


because i'm 

Happy

15+1 steps to a happier you!

15+1 steps followed by easy excercises to make you feel awesomely happy.

- REMINDER -

This book has been gathered with great care and passion. Please do not make any illegal copies of the electronic version that you have downloaded.

Feel free to use any part of the book but remember to leave a reference to the book or to the Prana World website.

Thank you.

TABLE OF CONTENTs

- **I.N.T.R.O**

- 01- Start Appreciating Every Little Thing
- 02- Make People around You Happy
- 03- Let Go of the Past
- 04- Socialize
- 05- Practice Detachment
- 06- Do Something about Things that Make You Unhappy
- 07- Love and Forgive Yourself
- 08- Take Regular Emotional Breaks
- 09- Plan for Your Life and Look Ahead
- 10- Practice Regular Physical and Breathing Exercises
- 11- Meditate
- 12- Dare to do Something New
- 13- Give and Share
- 14- Develop a Sense of Humor
- 15- Apply Self-Healing Techniques
- 15+1- Stop Worrying about the Future

- **S.U.M.M.A.R.Y**



"If you want to be happy, be."

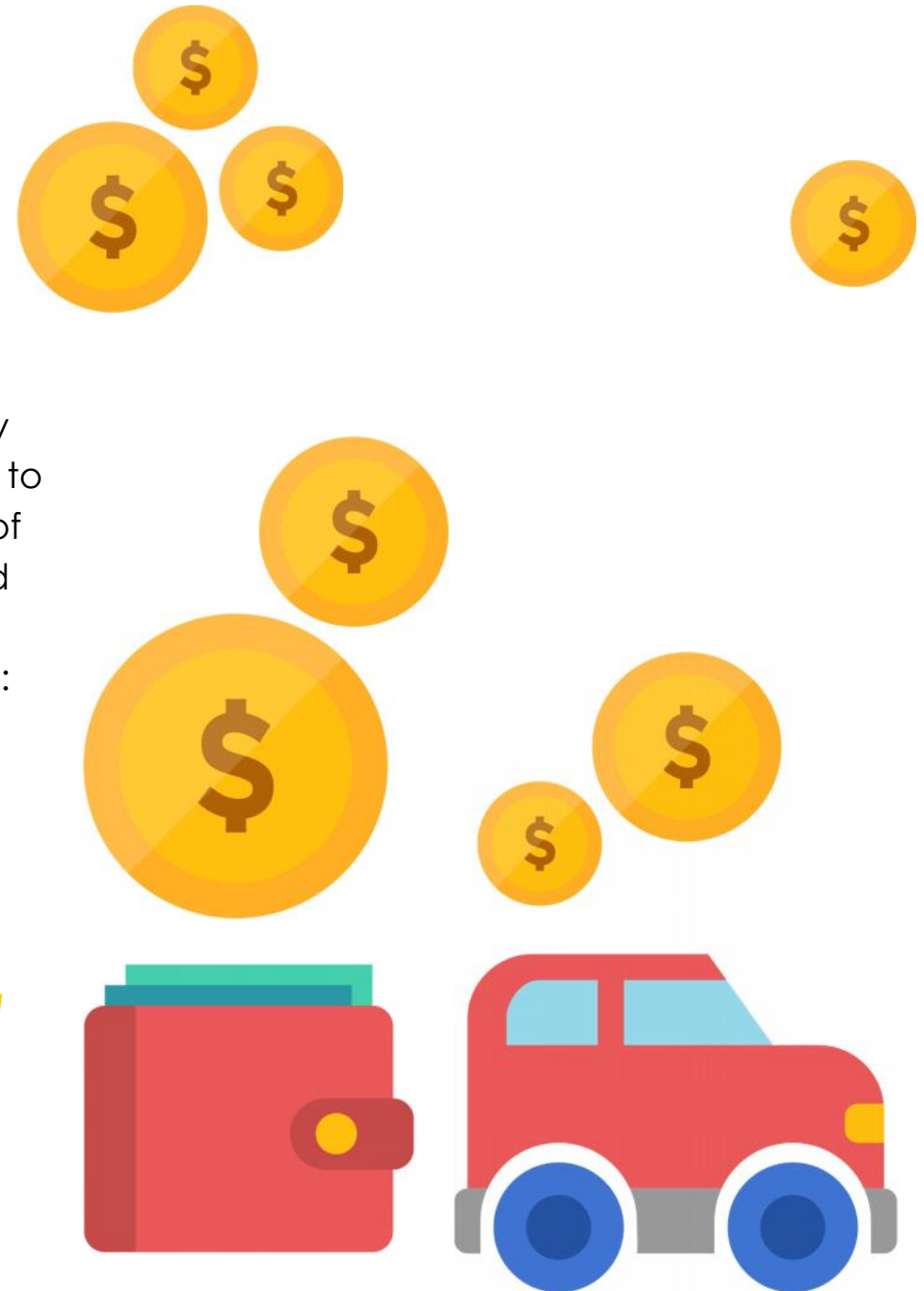
Leo Tolstoy

Being human is fascinating! You get to experience many paradoxes in life! You get to see much diversity. You get to see people who are sad and lonely despite having lots of money, cars and fame; and people who are happy and positive despite having a simple life. All these paradoxes make life an amazing journey while teaching us a lesson:

**Happiness comes from deep inside, not from outside!
Happiness is an inner state that can be achieved
regardless of the surrounding environment.**

"Happiness doesn't depend on any external conditions, it is governed by our mental attitude."

Dale Carnegie



The key to happiness is in the way of thinking and our attitude.

Starting the day with a positive attitude will build your day, while a negative start often comes with a gloomy end.



Based on a Chinese proverb, a good beginning is already half way to success.

The good news is since happiness comes from within and is dependent on one's way of thinking and looking at the world, a shift in the consciousness and a change in how we perceive the world and act can bring happiness into our lives. We don't need lots of stuff and tons of money to be happy! Most of the time, happiness comes without a cost and is not that difficult to achieve!



"It is not how much we have, but how much we enjoy, that makes happiness."

Charles Spurgeon

If you sit down for a while and write a list of what really makes you happy, you will surprisingly notice that most of the items are not actually "things" but people, values and experiences that are priceless.

Every day we witness billions of treasures that enrich our lives in countless ways without a cost; but we often don't notice them. We actually don't see how our life would look like without them. If we start counting all these blessings and noticing all these treasures, though they may seem small, we will be filled with joy and happiness.

In fact there are tons of ways to bring joy, happiness and laughter into our lives! We should just look around and perhaps give these 15 + 1 ways a try!

Have fun celebrating your life and discovering things that can make you happy without spending a single penny...



- 01 -

Start Appreciating Every Little Thing

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

Denis Waitley

Gratitude is one of the greatest remedies for the feeling of dissatisfaction and grief.



Gratitude can transform you to a happy and positive person right away. Even the smallest things that we often take for granted, are sometimes what other people wish to have.

