



AAFCF NYNMXXR

Happiness Awakening Exercise

Hello and congratulations on taking the first steps towards finding the intrinsic energies that you have locked away for some time now to find happiness. Using an understanding of how we are connected to our spiritual self, and what benefits lie within, that can help us re-establish a better mental space that we can truly find and live happiness in our lifetime.

Awakening our Intrinsic Happiness

You will want to do this exercise for a total of seven (7) calendar days. Remember you want to continually tell yourself to search for them, you will want to note 25 experiences that bring us true intrinsic joy each day. It is completely acceptable if you don't find all 25 during the first couple of days. It takes time to change our perspective sometimes. Copy this page for each of the seven days.

Date:	Timeframe:
Things I observed: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____ 21. _____ 22. _____ 23. _____ 24. _____ 25. _____	

The following seven (7) days we are going to add a step to the process, by determining the why. So, perform the same exercise, except this time we need to “soul search” a little to determine why this experience brings you joy. What is so comforting in this experience that attracts your emotional connection. List the experience to the left, and the why this experience was pleasing to the right (#a).

Date:	Timeframe:
Things I observed:	
1. _____	1a. _____
2. _____	2a. _____
3. _____	3a. _____
4. _____	4a. _____
5. _____	5a. _____
6. _____	6a. _____
7. _____	7a. _____
8. _____	8a. _____
9. _____	9a. _____
10. _____	10a. _____
11. _____	11a. _____
12. _____	12a. _____
13. _____	13a. _____
14. _____	14a. _____
15. _____	15a. _____
16. _____	16a. _____
17. _____	17a. _____
18. _____	18a. _____
19. _____	19a. _____
20. _____	20a. _____
21. _____	21a. _____
22. _____	22a. _____
23. _____	23a. _____
24. _____	24a. _____
25. _____	25a. _____

Finally, we are going to connect these “why’s” to action steps that can assist you in determining how to program your life to apply these “why’s” to every experience you have during your day. For the final day, we need to take a deep look at the “why’s” to determine any patterns. Many times, you will find patterns arise from the “why’s”. Childhood memories, or memories of particular individuals are very common. Maybe fond memories of someone who has left their physical form.

This is called the “***Transference of Emotional Energies (TEE)***”, and it can be incredibly helpful in assisting us in understanding our connections to the spiritual realm. Here are the necessary steps.

After completing the forms prior, now we can process what we’ve done.

Step 1. Review your “why’s” listed in the previous pages (in area #a) to see if there are any patterns (multiple times you mentioned the same why). Again, you may find some.

Step 2. Identify exactly what it is about this memory that brings you joy. Is it the experience you have just had, or the transference of joy from the memory of someone or something else in our past? Are you pretending it’s joyful, or are you truly touched by this moment?

Step 3. Now that we know what it is that helps us create this joyful energy, let’s take a minute to locate a picture, or some sort of totem that provides the same level of comfort and/or joy when holding it that will assist us in training our system to create the energy without the use of the totem. This item now becomes your totem to pass energy to and from your spiritual energy source, and your physical mind.

Step 4. Dedicate some time (as often as possible), to just sit comfortably and gaze upon the totem, thereby transferring that energy back and forth to the spiritual realm.

What you may find is that you have now trained your brain to be “on the lookout” for positive, happy experiences instead of the negative ones you were seeing before. Just as importantly, you may shuffle some of your activities around now knowing that they present negative or unwanted neutral energies, in your new-found quest for positive and light energy patterns. Remember, our heart will lead the way, it truly knows what is best for our overall physical and mental health, be content in listening to what you’re feeling.

Hope this helps you find the peace you need, and the love you deserve.

Questions/Comments, contact us at shaman@akulfhednar.com