numerous clients and me over the years.

As a participant in a 4-day personal development seminar several years ago, I was asked to write down my values on Day 1. When I reviewed them on Day 4, one particular value stood out. I could not believe I had once held this value, and only four days prior. If it had not been written in my notebook, in my handwriting, with my pen, I would not have believed that I could change so much in four days. So I challenge you to measure your levels of happiness today, as you start *The Guidebook to Happiness*, and then do so again when you reach the end. You might just surprise yourself with your growth over such a short period of time.

Obviously if you speed-read the book in a few hours and don't apply any of the Happiness Strategies you are unlikely to change, but who knows; maybe one idea will lodge in your mind and open up a whole new realm of possibility.

On the following table record in the 'Start' column your current levels of happiness in key areas of your life. When you have finished the book and implemented the strategies within it, fill in the 'End' column to measure your progress. (A copy of the table is in *The Guidebook to Happiness Personal Journal*. To download the Personal Journal plus other free goodies go to the Bonuses for Book Owners tab at www.theguidebooktohappiness.com.)

Here's to onwards and upwards as your consciousness expands to new heights!

Categories	NUMBER 1	NUMBER 10	Start	End
Daily Joy	I dread my days.	I can't wipe the ridiculously huge smile off my face.		
Optimism	Life is there to break me.	I have complete trust and faith in life to give me everything I ask for.		
Gratitude	I am not really grateful for anything.	I am so grateful for the life I have and everything in it. I say thank you to life/the universe ALL the time.		
Enthusiasm	I hate anything new or different and I am not interested in trying.	I love life, love its changes, can't wait to experience more. I'm jumping out of my skin.		

Categories	NUMBER 1	NUMBER 10	Start	End
Passion	I have no idea what it even means.	I feel vibrant energy coming from my core that overflows into everything that I do.		
Energy Level	I have no energy.	It is ridiculously high. I could power a small village off my excess energy.		
Consciousness/ Self-Awareness	I feel like a hamster on a spinning wheel. Knee-jerk reactions rule.	I own 100% of my thoughts, actions and results and can change them as required.		
Purpose	I have no clue, no plan and no interest.	I have a definite plan on how to live my highest purpose and achieve ALL my goals.		

Categories	Where a number 1 would be	And a number 10 would be	Start	End
Knowledge & Wisdom	I don't know why I feel, act or behave the way I do. I am clueless.	I have a deep understanding of how the mind and body are integrated and how I can get results.		
Self Love	I hate myself. I consciously/sub-consciously hurt myself.	I have deep love, approval and respect for myself. I don't need external approval at all.		
Integrity	I am totally out of alignment with integrity and often lie to myself and others.	I am 100% honest with myself and others regardless of the consequences.		
Sense Of Happiness	I am unhappy. I am not enjoying life. Life sucks!	I love my life. I love the planet and everyone in it. I love myself.		

CHAPTER 1: It all starts in the mind

Human beings can alter their lives by altering their attitudes of mind.

William James, American psychologist and philosopher

When I first started working on a book about increasing our default level of happiness I came up with the concept of exercising our happiness muscles in the world's biggest gym. The world's biggest gym is our life experience and the world around us, the place in which we conduct our workouts in every waking moment. The *world's biggest gym* is also within our own mind — in our mind is where our entire life experience is processed and stored, and our future life created. Earl Nightingale, American motivational speaker and author, made famous the phrase, *We become what we think*. Marcus Aurelius, in addition to being a main character in the movie *Gladiator*, was a philosopher and in his spare time, the Emperor of Rome. He said, 'Our life is what our thoughts make it.' Ralph Waldo Emerson said, 'The ancestor of every action is a thought.' Buddha said, *Our life is shaped by our mind; we become what we think*. And the list goes on. So we might be onto something here when we say that the world's biggest gym is in fact in each of our minds. It's the perfect place to start this happiness guidebook.

I generally use the term *mind* rather than *brain* throughout this book. While the brain is that grey, funny-looking organ in the upper posterior of the cranium that weighs about 2% of our overall body weight, the *mind* is the result of the brain at work. The mind is the power that is able to create captivating works of

art, design tall skyscrapers, build huge bridges, write beautiful poetry, define ideals that inspire nations and move figurative mountains. Neuroscience tells us that our brain continues to produce brain cells (neurons) throughout our whole life and that our mental facilities are not fixed, but are like plastic in our hands. The more we use our mind the greater it becomes, from a functional perspective and even a physical one.