So instead of feeling frustrated, over-expecting and focused on what you don't have, take some time admiring what you do have. Start praising other people and be grateful for having friends and people who love you.

“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”

Frederick Keonig

EXERCISE!

To make it a daily routine, every morning when you wake up, before getting out of your bed, spend some time and count your blessings. Feel grateful for every little thing that you have.

This simple exercise not only helps you start your day with a positive attitude, but also removes the feeling of dissatisfaction.



“If you look to others for fulfillment, you will never be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you.”

Lao Tz



- 02 -

Make People around You Happy

"Happiness is like a kiss. You must share it to enjoy it."

Bernard Meltzer

Happiness does not cease by sharing; it grows!

Happiness is contagious.

By sharing your love, by making other people happy, your happiness will flourish.



Furthermore, based on the "Law of Karma" whatever we want to receive, we need to give away first. So in order to be happy, we need to make other people happy.

We don't need to spend lots of money to make others happy. A small gift, a hug, a kind little appreciation, a small help or even a warm smile can make a person happy.

So let's be generous in sharing love and appreciating others, and infect everyone with happiness.



"Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so."

Robert Green Ingersoll

EXERCISE!

Make it a practice to make at least one person happy every day. If someone helps you with your work, appreciate him/her right away. If you see someone who is sad, lend him/her an ear and help him/her get back on the feet. Surprise your friends and loved ones. You can even make a stranger happy just by being courteous, warm and loving.

There are thousands of ways to make other people happy, you just need to look for opportunities and be creative!

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Lord Gautama Buddha





- 03 -

Let Go of the Past

"Happiness is nothing more than good health and a bad memory."

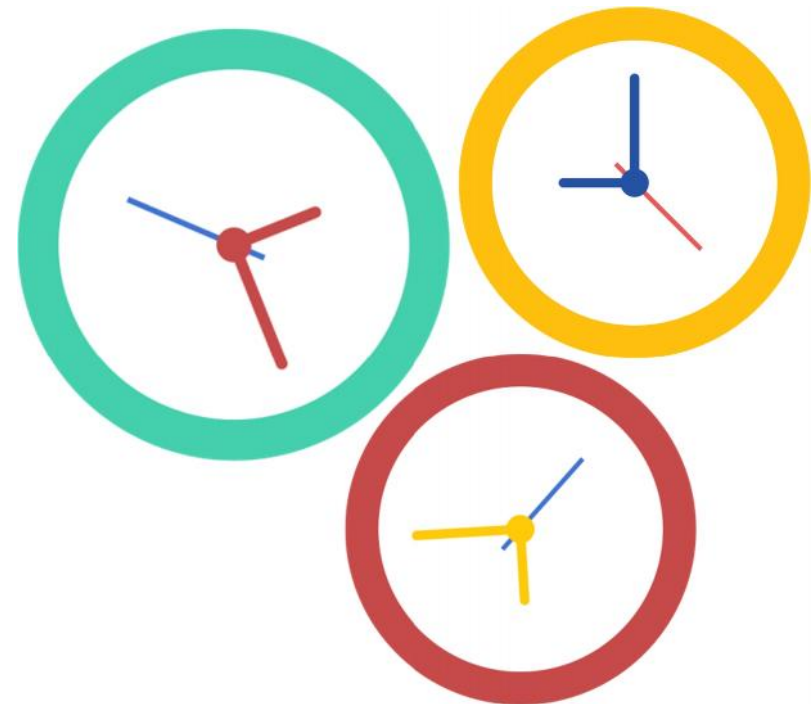
Albert Schweitzer

The past is the past.

By thinking about your mistakes, people who hurt you, situations where you got cheated and undesirable moments of your life, nothing will change! By thinking over and over about negative people and happenings, you actually attract even more of the same kind.

"If you do not Forgive, you will continue to think about the offender and the unpleasant event. By Forgiving and Blessing, you stop wallowing in mud and you achieve Inner Peace and Freedom."

Master Choa Kok Sui



The key is to let go and release the negative experiences of the past from your system! & move on...

We all have had headaches, frustrations and people who have been pain in the neck. They all have helped us grow and learn many lessons.

Now, by holding on to the anger and sadness, we only withhold ourselves from being happy and positive again. So one of the ways towards having a happier life is to let go of the past! Do not get stuck. Forgive, forget and continue living.



The key
is to let go,



release the negative
experiences of the past,



& MOVE ON!

EXERCISE!

Write a letter, stating all your problems, worries and unhappiness. Address the letter to people who have hurt you in the past. Release your anger and resentment in the letter. Write also about the incidents in the past that are still bothering you. Describe your feelings, your fears and dissatisfactions with all the details and emotions.

When you finished the letter, tear it down and burn it. This will help you externalize your negative emotions and disintegrate them by burning them together with the letter.

Repeat this for several days until the negative feelings are completely out of your system.

"The first recipe for happiness is: avoid too lengthy meditation on the past."

Andre Maurois





- 04 -

Socialize

"There is only one happiness in this life, to love and be loved."

George Sand

Love usually comes with happiness.

We feel happier when we are among our friends, loved ones and people who love and trust us. We feel comfortable being with people who love us anyway; people who don't criticize or humiliate us; people who accept us as we are.



It is important to have good friends. Good friends and family are one of the greatest assets in life. Loneliness often leads to depression, sadness and insecurity while loving other people and being loved bring happiness.

Sometimes long hours of work, being busy and focused on things we aim to achieve, make us

forget the importance of socializing and spending quality time with our friends and loved-ones; and when we realize their importance it is often too late. Let's not fall into this trap. Work is always there! Spending some quality time with friends and family is equally or even more important than work.



Online chatting and messaging is not considered socializing; even telephone calls are not as good as meeting someone in person.



Only when we meet a person, feel his/her presence and be with him/her, energy transfers between us.

We need to have friends. We need to visit our family on a regular basis or else one day we wake up and don't see anyone in our life that we care about. To be happy, we need to socialize!

"The real cause of psychological ailments is insufficient Soul Contact. Love is therapeutic!"

Master Choa Kok Sui

EXERCISE!

Allocate a number of hours every week to go out with your friends and visit your family members. If you are very busy, schedule your social activities in advanced. You don't need to spend plenty of time socializing; the key is quality time. So when you are with them, forget about work for a short while!

Plan a picnic, a party, a dinner or simply a visit to your closest friends and loved ones on a weekly basis. Share stories, listen to theirs and have fun!

Relationships flourish when people laugh together, play together and feel connected.



“Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.”

Marcel Proust



- 05 -

Practice Detachment

“Attachment is the great fabricator of illusions; reality can be obtained only by someone who is detached.”

Simone Weil



People get stressful, frustrated and hurt because of excessive attachment to a particular idea, habit or person. If what they think or desire does not happen, or if the person they are so attached to leaves, they feel sad.

We all need to know that everything is subject to change. Nothing is permanent. Whatever we have and whoever we are with right now might not be with us in the future. In Buddhism, change is considered as an undeniable part of life!

