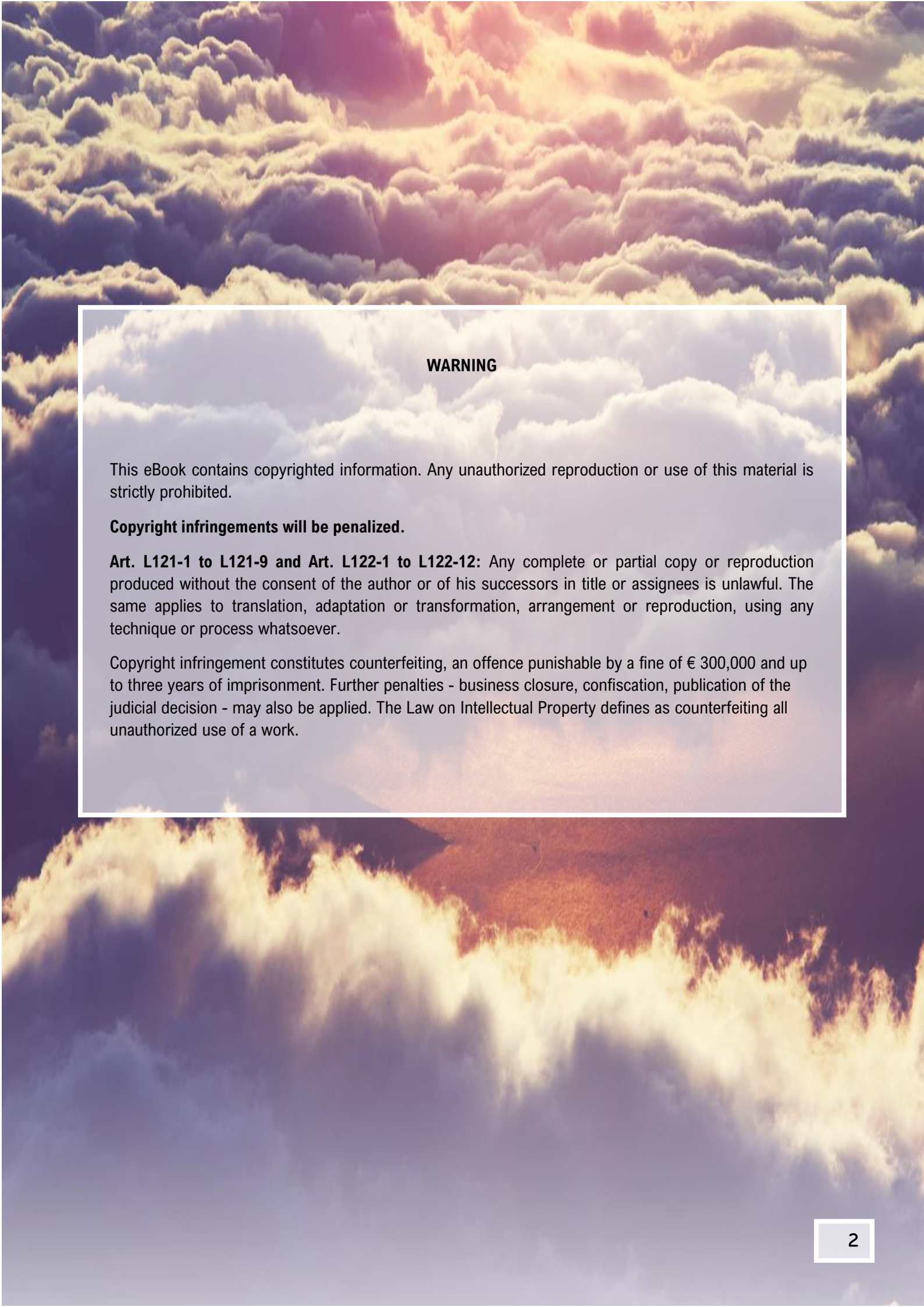




ANGELS EDITIONS

THE QUEST FOR HAPPINESS

AGATHA
MEDIUM



WARNING

This eBook contains copyrighted information. Any unauthorized reproduction or use of this material is strictly prohibited.

