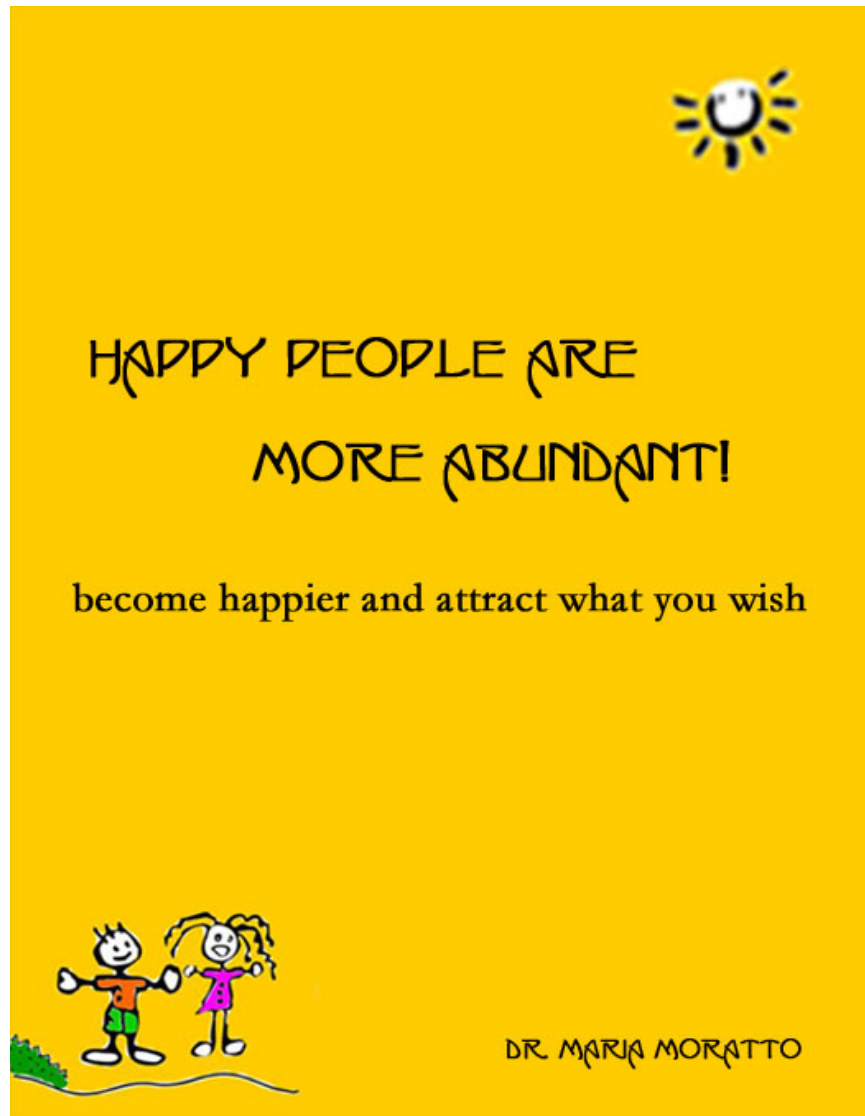


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## Introduction

The present book is a compilation of some the many articles that I have published regarding the attainment of happiness which is accomplished by balancing one's lifestyle. A natural balance of all aspects of our life, in mind, body and soul will lead to prosperity and abundance, along with the ability to attract more time, fun, and joy.

Being happy is indeed the first step on the road to more money, health and loving relationships, which are our universal desires. Everything else is a by-product of this triad.

We all want to be happy, have a family, a loving “partner,” a lot of fun, a great lifestyle, more time to enjoy life, superb health, and so on. We want to live freely and effortlessly. We want, we want, we want...

However, very seldom we get to know how to go about attracting that which we want. Well, I am now glad to say that help is right in front of you. The articles you will find here will give you tools and information on how to put your focus on the positive aspects of your life, so you, too, can attract what is rightfully yours.

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I hope you enjoy reading them and incorporate the hints and suggestions as much as possible so you too can make your life a prosperous, loving, healthy, peaceful, and joyous one.

So, for now, enjoy this material as a gift from me. And, as usual, let me know what you think.

To your perfect life,

A handwritten signature in cursive script that reads "Travis". To the left of the name is a simple smiley face drawn with two dots for eyes and a curved line for a mouth.