“According to the Law of Cycle, everything is subject to change. Nothing lasts forever.”

Master Choa Kok Sui

If we realize this truth, we won't have grief over things that we have lost and we won't get hurt if our idea is not accepted by all.

De-attachment brings freedom, happiness and inner peace!

For a person who is detached, everything that happens in life is a gift. He/she is able to flow with every situation, because he/she is not fixated to certain ways, ideas or habits. So every day will be a surprise; every day will bring a new opportunity.

Detachment doesn't mean coldness. One can live life intensely and at the same time remain de-attached!

The desire to control the situations, people and happenings only brings frustration and disappointment. Let's accept life as it is, a journey full of happiness and at the same time full of lessons.

“Everything is a gift of the universe; even joy, anger, jealousy, frustration, or separateness. Everything is perfect either for our growth or our enjoyment.”

Ken Keyes Jr.



De-attachment brings
FREEDOM,



HAPPINESS,



& INNER PEACE!

EXERCISE!

Every day affirm, "I am not the body. I am not the emotions. I am not the thoughts. I am not the mind. I am the Soul!"

- Extracted from the Soul Affirmation by Master Choa Kok Sui

Realizing that we are not the body, emotions and thoughts will give us freedom to go beyond them. Realizing that we are the soul, reminds us that everything related to the physical world is temporary. Our money, car, house and belongings will be taken away from us one day, when we leave this body. What is permanent is the soul!

So it is worth spending more time on things that develop the soul and while trying to live an intense life, remain de-attached from things that are temporary.

"There is Detachment when a person perceives things accurately. Becoming detached is like a child giving up toys. When a person reaches a certain level of maturity, he will become detached."

Master Choa Kok Sui





- 06 -

Do Something about Things that Make You Unhappy

"Happiness is not something ready made. It comes from your own actions."

Dalai Lama

If you are unhappy about anything in your life, do something about it; change it.

You are not destined to be unhappy! You have the will and the intelligence to improve your life and make it in such a way that you like.

If you do not like your job, change it! Don't let it cause you unhappiness and dissatisfaction. Start a job that gives you passion, liveliness and happiness. Don't be afraid of losing and not making it through.

If you love what you do, you will find a way to make it successful. It is not fair to remain in a job or situation that makes you depressed and let it take all the life and joy away from you.



***“Doing what you like is freedom.
Liking what you do is happiness.”***

Frank Tyger

Do something about all the things that make you unhappy! You need to be happy to be successful and lively. No one can force you to do what you do not want unless you let them. Don't ever live a life that others have decided for you! Discover your own passion and have the courage to follow your dreams.

Everyone has a purpose in life. Everyone is born with a responsibility. Find yours and make it happen!

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

Albert Schweitzer



Everyone has a purpose in life.



Everyone is born with a responsibility.



Find yours and make it happen!

EXERCISE!

Take a piece of paper. Give yourself 5 minutes and write all the things that make you unhappy in life.

Then go through them one by one and think about ways of improving every situation. Have a strategy, an action plan and a deadline for each. Decide by when you can improve each situation and bring happiness back into your life.

Once you are aware of the things that bring unhappiness in your life and you know how to improve them, start acting.

Don't procrastinate. Every minute is important. Every hour counts. Start now!

"Much unhappiness has come into the world because of bewilderment and things left unsaid."

Fyodor Dostoevsky





- 07 -

Love and Forgive Yourself

"If you can learn to love yourself and all the flaws, you can love other people so much better. And that makes you so happy."

Kristin Chenoweth

One of the causes of feeling sad and depressed is low self-esteem; the feeling of not loving oneself or not feeling good enough.



If we cannot love ourselves, how can we expect other people to love us back?! How can we expect to have a good life and how can we feel happy?!

We are the first person that should love us and should make us happy! Remember, happiness comes from within!

"Happiness is an inside job."

William Arthur Ward

When we don't love ourselves, we don't feel happy inside. So we look for others, objects, positions and relationships, to make you happy.

The effect of such feeling and attitude is often aggressiveness, possessiveness, disappointment and unhappiness. No one can make us happy as good as we can, and the key is to feel contented inside; to love ourselves and be happy with who we are!



Sometimes being over critical with oneself, develops low self-esteem. We need to be realistic. Everyone makes mistakes and no one is perfect. Being a human, mistakes are part of life. So don't make a big fuss when you commit a mistake. Just learn from your mistakes, forgive yourself and move on.

EXERCISE!

Every day, spend a few minutes of your time when you look in the mirror to tell yourself how much you love yourself.

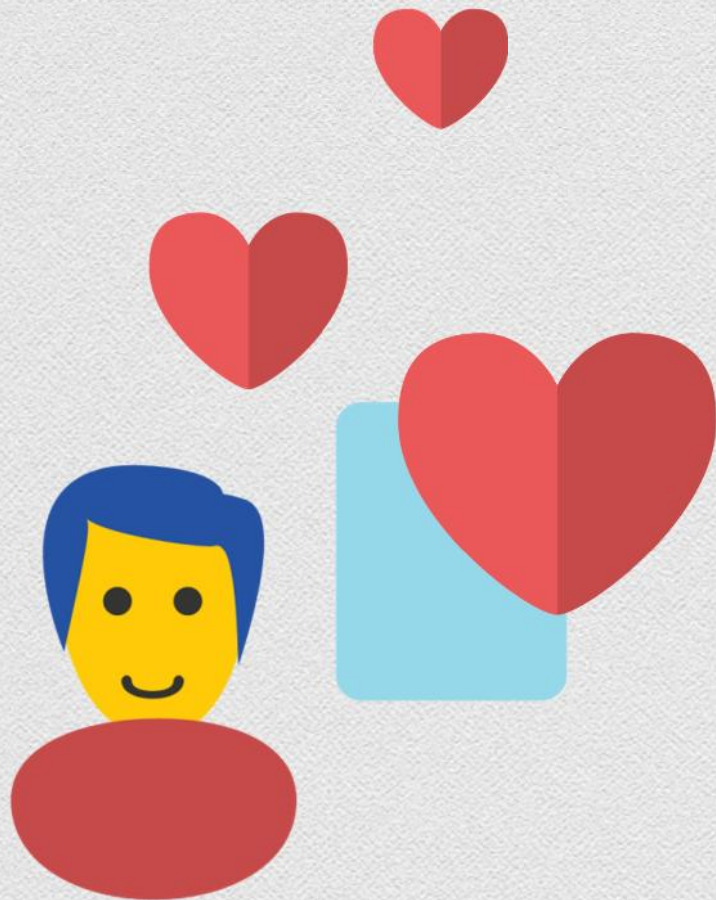
Look into your eyes. Smile and affirm: I am a child of God. I am a unique person, a unique part of God's creation.

I forgive myself and I love myself.

I am free, I am happy and I am loved.

