

# *Be Happy and Stay Happy No Matter What!*

## *Spiritual Orgasms Book Handout*

### *Take Full Responsibility of Your Life and Well-being.*

- Tap into your inner powers.
- Find Happiness and Peace inside you.
- No need to search elsewhere! Guided Meditation:

You are Light

You are Love

You are a Creation of God.

#### **1. How to take full responsibility of your Now; change :**

- Blaming into appreciating.
- Judging into listening.
- Excuses into actions.

## 2. Impeccable Language, Thoughts and Actions.

Remember, you are what you think!

With the power of visualizations you can turn around ANY situation to your own advantage, based on unconditional love.

- Go the Extra Mile
- Apply the Golden Rule (Treat others how you would like to be treated)
- Just Believe!

Now you are capable of allowing only positive thoughts in your mind: change the negative image from----to:

What if? -----	that is!
But -----	...and
Try -----	Do it!
I can't -----	I can!
Should have---	Will do
I should!-----	I could...
I have to-----	I want to

3. Affirmations are an excellent way to help your brain build a new hard wired path (habit) while you just forget about old habits, replacing them with good new ones.

Repeat one (or more) of the following affirmations DAILY upon waking up and before sleeping,

*I am more than what I appear to be, all the force and the strength of the universe resides within me!*

*Whatever my mind can conceive and believe, my mind can achieve (Napoleon Hill).*

*Nowhere to go, nothing to do, JUST BE...*

*I sail in the waters of Gratitude, on the boat of  
Unconditional Love, guided by Captain Forgiveness-  
Kindness.*

*I am perfect ALREADY*

*I am Light, I am Love, I am Power*

Make your own:

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## *Place Yourself in Alignment with Source.*

Through the above exercises, you will find relief from your present situation by thinking empowering thoughts and taking action. Reach Mind-and-Soul balance. Go step by step from relief to freedom.

The marathon starts by the first step, and there are many steps in 42 kms. Patiently take one step at a time and celebrate each step!

Close your eyes and place yourself in the path that works for you. Choose the affirmations that resonate with you, and be disciplined in affirming constantly and firmly.

What activities would make you feel closer to your source? Write them down while feeling that sense of peace and quiet when you imagine applying them.

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# Live in the Now.

Live in the Now: problems can breed only in the past or in the future, they die in the Now. Bask in Gratitude and Compassion while in the Now. Surrender...

Write down examples of what it is for you to live in the Now. And how does living in the now affect your present well-being?

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# Happiness is Being Aligned with Source.

When you are aligned with Source, you feel an intense love and appreciation for Nature and for all what surrounds you.

Go out into Nature, and observe intently its beauty and perfection. Sense how Harmony prevails. Write down your impressions about this balance:

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# Changing Your Paradigms

## The Power of Visualization




What did you Learn?


# Happiness is Contagious

Share an incredibly Happy memory:

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How do you feel Now?

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Notice how the shift in mood took place in this room right now; it is the images that you allow into your mind that shape your perception, your reality.

What did you learn?