Note: there is no reason or rhyme as to the order of the articles. I thought it would be more fun to let them be free from any category.

## **The Power of Your Thoughts**

Spiritual currents, from the oldest to the newest, all agree that affirmations or mantras are, perhaps, the best ways for a person to keep the mind busy doing something that is good and positive.

We have thoughts that come and go at the speed of light. Each day we have thousands of them speeding by, in and out, around and around, like a car race. When we pay attention to them we realize that, sometimes, we have great arguments with people; sometimes we criticize ourselves.

Most of the times, though, we think about our lack of everything: time, money, health, wisdom, fun, happiness, talent, intelligence. In any case, our thoughts are mostly negative in nature.

This is natural, for we have been ingrained with them for hundreds, even thousands of years and we, unconsciously maintain an egotistical perception that life is not the good thing it is supposed to be. We have come to believe that our few moments of true bliss are just specs in a dark and cloudy life.

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If you are as old as I am, you may remember the Hare Krishna folks, whom we would meet everywhere, with a smile on their faces and flowers in their hands. They were always singing and doing mantras, and, at that time, we thought they were really silly; idiotic, even. Even though we knew they acted that way to prevent negative thoughts to enter their minds, we still questioned the stupidity of the action, branding them as brainwashed.

Nowadays, knowing that the mind is so powerful that it brings forth to our lives that which we think about, we need to reconsider our previous judgments about those flower people. We now know, or perhaps I should say, we are aware that what we think about happens to us. We know that we bring upon us diseases, discomfort, lack, hate, and other negative states. All the time. Just let your mind wander and you will know what I mean.

Mike Dooley, from Inspiration Peak, says: “What does a thought look like? Just look around you, right now... to see yours.” This is absolutely true. Thoughts are concrete. We send them to the universe as energy and get them back in brick and mortar format.

If you haven't watched the film “*What the %\$#&^ Do We Know?*” more commonly know as: “*What the Bleep Do We*

*Know?*” I recommend you rent it out as soon as possible. It will change your perception of life.

This whole position that what we send out is what we get is explained in the movie not only from a spiritual point of view, but also from a scientific one. This is important for we still have many people who only believe in the “concrete,” materialistic aspects of life. This movie will convince anyone of this absolute truth.

So, based on this, what do we chose to do? Think positive or think negative thoughts? The answer is obvious! But how can we do this, when we know that our thoughts have a mind of their own? By doing exactly what others have done before us (and many times were ridiculed by us): repeating mantras or affirmations.

I have many affirmations to share. In my next article, I will give you some of them, which will be very useful on our day-to-day living. Until then, guard your thoughts. Become aware of them. And, every time you catch yourself on a negative frame of mind, say to yourself: “Oops! Let’s start again...” And immediately think a happy thought.

## Know Your Values

Values are the beliefs that motivate us to do things and pursue happiness. Since values are the source of meaning and satisfaction in life, we must know and prioritize them. Values Clarification is nothing more than an exercise we perform to become aware of our most important values.

It is the process in which you will find out in a clear and concise way what you do believe. This process will help you look into yourself, understand how others view you and vice-versa, and why you do what you do on a daily basis. It will improve your self-esteem and self-confidence because it shows your place in the world.

It will give you a definite sense of purpose, which you can use in all areas of your life. It will help you decide whom you want to spend your life with, which is the basis of a happy relationship. It will also tell you whom and what you are willing to die for. Your values are a representation of your core.

Values are divided into two categories: **instrumental** and **terminal**.



**Instrumental:** These are values that describe how we are or how we want to be in life. They describe our human character and we strongly believe in them. They are, for example: aesthetics, ambition, authority, capability, care, cheerfulness, cleanliness, common sense, cooperation, courage, etc.

**Terminal:** These are values that reflect our reasons for living. They are what we are about. They are, for example: accomplishment, achievement, adventure, appearance, career, celebration, close friendship, comfortable life, contentment, country, etc.

### **Know your values**

And now comes the fun part. You will list your important values. Here's how you do it:

1. Make a list of values that you think are important for you. (For a thorough list of values, please, contact me). Now, if you have no idea how to find your values, take a look around you, revisit people you admire and decide what it is that you like the most about them. Write down what this person stands for. This is the person's values. You can make them yours and add them to your list.