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Lucille Ball





- 08 -

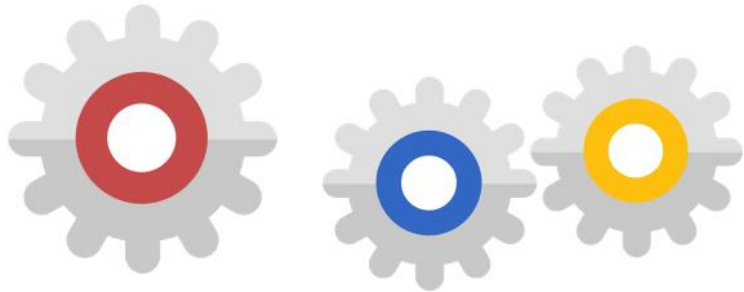
Take Regular Emotional Breaks

"There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will."

Epictetus

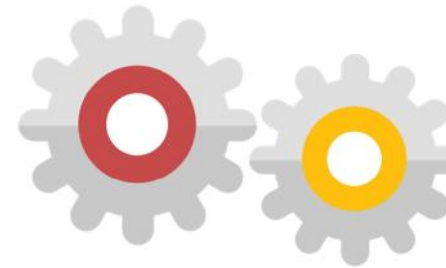
We all need regular emotional breaks in order to work efficiently and remain healthy.

If something is beyond our control, it is not worth worrying about. Just take a break and wait for the right time to act!



Taking breaks can also give us enough time and opportunity to review our life; to see if we are following our goals in life; to see if we are happy doing what we do and to re-strategize.

Do not let your life become overwhelming. Do not let your work and responsibilities leave you breathless. It is necessary to take regular



emotional breaks to revitalize, refocus and re-plan.

Sometimes when we are too busy with what we are doing at the moment, we tend to lose the bigger picture and the reason why we started the whole thing. This will lead to unhappiness, especially if we lose our main goals and aspirations.



Sometimes we are too focused on our work that we tend to lose the opportunities to enjoy it. Happiness should not come only when we accomplish something, but even in the process of accomplishing it.

It is a good idea to slow down every now and then, take a break, retreat from our daily routine and review our life.

Everything we do should make us happy.
Everything we do should be done with happiness.



Everything we do...



should make us HAPPY.



Everything we do...



should be done with HAPPINESS.

EXERCISE!

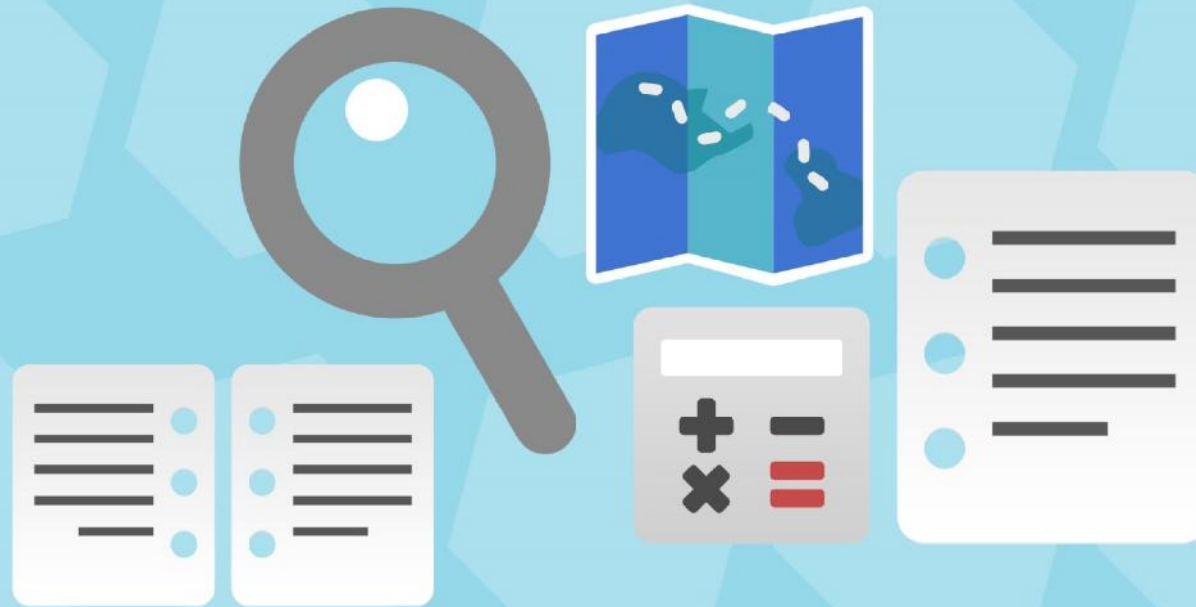
Take a calendar and plan for your retreats and your vacations for the next 6 months. Based on the nature of your work and the energy and effort it needs, you should plan regular emotional breaks.

It is best if you can plan to be very peaceful during these breaks to retreat and review your whole life. Ask questions like: Am I happy doing what I do? What do I want to experience in life? What do I want to achieve? Do I follow my purpose and goals in life? What do I want to contribute to the world? Am I in the right track? What are the things that I need to change to get back on track? Do I need to re-strategize to achieve my goals faster?



"You have to know when to strike and when to retreat."

John Oates



- 09 -

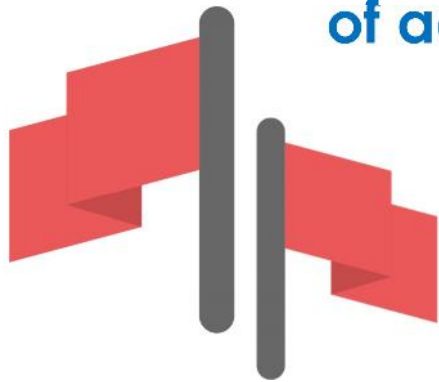
Plan for Your Life and Look Ahead

"True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose."

Helen Keller

Happiness comes from fulfillment and accomplishment.

If our life doesn't follow a purpose and is composed of haphazard happenings we will never feel the happiness of achieving a goal or accomplishing a plan.



We need to have a purpose, a goal. Thinking big will give meaning to our life; it will fill us with passion, with motivation and drive.

This will bring happiness along; the happiness of following our passion and our goal and the happiness of accomplishing it.

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

Franklin D. Roosevelt

EXERCISE!

Set a time for yourself and start planning. Think about what you need to achieve in your life. Think about the biggest achievements you want to have as well as the small experiences. Then make long-term, mid-term and short-term plans accordingly.

Once you set your goals and objectives. Remain one-pointed until you reach your target. Don't get distracted by other people's wants and desires.

"Your life will be no better than the plans you make and the action you take. You are the architect and builder of your own life, fortune, destiny."