While we've established the fact that the brain is the most important tool in the human body and the mind can create for us the ultimate human experience, I want to dig a little deeper. Allow me to unveil *Mind Mechanics 101: The inner workings of your extraordinarily powerful human mind*. Get ready to be amazed, intrigued and changed forever.

Cellular biologist, Dr Bruce Lipton, in his book *The Biology of Belief* suggests that the number of environmental stimuli the conscious mind can interpret per second is about 40; compare this to the power of the subconscious mind, which can interpret about 20 million. Yes, you read that right: 20 million! Contemplate the huge difference between what the conscious mind is handling each second, and what the subconscious mind is pumping out in that same second: the subconscious mind is about 500,000 times more powerful than the conscious mind and is therefore a mighty ally in the expression of our greatness and full potential.

The subconscious mind can also take in the entire external picture of what we are looking at, including the sounds, smells and physical sensations, in one sweeping motion, as opposed to the conscious mind, which is limited to seeing only that which we consciously focus our attention on. You might not have noticed that red car in the distance, sitting on the edge of your peripheral vision, but your subconscious mind did. The subconscious mind can detect sounds that are much lower in frequency and volume than you can consciously hear. This means it can detect sounds (and even conversations) that are taking place at a great distance. Your subconscious mind is hearing all the conversations in a room, not just the ones that you decide to consciously listen to. And there is

mounting scientific evidence to support the idea that the subconscious mind can interpret signals at a vibrational level, which can travel to and from a much greater distance than any of our conscious sensing is able to reach.

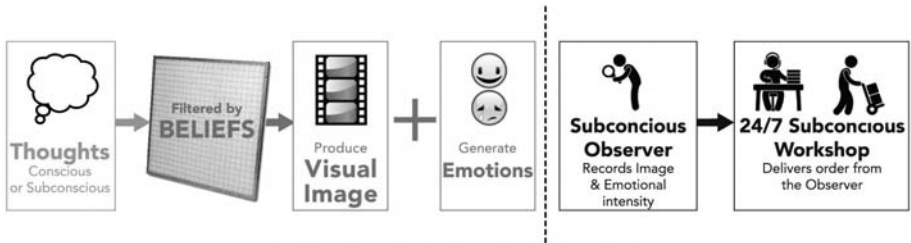
This would explain things we have all experienced before, such as thinking about a person and then suddenly hearing from them a short time later when we've not had contact with them for months. When this happens once it might be a coincidence. But when this happens several times, with many different people, then we need to understand that there is a lot more happening than meets our conscious eye and current understanding.

In essence, your subconscious mind is taking in the whole picture, hearing the whole show and picking up signals or impulses that you can't consciously detect. If I were a child at the playground deciding who I wanted on my team, my good friend Sub Conscious would definitely be my first choice.

I am sure you are starting to see a pattern here – the subconscious mind is extremely powerful and incredibly intelligent. But here are a couple of other things that you may not have fully realized before now: The subconscious mind does not judge right or wrong. My subconscious mind (unfortunately) does not say to me, 'That is a really stupid idea Carl and I think it would be best if you did not play out that thought, because it might end up with your partner leaving you and your health being ruined. Instead the subconscious mind asks, 'Exactly when would you like that new (highly stressful and 100 hour per week) work opportunity to start?' The subconscious mind is in the game of *delivering*. It is there to make stuff happen – for better or worse.

Essentially, the subconscious mind determines what we (our conscious self) want by *observing the images that we play in our mind and noting the level of emotional intensity that accompanies them*. It figures that if we are playing the same movie over and over again, in addition to expressing a high level of emotional intensity, then we must passionately want whatever is in our mind.

Have you ever played a movie in your mind of something that you really really *did not want* to happen and felt strong emotional intensity (anxiety) along with it? It is not surprising then that it led to a place affectionately known as ‘Getting what you DID NOT WANT’!



I have created the diagram above to show you how the conscious mind communicates with the subconscious powerhouse, or what I like to call our *24/7 Subconscious Workshop*.