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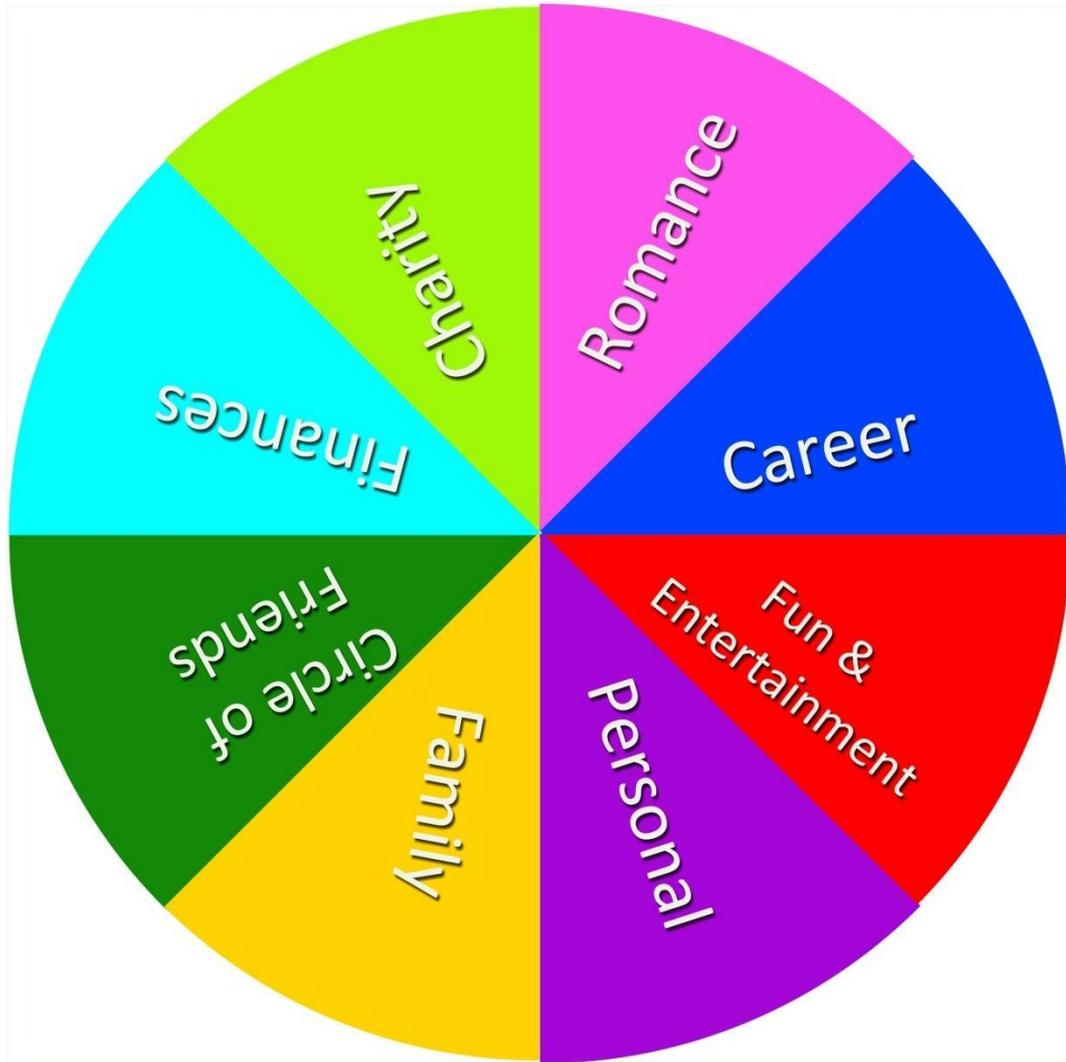
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# The Wheel of Life in the Now



## Take Action Now!

Now that you are in the window of *I FEEL GOOD*, be ready to experience your own Spiritual Orgasms, constantly, in total gratitude and joy ... Go get your education, wealth , your life partner, just fill in the blank!

Write down what goals, dreams, you would like to pursue:

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Choose which area you would like to focus on to visualize and realize your project. Do the other seven aspects in the quiet of your home.

Your affirmation must be in the present continuous tense, tinted with emotion, colors, something that makes you feel excited. For example:

*I am peacefully enjoying our family holidays in \_\_\_\_\_ by (date) \_\_\_\_\_ or before.*

*I am appreciatively feeding my body with a balanced diet reaching my ideal weight of \_\_\_\_\_ by (date) \_\_\_\_\_*

Make your own:

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# Decree

I

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\_\_\_\_\_ am now happily taking the first  
step towards the realization of my Wonderful  
Visualization as follows:

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Accomplished by (date) :

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Date Signature





