

the alchemy of HAPPINESS

A FEW SMALL SHIFTS THAT REALLY MATTER

1 RECOGNIZE SUFFICIENCY. One of the most abundant states we can experience rests in our sense of sufficiency—the recognition that we have more than enough. *Nothing more is needed.* But early in our lives, most of us experienced strong messaging that we could never do enough, try hard enough, be good enough, or prepare enough for the unknown. So we were continually distracted from the brilliance of what was already around us as we pursued *something more.*

2 STOP GETTING THROWN BY LITTLE STUFF. When we are annoyed at someone cutting into line, or doing something obnoxious in traffic, it's not the event itself that has potency. It's the resonance the event has with a difficult event in our history—we unnecessarily associate the one with the other. By reacting negatively, we expend our vitality to reanimate a past experience in the container afforded by the present situation. Which exhausts us and sets the tone for experiences later in the day. To some extent, the world we later experience is induced by the energies we are still broadcasting from the original event. *The one little thing changes everything.*

3 EMBRACE DIFFICULT PEOPLE. When we are non-judgmental and embrace even the most difficult people, we are in the best position to unleash a new reality they are unable to unleash on their own. People are most nasty when they are the most afraid of being left out—or left behind. When we judge and draw back from them, we reinforce their experience of a world that's *impossible to join.* Which further entrenches them in pushing everything away. Transforming these moments unleashes a huge reservoir of appreciative and proactive energy.

4 RELEASE UNNECESSARY BURDENS. When someone close to us is struggling with a difficult issue, we often confuse *doing something about it* with *worrying about it.* And we simply add their issue to our list—even if it's not something it makes sense to carry on our shoulders. The continuous bearing of other people's burdens robs us of the attention and energy we need to powerfully act where we can make the most difference.

5 DESIGN FOR EMPTY SPACE—EVERY DAY. Creation happens through an in-breath and an out-breath. *Expressing* and then *resting.* Designing empty space into every day invites the in-breath—it's how we receive and restore. But often we are so busy *moving out into the world,* the world can not *move back to us.* And we are cut off from the intuition, resources, and cooperation that support our best expressions.



6 OWN IN YOURSELF WHAT ANNOYS YOU MOST IN OTHERS. What you find most annoying about other people is closely related to what you find unacceptable about yourself. This is your shadow—aspects of yourself presently out of sight. When you project your shadow onto the world, it warps your perception of what is really going on. A person predictably experiencing a lot of difficult people is often experiencing their own shadow. Because of this, their circumstance may change frequently and dramatically, but they will continue to experience a world they overshadow. When we recognize an aspect of our shadow for the first time, we bring it into our view where we can understand it, accept it, and transcend it.

7 CREATE GREAT EXPERIENCES IN THE LEAST LIKELY PLACES. We often defer our bliss to an idealized future where it seems most likely it could *actually happen*—once we are on vacation, after we have completed the next big press, or finally when *the one issue* is resolved. A future state when the conditions finally seem right. And yet, we have everything we need to create rich experience in almost any circumstance—all of the time. What may appear as the least likely conditions for happiness are as rich with possibility as our idealized, imagined future conditions. This full range of possibility simply waits on us to recognize and actualize it.

8 BE PURPOSEFUL—EVERYWHERE. Purpose is not something we must go out and find in the world—like the one right job or the one right cause. Our purpose is a quality intrinsic to *who we really are* that influences everyone and everything around us. Every situation, even those that appear on the surface to be the least interesting, is the perfect setup for us to be as purposeful as we've ever been. Much of the alchemy of happiness is about being most powerful in the most ordinary. Which eventually leads us to the recognition there is *nothing ordinary*.

9 CONTINUOUSLY INCORPORATE STRANDS OF WHAT YOU LOVE MOST. We may not always have lot of time time for the things we love most, but we can *make a bit of time* for the things we love most—all of the time. The opportunity is in continuously designing-in the qualities of our most valued experiences. Even the briefest moments can foster the sweetest experiences.