Copyright infringements will be penalized.

Art. L121-1 to L121-9 and Art. L122-1 to L122-12: Any complete or partial copy or reproduction produced without the consent of the author or of his successors in title or assignees is unlawful. The same applies to translation, adaptation or transformation, arrangement or reproduction, using any technique or process whatsoever.

Copyright infringement constitutes counterfeiting, an offence punishable by a fine of € 300,000 and up to three years of imprisonment. Further penalties - business closure, confiscation, publication of the judicial decision - may also be applied. The Law on Intellectual Property defines as counterfeiting all unauthorized use of a work.

THE QUEST FOR HAPPINESS

All of us are in search of something.

One of the main things we seek is happiness.

It is certainly an ambitious quest.

But the demands of our daily lives often oblige us to lower our sights in this respect.

Why?

Because we have to work within the bounds of what we call real life, with its attendant obligations, frustrations and emotions of every kind.

So, sure, we think about happiness, of course.

Like a sweet dream, it keeps us hopeful and helps to soothe us when we are hurt.

But, like an elusive dream, it, too, ends up hurting us because dreaming becomes wearisome when it's no longer enough simply to dream.

Personally, I have found happiness.

With this guide, I want to share with you some thoughts, tips and teachings that will help you achieve the famous happiness you "dream of".

I'm not going to pretend it will be easy.

But I can assure you that the happiness you long for is not out of reach, if you just stop waiting for it to arrive and instead go out and get it ...

Happy reading,

Agatha

SUMMARY

- I. Happiness: definition**
- II. The Quest for Happiness**
- III. Positive Thinking**
- IV. Autosuggestion : manual**
- V. Create your own Happiness**
- VI. The Keys to Happiness**
- VII. Conclusion**

I. HAPPINESS: DEFINITION

Happiness is a durable state of fulfilment and satisfaction. A pleasant and balanced state of mind and body, in which suffering, stress, worry and trouble are absent.

This is the definition given in the dictionary.

So, happiness means being happy at a given moment, in a given place.

Conditions and circumstances are very personal notions, but what matters is feeling good, happy, peaceful at the present moment. This means you need to be aware of your "happiness" in order to fully enjoy it.


This moment can be repeated infinitely.

Neither material conditions nor physical and social conditions can bring true happiness if the heart does not feel happy.

But why is this?

Why does one person feel perfectly happy under certain circumstances while another, placed under the same circumstances, does not feel this or, even worse, actually feels unhappy?

What goes on inside the human heart remains a mystery.



In my opinion, it is perfectly clear that happiness does not come from outside but from within ourselves.

To pursue happiness by buying loads of material goods is time wasted.

We have, within us, a tremendous psychic power that is most certainly not there by chance. We have very little idea of what this power can do, of its abilities and gifts.

It's a little Pandora's box, we don't know what we'll find when we open it.

We all carry, within ourselves, beauty and amazing resources.

Our psyche can transform us, heal us, illuminate our lives, make us human, bring us happiness and, quite simply, make us feel in harmony with ourselves and others, with nature and the world around us.

II. THE QUEST FOR HAPPINESS

Let's talk about the great quest for happiness.

Nowadays, it is evident that happiness is what makes the world go round, at a time when money and consumerism are rampant.

I invite you to set off in search of happiness! Or rather, let us try, together, to discover the paths that can lead to it, taking due account of a few comments, observations and facts.

The approach to adopt

Happy people are more distinguishable by their attitudes than by their wealth in terms of material goods or pleasures.

1. Open mind

Happy people have the ability to question everything, both themselves and society. Changes are perceived as challenges or personal opportunities to enrich themselves emotionally, as people.

2. Appreciation of the moment

This is a fundamental aspect of happiness. Happy people take the time to savour the present moment, rather than worrying about the past or the future. It is the here and now that is really important. But this does not prevent them from making plans or wishing to solve their problems.

3. Self-awareness

This is a question of understanding your own identity. In my opinion, happy people are well aware of their own strengths and weaknesses. They are consistent in who they are, what they believe and what they do. But this doesn't mean telling others what to do; everyone is free to have their own beliefs.

