

Easy and Effective Ways to Increase your Happiness and Create More of the Life You Want to Live.

Do you want to feel more empowered in your life? Do you want to laugh more, smile a lot and feel better each and every moment? Are any of these things interfering with finding Happiness in your life?

Top 5 Things That Interfere with our Happiness

1. We judge. We care too much about what others think. It is so important to follow our inner guidance and decide for ourselves what is “right” for us. Once we have two people asking us to do different things at the same time we then realize how impossible this is. It only makes us unhappy and then we have the opportunity to tune into our own feelings and do what is good for us.

2. We worry. We tell ourselves stories. We have this self-talk that is constant. Do our stories, which are our beliefs help us or hinder us? We can rewrite these and create new ways of thinking that feel better for us. Worry is a simple emotion that comes with the hindering stories we tell ourselves. For example: worrying when we don’t make it to an appointment on time. Much of worrying is related to feelings of not being in control. Well we are right. We do not have control over events, people and other things. It is great when we realize that we have absolute control over how we think and therefore how we feel.

3. We care too much what others think. As children we learned that when we behaved “appropriately” we were rewarded (smiles, appreciation etc.) from the significant others in our lives (teachers, parents). When we did not do as we were told we were frowned upon. We were trained in to caring deeply what others thought of us. Change that by listening to what matters most to you. We cannot control other’s thoughts of us and our behaviour but as we decide to live in a way moment to moment that feels good to us, others opinions will not matter as much. We will feel better and better.

4. We don’t know when to drop it. We get too specific sometimes with our goals and intentions. If we let it go, release the outcome, we can attract the essence of what we are wanting into our lives. When we are too specific at times, we are trying to figure out the “how”. For instance, how can we make more money? Know what you want, feel good in the focusing of it, be open and allow the clues to show you the way.

5. We take it too seriously. Laugh, smile.... take time to feel good. Little things that make your day brighter matter. Play more, hang out with friends that are funny, watch a comedy or do some physical activity! Remember that life is supposed to be fun.

What should we do?

People are going to observe you and they will see you through their framework. They will feel better when you conform to what they want. You must get over this. HOW? YOU must know that you prefer something else. You know you want to feel better. When you seek approval from others – everyone wants something else. You know you want to feel better. When you seek approval from others – everyone wants something else. It can cause chaos in your vibration and then you end up not knowing what feels good in your life. People think that they should be able to jump from fear to bliss fast. You have to coax yourself up the emotional scale. When something is important to you and you are facing the other way (away from your vortex) you may feel fear. Say to yourself, “I have a guidance based life” instead of a “fear-based life”.

From Abraham-Hicks.

“The power is not in the action of the NOW. What is happening right now is the culmination of the energies as far as you have aligned them. While you are in action today, let your thoughts pre-pave your down the road experience. Practice down the road thinking and feeling. You will play into the pre-paved energy and your life will reflect it.”

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