Alfred A. Montapert





- 10 -

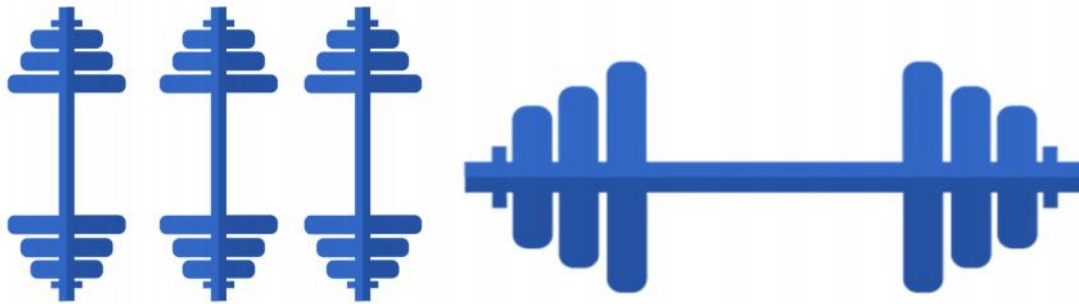
Practice Regular Physical and Breathing Exercises

"To enjoy the glow of good health, you must exercise."

Gene Tunney

Physical exercises help us keep our body in shape and healthy.

If we are sick or suffering from various types of pain and discomfort we will not be happy. So in order to remain healthy and happy, we need to take care of our body.



By doing regular physical exercises, dirty and used up energies will get expelled out of the body.

Physical exercises also increase the rate of blood circulation and energy circulation, which helps in keeping the body healthy and strong.

Breathing exercises increase the size of the aura and provide lots of pranic energy for the body, which helps to regenerate and heal the organs.

By feeling light, energized and strong, we will surely feel happier; by being healthier, we can become happier!

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."

Wilhelm von Humboldt

EXERCISE!

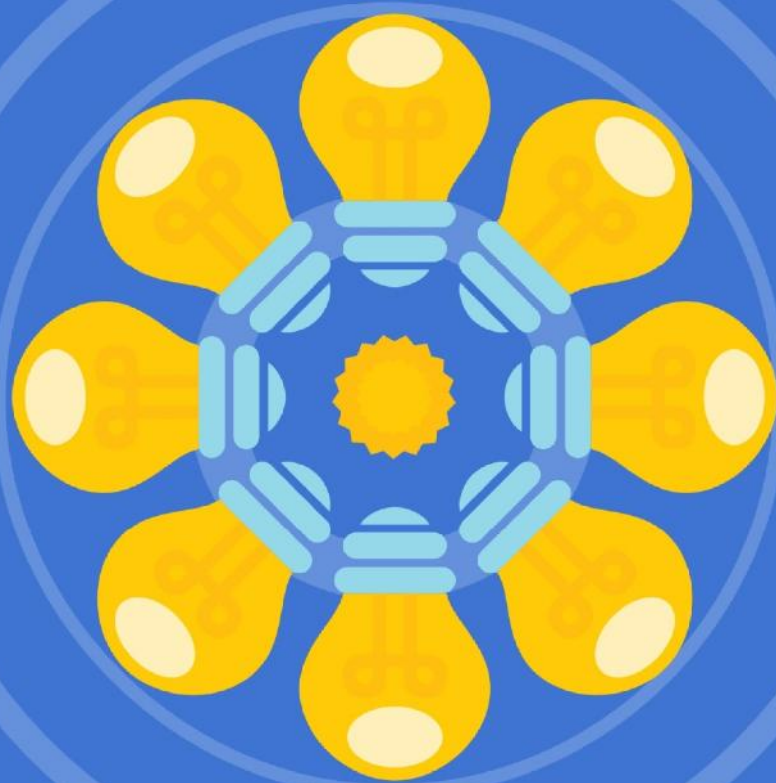
Add at least 20 minutes of daily physical exercises into your schedule followed by some simple breathing exercises that can give you lots of energy.

It is best if you start your day with physical exercises. You may take a salt-water shower after your daily exercise to further cleanse your body and your aura. Then practice your breathing exercises to energize your system and then start your daily activities.

"Follow your dreams, work hard, practice and persevere. Make sure you eat a variety of foods, get plenty of exercise and maintain a healthy lifestyle."

Sasha Cohen





- 11 -

Meditate

"Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work."

Thich Nhat Hanh

Meditation is one of the best ways to clear our mind and emotions and bring about joy, happiness and bliss.

There are many different types of meditation from meditation on the breath to Arhatic Kundalini and Dhyan.



One of the easiest, yet very effective meditations that can activate the heart and fill you with the energies of peace and love is the Meditation on Twin Hearts, developed by Master Choa Kok Sui.



During the Meditation on Twin Hearts the practitioner becomes a channel to distribute the waves of positive energies to every person and every being on earth, and as a result he/she will be filled with positive waves and the energies of the same kind.

By becoming a channel to bless the entire earth with Loving-kindness, we will be purified from sadness and sorrow, our Heart chakra gets developed and we will find more peace, joy and happiness.

In the process of blessing the earth, the Heart and Crown chakras get highly activated that will allow more divine energy to enter the body. Divine energy works as a cleansing agent by disintegrating and flushing the negative thoughts and emotions out of the aura.

The effect is clarity of mind and more refined emotions. Meditation will further transcend our consciousness, so that the dirt cannot touch us as souls.

Meditation on Twin Hearts takes only about 20 minutes, yet the effect is quite intense.

There are many other meditations that can be practiced to bring more peace and happiness into our life.

“Meditation speeds up the evolutionary process by gradually purifying negative tendencies.”

Master Choa Kok Sui



EXERCISE!

You can schedule your meditation after the morning physical and breathing exercises. Altogether they will only take about 30 minutes of your time. If you can fit in meditation into your schedule at least 4 days in a week, within few weeks you will start noticing the positive changes.

Before starting the meditation, you need a simple set of physical exercises to help release the used up energies from your aura. This will put you in a better position to start your meditation.

Sit in a comfortable place. Relax and put your hands on your lap and use the following link to start a short version of the Meditation on Twin Hearts.

“Practice meditation regularly. Meditation leads to eternal bliss. Therefore meditate, meditate.”

Swami Sivananda



CLICK HERE
to start
the meditation.



- 12 -

Dare to do Something New

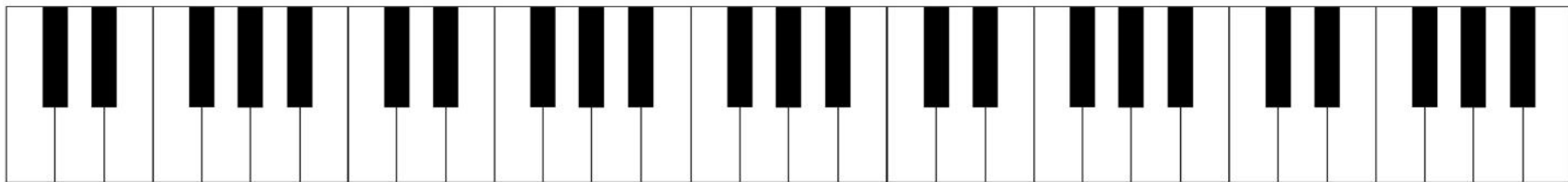
"True happiness comes from the joy of deeds well done, the zest of creating things new."

