



Key #6

Be Happy for No Reason

"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."

– Carlos Santana

Sometimes, the messy environment you find yourself in is actually in your mind. It is your thoughts that are creating a huge electromagnetic storm inside your own head. When this happens, it is important to remember that you can control the weather inside your head.

We tend to think our thoughts are a part of us, created by us. Some thoughts may be so habituated they have been running on instant replay for most of your life, never to be questioned. The truth is that your thoughts are simply electrical triggers; they are not *who you are*. By choosing to have different thoughts, you can literally switch off one electrical circuit and switch on another in your brain. When you do this, you create a new, positive circuit that can literally rewire your thoughts, which—in turn—changes the weather patterns in your mind.

Since your thoughts are what trigger your emotions, by creating new thoughts, you can create new emotions and, therefore, break out of negative patterns that keep you stuck. This may sound too simple to be true if you are a pessimist, but even if so, I invite you to commit for at least 21 days to a daily practice of re-wiring your thoughts. It's not only possible to do—it's enjoyable. The hard part is staying vigilant about what you are telling yourself all day that is keeping you sad, emotional, angry, or frustrated. Generally, it is the critical parent hiding out in your psyche that keeps you feeling small and victimized. This critical parent needs to be highlighted inside your psyche in order to be re-patterned into a caring, loving, and compassionate voice.

Let me give you an example from my own life. For much of my life I found myself feeling unsafe and victimized wherever I went. I have experienced all kinds of dramatic encounters like sexual harrasment, rape, being held at knifepoint on multiple occasions, I even escaped a bullet by seconds. I found myself in dangerous environments way too often. I had a program running that I was a human target and that my life was a scary and unsafe place to be. When I got tired of playing a victim and decided I, as the creator of my reality, could shift this experience, I dug deep into my psyche to see where that belief lived and how it had been playing out in my life. I realized my childhood abuse had created a soul wound that had this cycle

repeating like a broken record, it was hard wired in my energetic field and attracted these situations to me time and again. Realizing I can be at cause in my life, I chose to install a new thought pattern that would give me different experiences. It required analyzing all the choices I made and consciously choosing friends, situations and places to be which evoked safety. I know this sounds obvious but it wasn't! I didn't realize all the sneaky ways that this pattern played out unconsciously.

Do you tend to be pessimistic about your life? Maybe you are someone who finds a lot of things wrong before you see the good? Look back at the previous few days. How happy were you? If you have a lot to complain about, or you feel that life could be, or should be, so much better – then I want to share with you a few steps that will leave you feeling happy for no reason.

Numerous studies show that people who are open and optimistic about life have a stronger immune system and bounce back quicker after upsets. Happiness and positivity is an important key to optimal health and wellness, but many people don't know how to be happy. If you suffer from the “grass is greener” mindset, then listen up. The answer to your happiness lives within you and I'm going to show you how easy it is to create a powerful mind shift to make a change for the better.

The feeling of being happy (or simply being at peace with yourself) is connected to feelings of gratitude. Gratitude can be practiced and exercised, just like a muscle. The more you consciously conjure up feelings of gratitude, the brighter your outlook becomes. When you begin to exercise your gratitude muscle, you will learn how to open yourself to the blessings life brings, no matter what the situation may be.

Flex Your Gratitude Muscle

This technique is so simple that many people are reluctant to try it, thinking anything this easy can't work. However, the proof is in the results. Try it to understand how fabulous it is.

Begin exercising your gratitude muscle throughout your day and watch the Universe pour its blessings upon you. It's easy and it works. You can download this handy Emotional Guidance Scale to help you out with this exercise at: KnowTheSelf.com/workbook.

Here are the five basic steps:

1. **Listen to what you tell yourself all day long.** What type of commentary fills the empty spaces in your mind? If you are not sure, look at yourself in the mirror and you will hear that voice start to chatter. Or simply sit quietly and listen to the thoughts that keep recurring in the background.
2. **Choose to change the channel.** Many people have been operating on autopilot their whole lives, not realizing that they have the power to choose what to think about. When you hear those negative, subconscious tapes running, decide to think about something positive.

3. **Find something to be grateful for.** It could be as simple as a pretty flower, or the smile of a young person. No matter how bad things get, there is *always* something beautiful within reach to be grateful for.
4. **Design a set of positive power statements for yourself.** Neurolinguistic programming is a simple science that yields extraordinary results. Feed yourself some positive power statements every time you look in the mirror and notice how it begins to shift your reality. See the power statement examples below to get you going, or create your own.
5. **Trust in the process and give it a chance.** Decide to implement this new healthy habit for the next 30 days. You could find a buddy to exercise your gratitude muscle and positive power statements with, too. This process is a soothing balm to the soul and a gift to your spirit.

Here are some power statements to get you in the flow of being grateful:

- All of life loves and supports me.
- I am surrounded by love everywhere I go.
- My mere existence inspires my partner beyond his/her wildest imagination.
- What was my pain is now my power.
- I listen with love to my body's messages.
- Loving others is easy when I love and accept myself.
- I am flexible and flowing.
- I prosper wherever I turn.
- My thoughts are creative.
- I forgive myself.