4. Take action

Boldness and decisiveness. These are indispensable because those who are prepared to take a chance have a much better chance of achieving happiness. Taking action involves learning about ourselves, getting to know ourselves and others; it also means being ready to face up to challenges.

5. Ability to let go

To counter the uncertainties of life, it is tempting to try and control, manage and anticipate everything. But this calls for a degree of effort that means you completely forget to enjoy the moment, the here and now. To a certain extent, happy people have the ability to "let go" when faced with events they cannot control. They prefer to trust to fate and cope with the unexpected. Romantic relationships are a good example. People often find love just as they stop looking for it.

Satisfaction of our basic needs is essential for us but it cannot, on its own, make us happy. Of course, other factors, such as personality traits, societal values and even life experiences, can affect your idea of happiness. No matter what makes you happy right now, starting to question "your" happiness is already a first step in the right direction.

III. POSITIVE THINKING

Autosuggestion is a rather special field.

It is new in the sense that, so far, it has been little studied and therefore is poorly understood.

And, at the same time, it dates back to the earliest days of mankind on this Earth.

In fact, autosuggestion is a tool, a weapon or a faculty that we possess at birth. It is endowed with an incredible power, quite incalculable, which, depending on circumstances, can have great or terrible consequences for those who do not know how to control it.

When we know how to apply it consciously, firstly, we avoid provoking negative autosuggestion in other people, the consequences of which can be disastrous, and secondly, we consciously provoke positive thought, giving the lead to spirits, who tend otherwise to engage negatively.

It's very simple, practical and easy to implement!

Personally, I feel that the possibilities of autosuggestion are limitless.

Our subconscious is fundamental for our physical and mental state.

It is through our imagination that we can communicate with our subconscious.

Our negative images and representations can have unforeseen and devastating effects.

But we all have the freedom and the ability to imagine the possible and the positive.

You can influence your imagination.

If you persuade yourself that you can do anything, as long as it is possible, you will do it, no matter how difficult it may be.

If, on the other hand, you imagine that you can't do even the simplest things, you will be unable to do them and little molehills become insurmountable mountains for you.

*We are what we think.
All that we are results from our thoughts.
With our thoughts, we build our world. "*

Bouddha

IV. AUTOSUGGESTION: MANUAL

I repeat, it does, of course, require effort and personal investment but it is quite possible to achieve positive "self-influence".

Here's a simple exercise, to show you.

Shut yourself alone in a room, get seated comfortably and close your eyes to cut out any distractions.

Breath in and out slowly, from your stomach, and relax for a few moments.

Then say, right out loud so that you hear your own words:

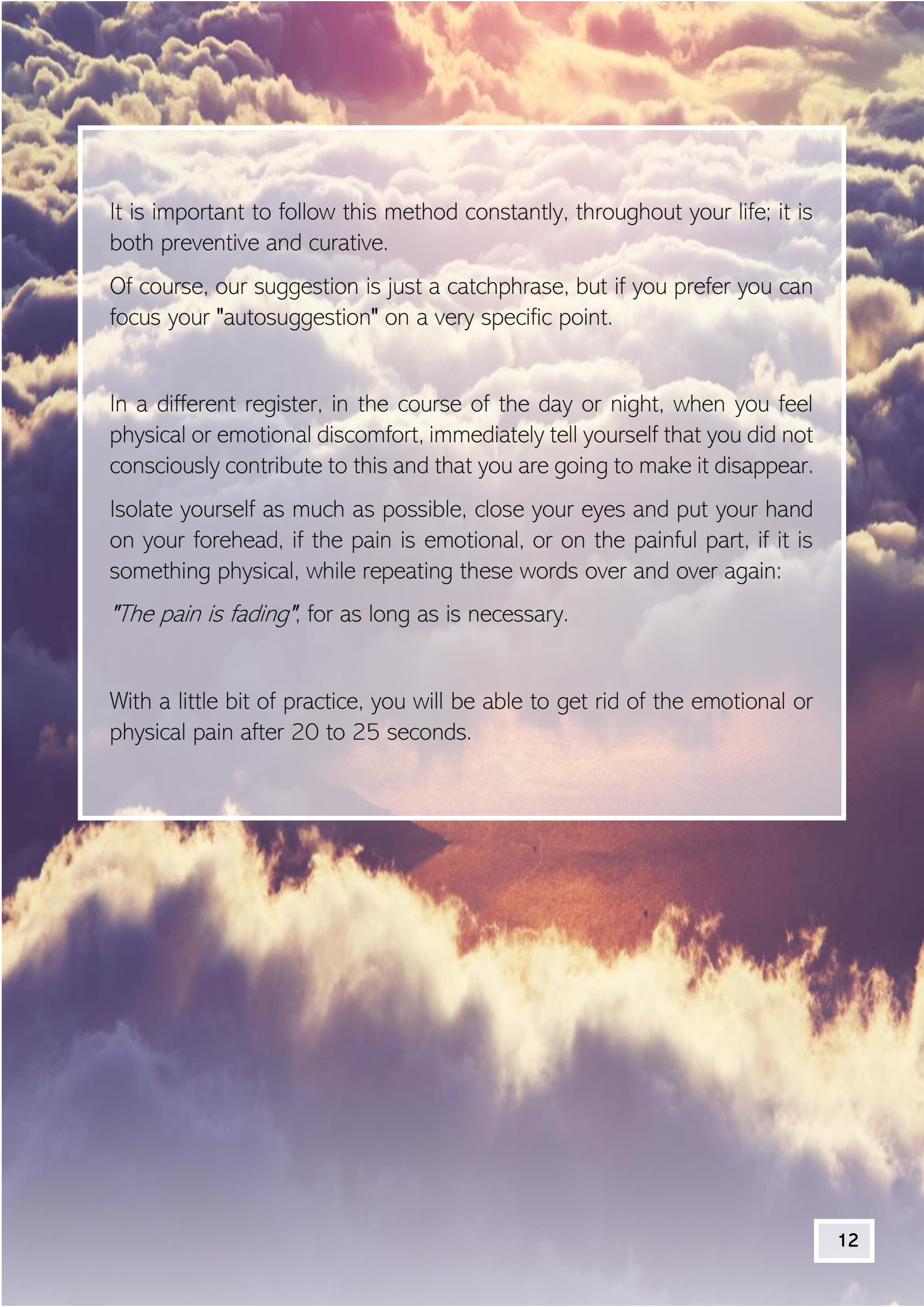
"Every day, in every way, I am getting better and better".

The words "in every way" cover everything, there is no need for any specific autosuggestion.

Then get into the habit, every morning as you wake up, for instance, of repeating this sentence.

Practice this very simple form of autosuggestion, keeping it as childish, as mechanical as possible, so that it takes no effort. In short, the formula should be recited, as if you were repeating a nursery rhyme.

In this mechanical fashion, you can penetrate the unconscious, through your hearing, and when your unconscious is reached, it reacts.



It is important to follow this method constantly, throughout your life; it is both preventive and curative.

Of course, our suggestion is just a catchphrase, but if you prefer you can focus your "autosuggestion" on a very specific point.

In a different register, in the course of the day or night, when you feel physical or emotional discomfort, immediately tell yourself that you did not consciously contribute to this and that you are going to make it disappear.

Isolate yourself as much as possible, close your eyes and put your hand on your forehead, if the pain is emotional, or on the painful part, if it is something physical, while repeating these words over and over again:

"The pain is fading", for as long as is necessary.

With a little bit of practice, you will be able to get rid of the emotional or physical pain after 20 to 25 seconds.

V. CREATE YOUR OWN HAPPINESS

As you see, the answer lies in our own way of thinking.

For example, it is not your physical age that makes you old, but your own belief that you are growing old.

Some people are young when they are 80 and others are old when they are 40.

You all know of similar cases, and so do I.

Also, if you are confident that you'll find what you are looking for, then you will, as long as it's something reasonable or achievable, of course.