Antoine de Saint-Exupery

Boredom can bring unhappiness.

In order to feel alive and happy we need to have daringness to start new things and to have new experiences.

Learning how to play the piano, photography, painting, sports and acting can all be a relief when life gets tough.



We all need to have a hobby that we enjoy doing. Life is not all about seriousness and work! It is also about the joy of trying new things.

Hobbies can give us an opportunity to let go of the serious world and enjoy a moment of excitement, flow and happiness.

You can also spend some time learning a new skill and trying self-improvement methods and meditations to keep you always updated and fresh. With knowledge comes self-confidence and power.

EXERCISE!

Allocate a few hours of every week as your "learning time," and your hobbies.

Watch self-motivational videos, read books and learn new skills. We actually waste a lot of time on the TV or Social Networks every day. We can just replace it with something more productive, and at the same time fun!

Especially when you feel bored, low or under stress, your hobbies can help you bring back your mood; because you simply love doing them!

If you don't have a hobby, choose a hobby that makes you feel alive and relieved. Start learning to play an instrument, do some photography, start cooking, painting or any other activity that gives you joy during your learning time. It might take time in the beginning but it's definitely worth it.



"A hobby a day keeps the doldrums away."

Phyllis McGinley



- 13 -

Give and Share

"Happiness... consists in giving, and in serving others."

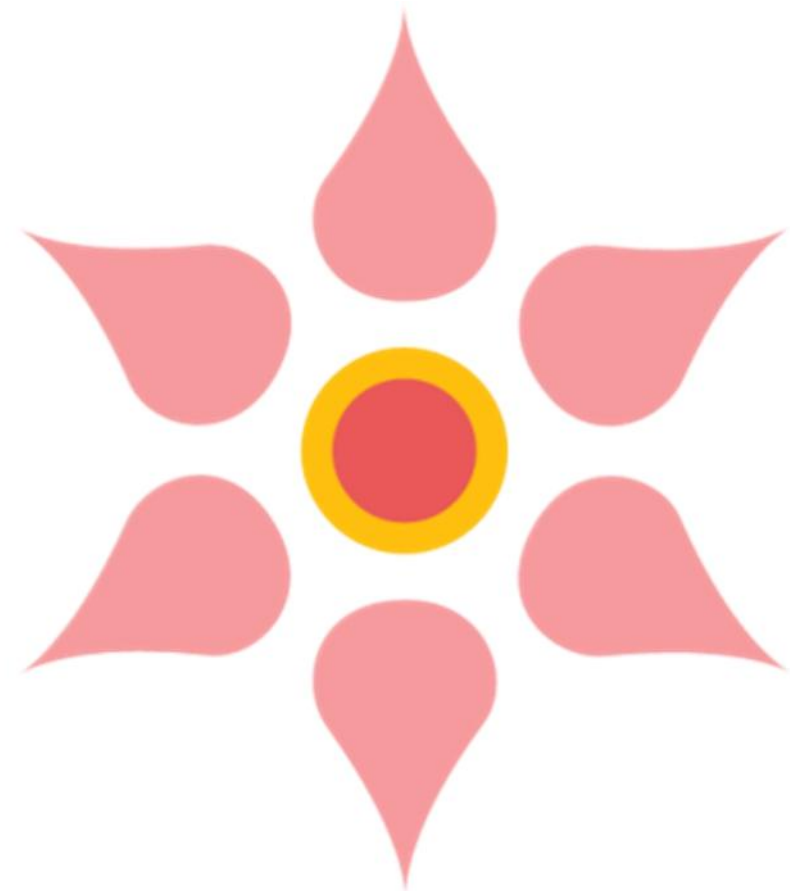
Henry Drummond

Happiness is in the heart.

When the Heart chakra gets activated, we will be filled with the energies of peace, joy and happiness. One of the fastest ways to activate the Heart is to give and share.

Service, charity work and giving donation to people in need, not only help us see and realize that everyone has their own challenges, which make us feel grateful for what we have, but also help us develop more love, compassion and caringness.

All these higher emotions have an amazing effect on our level of happiness. They help activate our Heart chakra which makes us a happier person as a result.



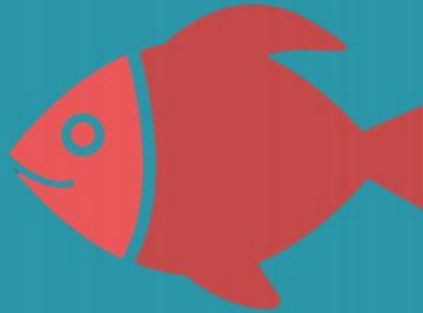
A Chinese proverb says:

if you want happiness for an hour, take a nap.

If you want happiness for a day, go fishing.

If you want happiness for a year, inherit a fortune.

If you want happiness for a lifetime, help someone else.



Donation and tithing also help neutralize a portion of our past negative Karma and therefore bring more good luck and happiness to life.

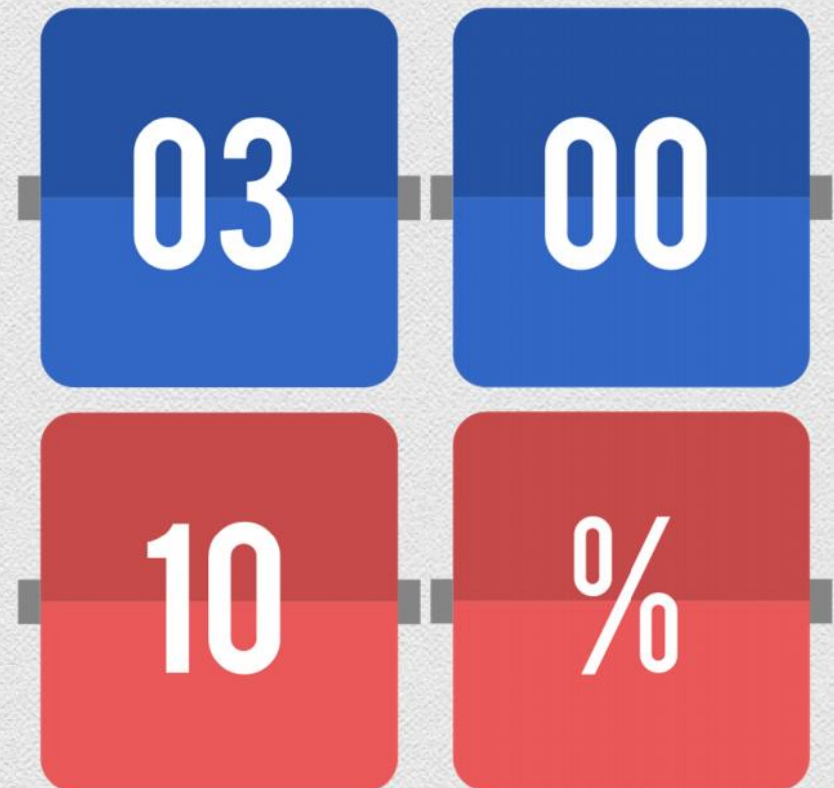
EXERCISE!

