

# Live Well Lifestyle Webinar Recap & Recording

September 17, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



## **Topic:** Happiness as a Goal

You are here to be joyful and joy filled. When you pick a joyful state, you are contagious. Everyone wants to be around you. Doesn't matter how much you weigh or if you are bean pole skinny; what you look like or what you do for a living. People gravitate towards happy people because it makes us feel better.

'When you are happy and you know it, then your face will surely show it. If your happy and you know it \_\_\_\_\_ your \_\_\_\_\_!' When you are happy you will glow and radiate happiness like a beacon in the darkness. You become a magnet attracting good things. Why would you ever give anyone the power to take that away from you? Happiness is always a choice, even in the face of ugliness, regardless of what others say about you or who cuts you off in traffic. If you replace your happiness with anger and resentment; you are giving your power away. No one is doing it to you. You are simply choosing 'feeling bad' over

'feeling joyful' and mostly to be right.

"You always have a choice. Chose to believe that it is easy to change a thought or a pattern." Louise Hay

The fastest way to get to happiness is to be grateful. Look around you at all the things you have to be grateful for. every little thing. Count your blessing, make a long list and give thanks. That alone will lift your spirits.

"Everything in my life - every experience, every relationship - is a mirror of the mental pattern that is going on inside of me. My mental pattern is positive and joyful." Louise Hay

"Being happy is the cornerstone of all that you are! Nothing is more important than that you feel good! And you have absolute and utter control about that because you can choose the thought that makes you worry or the thought that makes you happy; the things that thrill you, or the things that stress you. You have the choice in every moment." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

What takes your happiness away? Blaming, complaining, whining, anger, jealousy, resentment, being a victim, worrying, trying to control life, being in other people's business, judgmentalness, righteousness, boredom, idleness, and criticism of self and others to name a few.

"I relax and enjoy life. I know whatever I need to know is revealed to me in the perfect time and space sequence. I am at peace. Louise Hay

The key to getting your happiness back is letting go of what was for what can be. Letting go of the need to be right. Trusting you are right where you need to be at this moment. Trusting that everything is working for you not too you. Trusting that ever interruption in your life is happening for your highest good. Trusting there is a much bigger picture than you can see at this moment and having faith in your future.

Which feelings are you going to pick today? Which one feels better? So go on, Be Happy. I double-dog-dare you!

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