The clearer you make the image in your mind, the easier it is for your *24/7 Subconscious Workshop* to deliver the end result. In the diagram the Subconscious Observer is watching the movie you are creating and playing in the cinema of your mind. The clearer it is for the observer to see what you want, the quicker and easier it is for the subconscious workshop to start the creation process. I personally believe that the more clear a picture is in your mind that is, the colours are bright and clear, the contrast is high and the focus is sharp the closer you are to attaining your goal.

The subconscious mind is amazing, but after all, nothing is designed to be perfect all the time. So here is the catch. Unfortunately, our friend Sub Conscious cannot read letters and especially cannot understand the words ‘I do not want...’. The subconscious mind is all about the PICTURE you have playing in your conscious mind and its accompanying level of emotional intensity. Remember, it figures the more emotional energy that you attach to the picture, be it excitement or pure anxiety, the more you must want it.

Let us conduct a very simple exercise to highlight what happens when we think in terms of 'I do not want'. Please create a picture now of the thought, 'I do not want an elephant'. What does your picture look like? Does it involve a large grey animal with four legs, a trunk and big floppy ears by any chance? The subconscious mind has not understood the words 'I do not want'; it has only seen the elephant we've thought about.

The soundtrack feature of the movie in our mind also allows us to embellish the images to our heart's content. You can add the sound of a large audience giving you a thunderous standing ovation after you dazzled them with your dancing performance, or the echo of fireworks can resound off the distant mountains as you passionately kiss, Hollywood style, that person you have been dreamily watching from afar for 7 years. But it pays no attention to your voice in the background narrating what you want to happen. It is like shouting over the picture of the elephant, 'Just so you know, I do not want an elephant!' The mind sees the elephant regardless of your words.

I often say to my clients, in life we don't get what we WANT, we don't get what we NEED, we actually get what we EXPECT; so often, that is the picture that we are playing on loop in our mind and the emotions that we are turning on in our bodies. For instance, you might expect a meeting at work to go poorly, so you play the picture in your mind of the meeting turning into a disaster, ending with no resolution, contracts being canceled and relationships adversely affected. You link your emotional anxiety to the picture for effect. So your subconscious mind actually believes that you want the meeting to go poorly and is already well practised in how to feel anxiety. During the meeting, to which you've arrived late, your mind is all over the place — you cannot focus, you make inappropriate comments, you are easily distracted, you offend the other people and it may very well end up as you expected it to. You are even anxious for no reason. Was it a result of something external, or was your subconscious mind helping you get the result it thought you wanted? EXPECT the best and focus the incredible power of your mind on the ideal image of what result you want and it will get to work 24/7 to bring you

just the result you are after!

Let me also explain the difference between fantasizing and visualization at this point. Fantasizing is just letting images float dreamily through your mind. Visualization is similar to this but is consciously focusing the mind, making it more specific in detail, accompanied by very specific feelings, and repeated systematically. In sporting visualization, it is most effective to visualize not only winning the race, but also overcoming all of the challenges along the way. For a 100m sprint athlete it would be like seeing a perfect start, an explosive first 10m, a build up over the next 60m and then an extra burst of speed for the last 30m, to finally win the race in record time and feeling the elevated emotions of having won the race.

Now we know how the subconscious mind works, we can develop a system to get the absolute most out of it. And the system we can use is simple. In fact, very young children have been mastering it for years! How many young children do you know who picture what they *don't* want for Christmas or their birthday? Children are generally masters of picturing what they do want and experiencing the positive emotions of playing with their new toy. And that is the secret key to success. To get the very most out of our subconscious mind we need to create visions, pictures and movies in our conscious mind of all the things that WE REALLY WANT in our lives; and then, just like a child does, feel excitement course through our bodies as if we have already achieved the end result.

People often ask how to remove the negative thoughts or pictures from their minds. Have you ever walked into a dark room? How do you remove the darkness that has taken up residence there? You turn on the light. It is that simple. To remove the dark you bring in the light. It is the same with your mind. To remove the bad thoughts or pictures, you just fill your mind with good pictures. Introduce pictures of the things you want: pictures of the relationships you want to experience, of the abundance you want to experience. If you fill your mind with all of these desired pictures there is little room, if any, left for

the bad stuff to take up residence in your mind.