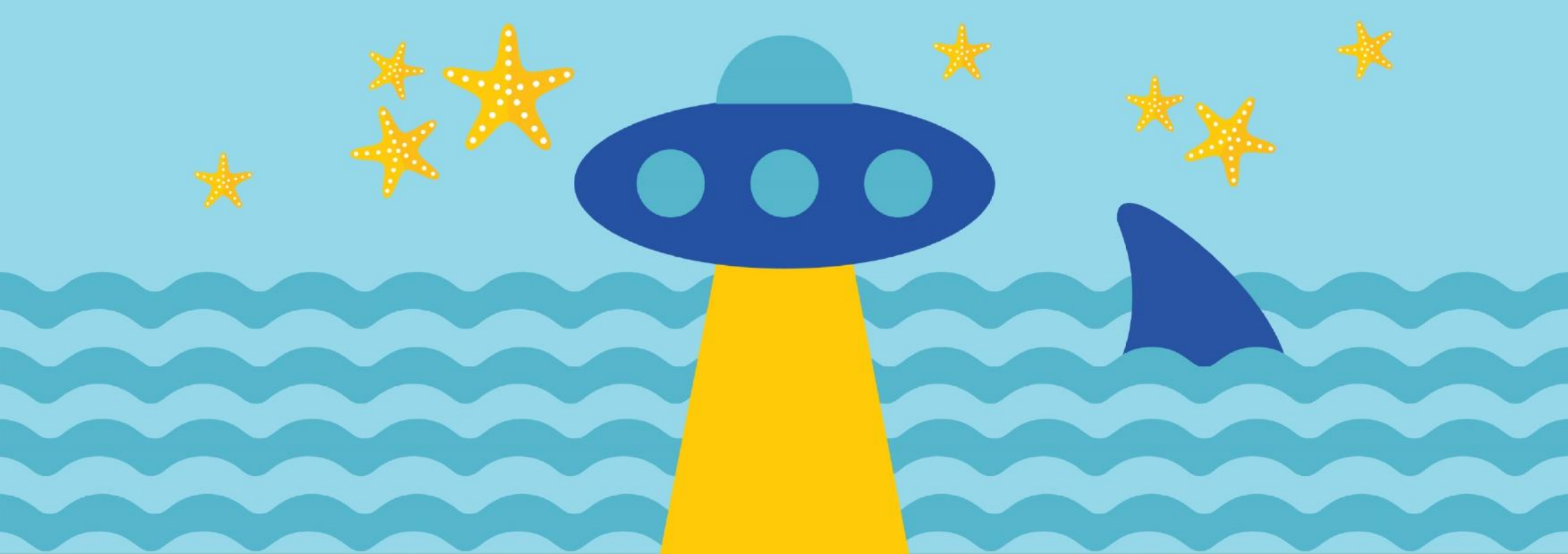
Allocate at least 3 hours of your week for charity work and helping others. It can be any help that you can offer from feeding the hungry and teaching a skill to healing, counseling or even blessing.

Also allocate about 10% of your income for tithing and donation. As we give, we shall be entitled to receive!

"Remember that the happiest people are not those getting more, but those giving more."

H. Jackson Brown, Jr.





- 14 -

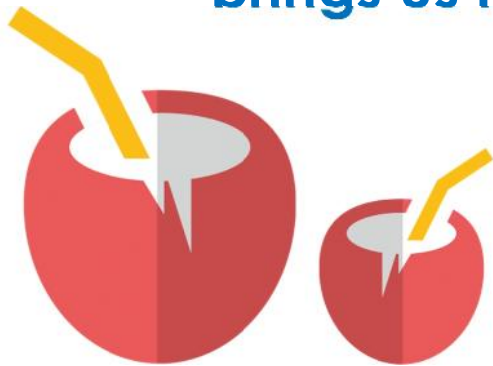
Develop a Sense of Humor

"A sense of humor enables you to enjoy life and to deal with it realistically."

Master Choa Kok Sui

Problems in life happen anyway.

Sometimes we are up and sometimes down. A sense of humor helps us keep our spirit always high! Laughter is also a therapy. It helps release the anger, frustrations, stress, grief and feeling of guilt out of our system and brings us more peace, joy and happiness instead.



The vibration that laughter creates on the Solar Plexus chakra, known as the center for lower emotions, cleanses it and partially regulates it. This gives more space to the Heart chakra, known as the center for higher emotions, to glow.

So, smiling and laughter are other ways of activating the Heart chakra. People with a developed heart, tend to smile more and people who smile more, further develop their Heart; and the cycle goes on and on!

Friends are also very important in the way we feel and the way we think.

Try to choose friends who are positive and happy so your energies can lift up each other rather than bringing your spirit down.

"You can turn painful situations around through laughter. If you can find humor in anything, even poverty, you can survive it."

Bill Cosby



FRIENDS
are also very important



in the way we
FEEL,



and the way we
THINK.

EXERCISE!

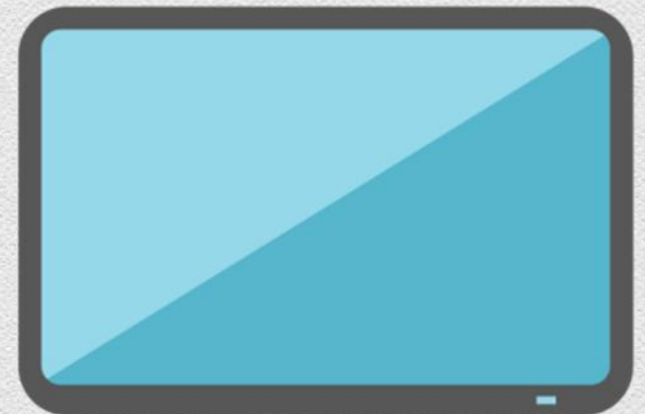
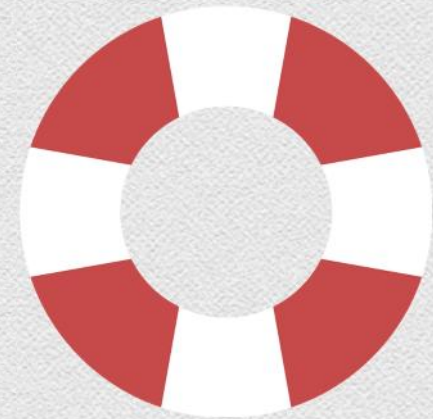
Read more jokes and watch more funny videos. Try to stop watching dramas and depressing movies as well as reading depressing books.

Try to keep a smile on your face, even at times that you are alone. Smiling will activate your Heart and make you feel good even in the midst of a difficult situation.

Make sure every day you spend some time laughing, relaxing and smiling.