2. Understand the meaning of each of your chosen values. Use a dictionary or, better yet, try to make up your own definition of the values. This can be a great exercise per se, for we usually don't think about these things very much, even less about their meanings.

For example: Honesty. The Webster dictionary says that honesty is the act of being honest, which means, never deceiving, stealing, or taking advantage of others. Personally, you could agree with this definition but you could also simplify it by saying: "honesty is the act of not lying, or the act of being truthful."

You could also add that honesty is good in most cases, but in others, it is not so recommended; in fact, in some circumstances a person shouldn't be honest at all. These instances, you might add, occur when a person can be hurt—your friend asks your opinion about the dress she just bought and you think her choice of colors is just awful. Should you tell her the truth?

Now, that is your definition. Remember that values should never be judged, since they are unique to each individual and we should never dispute each person's beliefs.

3. Once you have your list, prioritize it: from the most to the least important value.

Take your time. Perhaps you want to do this when you are sitting quietly, so you can meditate about the importance of these values to you.

4. Think about the people you really resonate with. Do they have the same values as you do?
5. Think about the ones who don't have the same values as you do. How do you deal with them? Can you accept the fact that each person is different and, therefore, deserves your respect anyway? How can you live and let live?

Becoming aware of our values is worth only when we learn that each life is shaped in a different way and, therefore, we should be the first ones to learn not to judge people. Even though we don't accept some people's behavior, we can certainly try to live with them the best way we can. This is called tolerance.

I have a great exercise for you to prioritize your values. Check it out at <http://www.rx4bliss.com>

## How Your Values Shape Your Life

Values are a set of beliefs that shape our lives. They are the principles that make the core of our being and define who we are and how we choose to be, to do, or to have. They determine what is important for us.

They answer the questions: Why am I different from other people? Why do I choose to do certain things and avoid others? Why do I behave a certain way? Why am I attracted to some people and not to others? What am I willing to die for? What am I committed to? And many others.

Everyone has values; though many people go about life not really knowing what they are. Some people may know some of their values but they act in an unconscious level, like an automatic pilot.

Most of the situations we face in life are acted upon as if they were an automatic reaction: we are not really aware that it is our values that are making us choose how to deal with these situations.

Our values are related to our culture, our society, and our own experience. We receive our values from the important

people in our lives: first, parents; then, family members, friends, and other influential people, such as religious leaders, teachers, political and artistic personalities, society in general, and so on. In fact, we keep borrowing values and changing them until we reach a certain level of maturity and decidedly know which ones best serve us. But they are still not set on fire.

This is very interesting for as we change our beliefs about certain things, so we change our values. Some of our values are never static. Remember the story of John Newton, the composer of Amazing Grace? Now, he used to be a slave trader and, during an epiphany, had a change of heart. He shifted his values 180 degrees; from yellow to green or vinegar to wine. His is a great story. How many others are there and which direction did they take?

Though I forgot his name, I met a man who used to be a cattle rancher and suddenly became aware about the suffering he was inflicting upon his animals and became an avid advocate of animal rights. His change of values was also drastic as to making him a vegan—a total vegetarian who avoids anything that has an animal ingredient in it, including dressing and eating.

Even we, in our regular lives, can come up with great shifting in our values. Each decision we make comes from a

value that we hold dear. For example, to some, patriotism is a great value to behold; to others, education is more important. To some a lie indicates dishonesty; while others couldn't care less about a white lie here and there.

Things get shaky when sometimes we have to choose between two conflicting values; for example, you love your country but you are also a pacifist. What happens when your country goes to war? How do deal with this internal conflict?

The more paradoxical situations we experience in life, the more interesting the holding of our values become. This is easily demonstrated with high debatable topics such as abortion, for example. Suppose a friend of yours gets pregnant and needs support into provoking an abortion.

You dearly love your friend, but your value is that no one should get killed for whatever reason. Even your friend has serious doubts about this decision, though circumstances prevent her from having a baby. How do you cope with the situation?

When we think about our values, there are always pros and cons about them, and this is very much explained by the fact that some people have certain beliefs and others don't. Now, this is where judgments come from.

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If we want to understand who we are, we need to be aware of the values we hold dear. If we want to understand others, we need to know about their values. It is this learning about ours and their values that will help us have tolerance for the diverse world around us, and accept people just as they are.

Our relationships will thrive, especially our loving relationships: a better understanding of ourselves and our partner will lead to a better relationship in general, and, as a product of this understanding, we will find happiness.