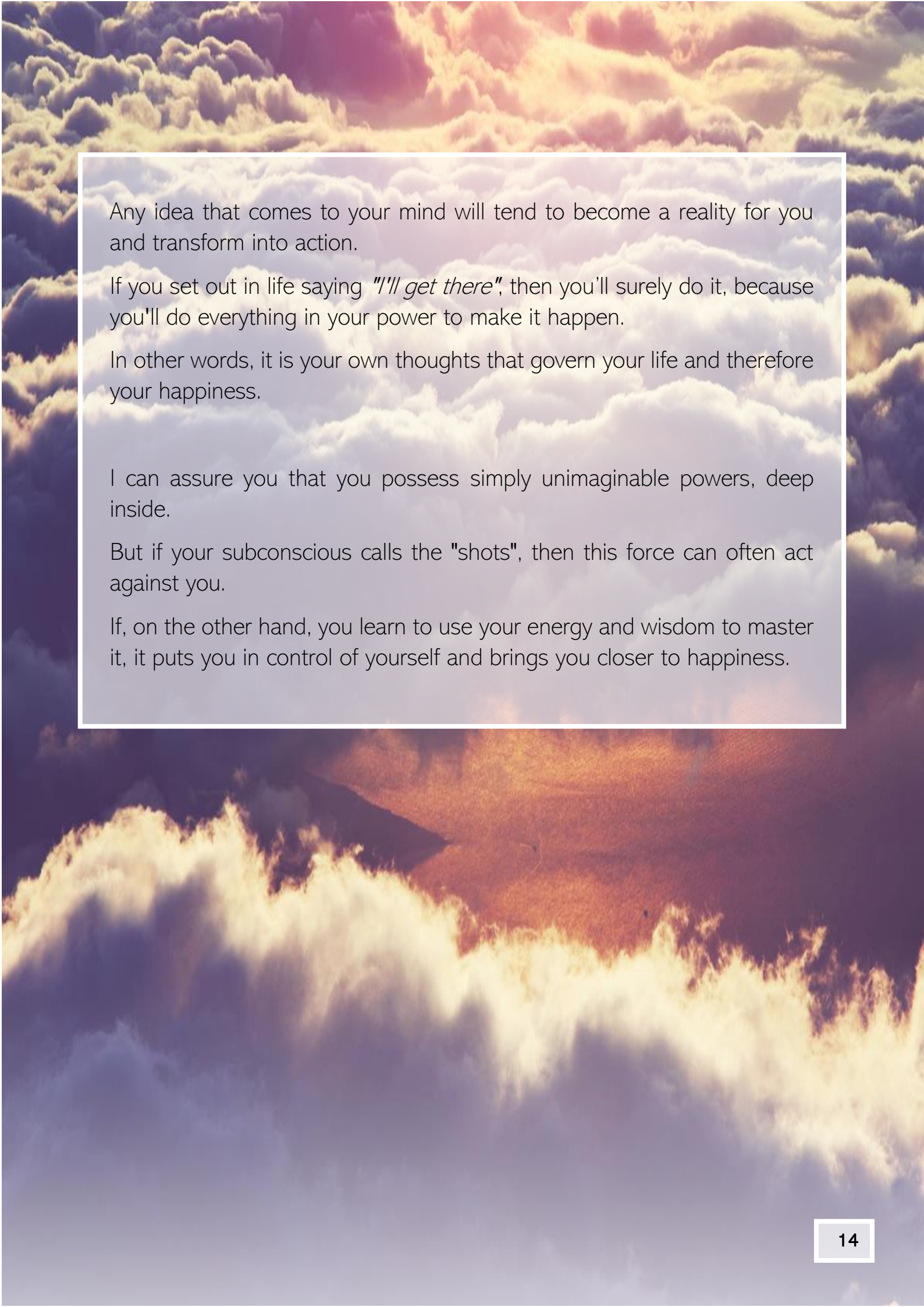
We can give ourselves greater encouragement than anyone else can.

Each of our thoughts, good or bad, is concretized, materialized, in short, it becomes something do-able, within the realms of possibility.

Also, there are some "reflexes" we can adopt.