"A day without laughter is a day wasted."

Charlie Chaplin





- 15 -

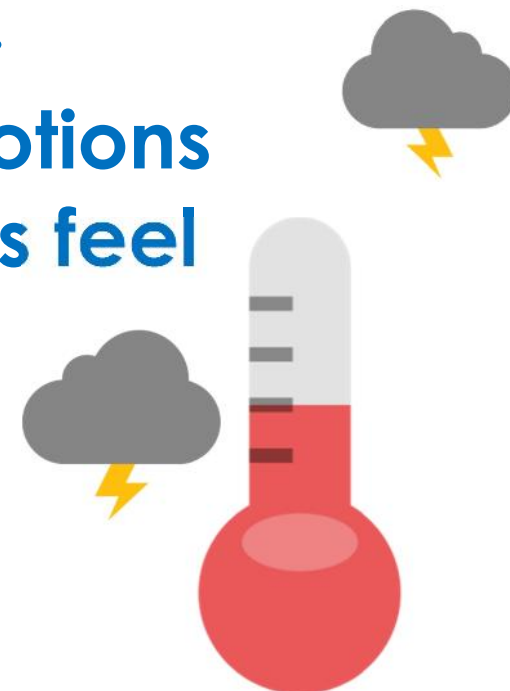
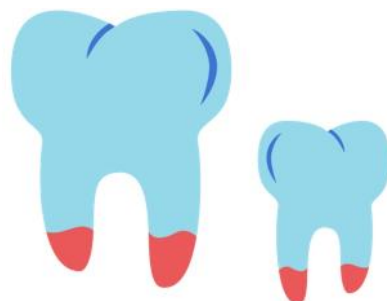
Apply Self-Healing Techniques

"Healing is active Meditation. Healing is Meditation in Motion."

Master Choa Kok Sui

Sometimes because of loads of negative thoughts, emotions and memories that are stored in our aura from childhood, we feel sad, low or insecure.

As long as these energies and emotions are inside us, they keep making us feel scared, down and negative.



Self-healing techniques such as Pranic Healing and Pranic Psychotherapy can help us remove all the negative thoughts and emotions from our system and feel lighter and happier.

Everything is energy. Even our fears, stress, worries and negative past memories are energy

and therefore can be disintegrated and removed.

Self-healing techniques can help clear out all the negative thoughts, emotions and energies and make us lighter, happier and more relaxed.

EXERCISE!

Relax. Connect your tongue to your palate. Press the center of your palms with your thumb.

Place your palms about 2 inches away from each other. Close your eyes. Be aware of the center of your palms. Inhale slowly and deeply; exhale slowly and deeply.

Continue breathing for a few minutes and simultaneously keep your concentration on the center of your palms.

Then slowly move your hands back and forth. Take your time and feel the energy that is built between your palms. You may feel warmth, pulling-pushing sensation, tingling or whirling sensation between your palms. What you are feeling is basically the energy between your palms.

This energy is what is used in energy healing techniques, such as Pranic Healing!

"Rapid healing is brought about by increasing the Life Energy or pranic energy level of the affected part or the whole body."

Master Choa Kok Sui





- 15+1 -

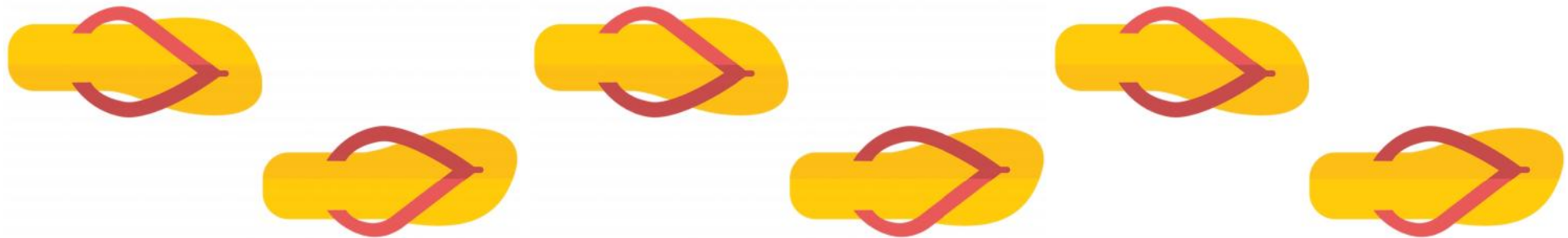
Stop Worrying about the Future

"True happiness is... to enjoy the present, without anxious dependence upon the future."

Lucius Annaeus Seneca

Worrying excessively about the future not only does not help, but also ruins your "now."

Future is dynamic. Just how we have made our now through our past, we make our future through our now.



So by focusing on our current situation and using our moments wisely, we can make a better future.

There is a saying that if all the doors are closed make a new one; and "now" is your resource for doing that.

Yesterday has already passed and future is only a dream. Now is an opportunity that if used properly can create a better future.

Often people miss their everyday precious moments by over worrying about the future or over regretting their past, not realizing that if they do not live every moment fully and with happiness, they will lose them tomorrow.

So let's enjoy every moment of life, before it gets too late!

“The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.”

Marcel Pagnol



So let's ENJOY
every moment of life,



before it gets
too LATE!

EXERCISE!

Whenever you worry too much about the future, take a piece of paper and write down all the tasks and projects that you are worried about. Usually, just by organizing our mind and prioritizing the important tasks we need to do, our worries will end.

Now look at the tasks you have written. If you can take action and resolve the problem, write what you need to do to improve that situation. If you cannot do anything about it, just relax and stop worrying. Wait for the right time to take action.

Another way of releasing your worries is to think about the worst thing that can happen. If it happens, how would it affect your current situation?! What would you feel about it after 3 years, after 5 years and after 10 years? If it will not be that important for you after some time, just let it go. Mostly people worry about issues that are not so important. This exercise will show us what is really crucial in the long run and what is not. So we can stop ourselves from excessively worrying and help us focus on the important issues in our life.

"Regulate your mind. Do not worry excessively about the future. If you have done everything that has to be done, the future will take care of itself."

Master Choa Kok Sui

So always remember to
Enjoy every little moment, & celebrate your awesome life!

Because...

You're Happy!



- SUMMARY -

- 01- Start Appreciating Every Little Thing**
- 02- Make People around You Happy**
- 03- Let Go of the Past**
- 04- Socialize**
- 05- Practice Detachment**
- 06- Do Something about Things that Make You Unhappy**
- 07- Love and Forgive Yourself**
- 08- Take Regular Emotional Breaks**
- 09- Plan for Your Life and Look Ahead**
- 10- Practice Regular Physical and Breathing Exercises**
- 11- Meditate**
- 12- Dare to do Something New**
- 13- Give and Share**
- 14- Develop a Sense of Humor**
- 15- Apply Self-Healing Techniques**
- 15+1- Stop Worrying about The Future**

Because I'm Happy – 15+1 Steps to a Happier You!
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