

10 Keys to Happiness



- 1. Listen to your body, pay attention to the physical and stress as well as signals of comfort and peace and proceed.**
- 2. Live in the present it is the only moment you have.** Keep your attention on what is here and now; look, for the fullness in every moment.
- 3. Take time to be silent.** Pay attention to your inner life so that you can be guided by intuition rather than externally imposed interpretations of what is or isn't good for you.
- 4. Relinquish your need for external approval.** You alone are the judge of your worth; and your goal is to discover infinite worth in yourself, no matter what anyone else thinks.
- 5. Don't react with anger.** When you find yourself reacting with anger or opposition to any person or circumstance, realize that you are only struggling with yourself.
- 6. Know that the world "out there" reflects your reality "in here."** What you most hate is often times what you most deny in yourself.
- 7. Shed the burden of judgment and you will feel much lighter.** Everything can be understood and forgiven, but when you judge, you cut off understanding and shut down the process of learning to love. In judging others, you reflect your lack of self-acceptance. Remember that every person you forgive adds to your self-love.
- 8. Don't contaminate your body with toxins, either food, drink, or toxic emotions.** The health of every cell directly contributes to your state of well-being, because every cell is a point of awareness within the body of awareness that is you.
- 9. Replace fear-motivated behavior with loved-motivated behavior.** Fear is the product of memory, which dwells in the past. Remembering what hurt us before, we direct our energies toward making certain that an old hurt will not repeat itself. But trying to impose the past on the present will never wipe out the threat of being hurt.
- 10. Living in balance and purity of mind, body, and soul is the highest good for you.**

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