For example, never say: *"I will try to ..."* but *"I will ..."*.

He who hesitates is lost. Always think I can and never I can't.



Any idea that comes to your mind will tend to become a reality for you and transform into action.

If you set out in life saying *"I'll get there"*, then you'll surely do it, because you'll do everything in your power to make it happen.

In other words, it is your own thoughts that govern your life and therefore your happiness.

I can assure you that you possess simply unimaginable powers, deep inside.

But if your subconscious calls the "shots", then this force can often act against you.

If, on the other hand, you learn to use your energy and wisdom to master it, it puts you in control of yourself and brings you closer to happiness.

VI. THE KEYS TO HAPPINESS

These 7 keys govern all aspects of your life.

Some of the keys mentioned below will seem obvious to you, once you have become aware of them.

The question you should ask yourself is not whether you already know what is written, but whether you put it into practice, which is different.

Knowledge will not bring any change to your life; what will make the difference is what you do with that knowledge and how you apply it.

Some keys, on the other hand, may seem to you to be absurd or false, depending on your personal view of things.

What makes you develop in life, and grow, is not what you already know, but the things you have yet to learn.

Your current life situation is the end result of your thinking and your way of perceiving things, and therefore of behaving.

And new perceptions can make you act differently, thus changing your life.

The best way to use this GUIDE is to study a different one of its 7 "keys" each day of the week.

Week after week - even if you have already understood what is written - continue to study one key each day.

Study the first "key" every Monday, and so on throughout the week.

Every day, you should make an effort to apply in your daily life the "key" of the day.

All your attention should be focused on that day's key and you should ask yourself, continuously, how best to put it into practice in your daily activities.

By proceeding in this way, I can guarantee you that you will programme yourself internally to achieve happiness.

You will change your perceptions, your ideas, your way of doing and being, and the quality of your whole life will be improved.

Remember that, just because you understand something, this does not mean you no longer have to put it into practice.

Apply what you have learned on a daily basis, become like a child, always ready to discover something new.

Your life and the way you feel inside will change forever.

Decide today to take control of your life and create your own happiness. It all depends on you.

KEY NO 1

“LIFE GOALS AND OBJECTIVES”

This is your first key to happiness, study it every Monday, and put it into practice until it becomes a habit, until it becomes a new way of thinking.

- You must have clearly defined goals in life.
- To be happy, you need to progress steadily and in a way that is measurable.
- If you do not progress, you regress.
- You cannot settle for a life of routine.
- All that does not grow, dies.
- It is by setting goals and seeking to achieve them that you will find, within yourself, everything you need to be happy.
- To be happy, it's not enough to be good, you have to excel.

KEY NO 2

“ACCEPTANCE OF ITS ENVIRONMENT”

Your second key should be studied every Tuesday. Read this chapter until you absorb it completely. The ideas it contains must shape your "being" and not only stimulate you intellectually.

Open your mind to change and to everything that differs from your present way of perceiving life. It is these differences, with which you may not agree at first, that hold the key to your future happiness.

Remember that, if you keep on thinking the same way, you will continue behaving in the same way.

The result of this stagnation: your life does not evolve.

- Your real need is not to be loved, but to love.
- You can love without being loved.
- Love is an inner sensation that has nothing to do with any addiction.
- Love does not commit you to anything.
- You are not in love with a person, but in love with love.
- Love every object, every situation and everyone around you.

Develop your muscle of love and you will be in touch with an energy that can work miracles.

KEY NO 3

“ACTION AND PRACTICE”

I keep stressing this point, but it is very important: this guide must be applied if you want to change your quality of life. If you just accumulate information, your life will stay the same. What matters are your concrete actions because these will generate change.

- There are two sides to you: the side that thinks and the side that feels things, that lives them. You need to know how to recognize and differentiate between them.
- Stop identifying yourself with your thoughts.
- The mind is a function of your organism, it is not you.
- When you think about things, you are not living them.
- Happiness is something that is lived, not something that you think about.
- It is living in the moment that makes you happy.
- Free yourself from thoughts because they deceive you.