The subconscious mind is greatly influenced by the emotional intensity that we attach to the movies in our mind – it is almost like there is a meter that measures the emotional intensity of our movie as we play it. Our 24/7 subconscious workshop begins creating the physical reality of the images based on the level of emotional intensity accompanying them. The higher the emotional intensity, the higher the priority to get the job done. Again the subconscious mind does not determine good or bad goals, it just works on the ones it thinks are most important, based on the emotional intensity you feel.

Do you feel you have a better understanding of the difference between the conscious and subconscious minds and how they work together? The neocortex is the most developed part of the human brain and it allows us to create the pictures that we want, even to create images of things that have not happened yet – to dream up anything we want. It is up to us to create in our minds the most inspiring, empowering and enjoyable images we can, thus giving our subconscious mind very clear directions on exactly what we want.

What you will generally find is that when you have a goal in mind, it will start off a little unclear; but over time, if you keep focusing on it, keep working on it, it will get clearer and clearer. When it is crystal clear then it is only moments away from being in your life. It is a done deal. If you can see a picture of what you want in your mind then it is possible to bring it into physical form. Walt Disney called this *Imagineering*! And Albert Einstein said, ‘Our imagination is our most powerful attribute. Everything that has ever been made by humans is created twice. First in someone’s mind and then in the physical form. It all starts by us utilizing the amazing creative power of the human mind.

One last reminder of what it means to visualize a crystal clear picture. When I talk about visualizing I am not only talking about the silent movie picture in your mind. Just like with modern movies, there is a soundtrack, feelings associated with the movie and an entire sensory experience. The more you

can visualize the complete picture, with sounds, smells, taste and touch, the more you make it real. So visualizing is not just about the picture. It is about bringing a picture in your mind to life.

This chapter is at the very front of *The Guidebook to Happiness* because it is such a crucial element in your success. Like I said at the start, the world's biggest gym is actually in your mind. That is where your world, your reality, your successes and your setbacks are created. When you master your mind you shape your destiny. So here's to creating and crafting a beautiful mind that is filled with all the wonderful things you want in life, leaving no space for the things you don't want. When you truly integrate the power of your conscious and subconscious mind you actually become the person who is able to achieve the picture you hold in your mind. You are abuzz with the power of creation. You now are creating your own destiny and strengthening your happiness muscles.

Summary

1. Remove the phrase 'I do not want...' from your vocabulary. It only leads you to imagine what you don't want.
2. Always use the phrase 'I want...'. This way, your mind is already focusing on creating your dreams.
3. Make the images of what you want as clear as you possibly can. Add lots of colors, sounds and even textures, smells and tastes. Recreate the picture in your mind as if it is really happening and experience all of the emotions that go with it as well. Be the Creative Director of your own life.
4. Get emotionally engaged with what you really want when you are forming the picture in your mind. When you start forming strong emotions, you are setting up a chemical process in your body, which actually causes you to physically take action. Without emotion our body will stay in the one place.

5. To remove recurring negative thoughts, pictures or images, have positive replacements ready to swap them with as soon as they pop up in your consciousness. Remember the question, ‘How do you remove the darkness from a room?’ The simple answer is, ‘You turn on the light.’ You don’t have to remove negative thoughts; you just need to crowd them out with your enlightened new thoughts. Practise makes perfect when it comes to creating visual images of the things you want in your life.
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Happiness Strategies

1. What is one important goal that you have in your life right now? Pause for 2 minutes to write this down now, or jot down a time to do so in your diary. When you have written down your goal, set aside a time at least once a day for the next 30 days to practice visualizing your life with the goal already achieved. How does it feel to have reached it? Get all of your senses involved in the mental movie you make and get as emotionally engaged as possible. Visualizing is like a muscle. The more you use it, the stronger it will get.
2. Over the next 30 days, catch yourself out if you use the words ‘I DO NOT WANT’. Practise quickly replacing it with the image of what you DO WANT in your life. If you are having any problems with this, ask the nearest 6-year-old to help out.

I bet you learned something new, or were reminded of something forgotten, or got inspired to be more conscious of your thinking. Imagine what **20 MORE CHAPTERS (20 MORE POWERFUL LESSONS)** would do for your Happiness!!

To get the other 20 AMAZING Lessons in The Guidebook to Happiness, march yourself, right now and click below
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Are you leaving your happiness to chance? It is time to create your destiny!