What did you notice when you flexed your gratitude muscle? Send me an email and tell me about it: info@knowtheself.com. Let's make the world a better place, together, one thought at a time!

Are You Moving Forward or Backward?

As you embark on the journey of knowing your true Self, you will likely encounter many setbacks, dramas, traumas, and debilitating mindsets. How do you stay the course? How do you know you are moving forward and not backward?

It is easy to fall back into despair after climbing out of an emotional rut only to find yourself, again and again, unconsciously repeating the same saga with new people, new places, new situations, but with the same crummy feeling.

Tracking internal growth can be tricky. Inner shifts are often subtle and intangible. Do not dismay! There is an easy way to know if you are progressing along your soulful journey. The thing to remember is that we grow in spirals, moving up to higher levels of consciousness. These spirals, however, can often feel like never-ending circles.

How do you know you are growing spiritually and not cycling in stagnancy? I used to get so frustrated with my own spiritual evolution and personal growth until I

learned how to track this invisible kind of progress. It seemed that just as I had felt I overcame an old pattern I would find myself repeating it! My patterns seemed to get smarter and lurk in my blind spots only to re-emerge when I least suspected it, causing me much frustration and often deep despair... until I learned how to track my invisible progress!

I began to use the four stages of growth, which I outline below, as guideposts to track myself as I transformed through my inner journey of discovering my true Self. I first heard of these four stages from listening to a talk with Lisa Nichols, a powerful motivational speaker. I diligently took notes as she shared her personal discovery and then began mapping it in my own life. Here is how I have come to understand these four stages for myself. I hope it as useful as I do.

Stage One starts when you decide to take responsibility for your actions, thoughts, and ways of being that are attracting negative patterns in your life. By identifying what you do that keeps the negative pattern in place, you have reached the first stage. Once you accept your responsibility and make the pattern conscious, you are well on your way to shifting it. Denial has lost its grip!

Stage Two starts after you've identified the offending thought, action, or habit that gets you stuck. You will begin to notice all the times you continue to do act this out. Stage two is a difficult stage, because you feel like you can't help but continue to be trapped in this cycle. You begin to see how ingrained it is in your psyche, unconsciously acting out without thought. It will continue happening (like it has been before), only in stage two you are aware of how much you do it!

This is the stage where many people get stuck. You might wish you could go back to how ignorant you were before you became so hyper aware of yourself. But don't give up! At this stage, you are well on your way to changing the habit or cycle that is entrapping you. Keep your eyes open and notice all the ways this pattern runs your life. Cultivate compassion and forgiveness toward yourself and you will succeed in moving yourself to the next stage.

Stage Three happens when you know you have passed the discomfort of Stage Two and you begin to anticipate that you are about to repeat that offending pattern or habit again. However, this time, just before you do it, you pause and decide to do something positive instead. Congratulations! This is the time to celebrate. Your awareness has expanded. You have just overcome a huge hurdle. You have restored your choice and personal power to create change.

Stage Four is a godsend on this seemingly never-ending hamster wheel of repeating patterns. What is funny about stage four is as the final stage it shows up so easily you may forget you worked so hard to get here. It happens when you no longer have to anticipate your old negative way of being, because you have a positive new response that happens—automatically. When you get to this stage, you know you have moved fully beyond your old negative pattern. Celebrate your newfound freedom and keep up the great work!

I asked my dear friend and conscious collaborator Nomita to design a diagram of these four stages so we all can be reminded of these four stages and refer to it when we feel discouraged and depressed about our efforts. Overcoming negative patterning is a process, and as such it requires patience.

I highly suggest you download this handy diagram. Print it out, and keep it next to your personal re-charge station so you can refer to it on challenging days:

“What was my pain, is now my power.”
*You have fully succeeded in installing a new positive pattern.
Your old pattern no longer has a hold on you. Your true self is
being revealed.*

“Whoa, almost did it again...(but I didn’t)!”
*Congratulations! You’ve just learned how to restore choice
and take back your power.*

“I juuust did it, again!”
*Noticing all the ways in which you sabotage yourself is
very uncomfortable. Hang in there, you are beginning
to peel off the layers of old conditioning. Your true Self
is being unveiled.*

“Do I really do that?”
*You have just overcome denial. Change is
well on its way.*

4 Stages of Inner Growth

*A tracking system to overcome mental,
emotional, spiritual and physical addictions.*

These four stages of growth can be applied to any internal growth cycle whether you are overcoming an addiction, a bad habit, or a negative attraction. Refer to these stages whenever you are in doubt or feeling that your internal journey is becoming too challenging. Cultivating trust and faith in your process of inner transformation will help you move through the cycles quicker. Use the graphic for a quick reference.

Isn't it satisfying to know you can change? You may feel unworthy of what your soul presents as a path forward, or you might feel guilty or selfish as you move toward your ideals. In those moments, it is imperative that you find a mentor, an elder, or a coach who can guide you and give you the support you need to develop your strength to follow through and face your fears. Everyone deserves to be happy and liberated.

Where do you get stuck on your journey? I'd love to hear from you. If you would like personal assistance with your inner transformation, please reach out: info@KnowTheSelf.com.