KEY NO 4

“DETACHMENT TO CIRCUMSTANCES”

Reading these lines, you realise how hard it is to assimilate them perfectly. You have a mountain to climb.

- Just because things go wrong, that doesn't mean you have to feel bad.
- You can feel good even when everything goes wrong.
- You have thousands of reasons every day to feel good or to feel bad, learn not to be dependent on circumstances.
- Feeling bad will not change things.
- By feeling in a certain way, you internally programme yourself to feel that same way again.
- Everything that passes to your subconscious becomes amplified.
- Start feeling today the way you want to feel tomorrow.

KEY NO 5

“IMAGE AND VISION OF SELF”

If you apply these teachings to your daily life, you will quickly see a change. You will gradually learn how to "live" the present moment and you will thus get closer to happiness.

- Tomorrow is not the same as yesterday, you are free from the past.
- The image you have of yourself influences what happens in your life and how you react to it. You are programmed by your self-image.
- You are not your behaviour, you can change this and understand who you really are, separate from your behaviour.
- Your behaviour is an illusion of your mind.
- You can consciously decide how you will react at each moment.
- You can choose to adopt the most appropriate reaction for each situation.
- The ultimate freedom is choosing how to react to every situation.

KEY NO 6

“ACCEPTANCE OF EMOTIONS”

This is another "key" of paramount importance for changing the way you feel in the course of your everyday life.

The emotional aspect of your life is what most conditions your level of inner happiness because, as you now know, happiness is an inner sensation, so it is totally connected to your emotions, to your ability to feel them and to accept them.

- Say yes to the life around you.
- Everything has a good reason to be, if you have confidence in life.
- Accept your feelings, they are all good if you cut out the thoughts, they arouse.
- Live your emotions, whatever they are.
- Every sensation is good and is a part of you.
- Accept everything you feel, accept every part of you.
- Happiness is being in touch with the part of you that “feels” things.
- It is by feeling things that you can understand them and then change them, not by fleeing or ignoring them.

KEY NO 7

“CREATE YOUR OWN REALITY”

This is your last key to happiness. It is the thread connecting everything you have already learned. So, you can put it to good use once you have thoroughly taken on board the precepts of the preceding days.

Only in this way will new automatisms be created in you so that your way of being and doing will change, without you even having to make a conscious effort to achieve this.

- The outside world is your mirror, all that you perceive is in your own image.
- You can only see on the outside what you manage to see on the inside.
- You are what you hate most and attract what you fear most.
- Programme your subconscious to feel tomorrow as you want to feel so as to achieve the life you long for.
- Start feeling today the way you want to feel tomorrow.
- Real strength in life means being able to feel right now the way you want to feel tomorrow, regardless of your current situation.
- By feeling a certain way, you teach your subconscious how you want to feel tomorrow.

VIII. CONCLUSION

As you have learned by reading these 7 chapters, happiness is not something automatic, that comes naturally.

It is a "state" that calls for personal effort and is built up day by day.

Happiness is an inner state, an ability that you will develop by setting goals, accepting and loving your surroundings, understanding that you are not your thoughts, your situation in life and you are certainly not your behaviour.

What you really are, looking beyond all that, is something you will discover by accepting your emotions. After which, you will be able to create your own reality.

To be happy, you must meet your basic needs. You must nourish your body, but also your mind and your inner self. To understand your essential needs, you must take care of yourself, of your emotions, without being trapped by the illusion of your thoughts.

To be happy, you must increase your level of awareness of yourself and of life.

You must look differently at everything that IS, look with your heart, look with love, and no longer look just with your mind.

To be happy, you must free yourself from your thoughts, you must free yourself from judgment and stop analysing everything. You must accept things and live them intensely instead of just thinking about them.

Every time you think, you step back from reality to live an illusion; you just watch a movie instead of actually living it.

Happiness is something you live; you don't think it.

It requires a certain amount of courage because you need to be ready to engage voluntarily and intensely in the adventure of life; you need to challenge things rather than just submitting to them.

But these efforts will open the door to a rich and fulfilling life, the doors of HAPPINESS.

Agatha