That is why knowing of our values is so important. Our values determine who we are and give us directions to where we want to be, what we desire to have, and what we want to do. It is based on our values that we determine our goals, objectives and directions.

## The Blessing Game

This is a great “game” I encourage you to play. “The Blessing Game.” It is extremely important that we learn to bless things that surround us because, the very fact that we are sending good vibes puts us in a giving mode and, therefore, makes us happier.

This is a game that can be used to all your life’s situations. I will give you some examples.

### *Driving*

Have you ever been in a position when you want to pass someone on the road and the person doesn’t budge? You get angry and aggravated and soon you will start cursing them and/or using bad names and then your driving gets worse because of the stress...and on and on?

This is the best time to play the Blessing Game. This is what I do:

Before I leave my house, I bless everyone that I will encounter, especially the ones on the road with me. Now, when I am driving, I bless anyone who is on the faster lane



and refuses to make way (Californians are notorious for this—they can't grasp the concept that the fast lane is for those who, well, go faster, regardless of the fact that they may be disobeying the speed limit, which, by the way, this is something I never do. Wink!)

Soon enough, if the person accepts my blessing, he or she will go to the right and let me pass. If they don't accept my blessings, the universe will open a way for me to pass through the right. Rarely is the time when I have to wait for more than a minute to pass the person in front of me, one way or another.

Of course, you may still be mad when you send the blessings, but wouldn't you rather say: "blessings, you jerk," than only: "get out of the way, you idiot?" If nothing else, you will feel better, and that is what counts. Sooner you will learn to disengage your anger and just plain bless the person.

Before I forget, you can also bless every poor soul whose car is broken along the way. I am sure they will appreciate that. I go like this: when I see a distressed car on the road, I bless the person who owns the car and his or her entire family. That feels extra good!

*Bills*

Ok. You may think I am crazy, but I want you to become aware of the great things that we do with money. Now, we use things, we buy things, we do things. Most of them cost money. After all, in our culture, we use money as a means of exchange. Because many times we do things and don't really pay for them immediately, we receive bills.

They are a reminder that we have used or purchase stuff and now it is time to exchange service for currency. Now, most people get upset because they have to pay their credit cards or other bills that come their way. I say they should bless them for they have provided for their invaluable well being.

For example:

1. I buy wood to warm my house. It costs money. I bless the money I use to buy the wood, for I know that I will spend a very comfortable and cozy winter.
2. I buy gas and bless the money because gas allows my car to run, which, in turn, takes me to places I so wish to go.
3. I buy power services, which allow me to have electricity and gas to run my stove so I can prepare food; my fridge so I can store my food; my computer, so I can work; my TV, so I can watch my

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movies; my lightbulbs, so I can do things at night, etc.

4. I buy food for my kitties and I bless the opportunity that I was given to provide for two adorable animals who need a loving home and a caring guardian.
5. I gladly pay for the telephone, so I can communicate with people, especially the ones that are so dear to my heart.

And so the list goes.

Now, of course you may be saying that I act like Pollyanna, but in truth, this is how we should act. It is very beneficial. After I learned about this blessing technique, I decided to add a “B” (of blessing) in my signature. Now, everytime I write a check, I finish it with the B, and I say: “blessings.” I do the same when I put my payments in the mail. I bless my bills and the checks that accompany them. After all, without paying, I wouldn’t be able to have what I have. That, per se, is a blessing.

This game can be played in many other circumstances; for example, when you see a beautiful moon, or when you receive a great phone call, or when the sun shines through the trees, or when the road is almost empty, or when the flowers are blooming and the birds are

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chirping, or when the first snow falls and makes everything so white, and clean, and silent, and so on.

We have tons of opportunities to bless everyone and everything during our days. I used to teach at a university whose campus had tons of chickens. I would get to campus very early in the morning and on my way from the parking lot to my office I would hear many roosters greet me. And I would say: “good morning to you, too”! Ah! What a blessing!

The great thing is that when I left the university I truly missed the chickens. However, because the Universe knows how much I appreciate them, it sent me to a Tai Chi class that is held in a park where at least 50 chickens and rooster promenade. And while I move, they sing for me. Cool!

## The Gratitude Game

When we think about our blessings, we realize that we have so many of them that it would take at least a better part of an hour to write them all down in a summarized way. To save time, instead of writing the name of each person in your family, you would write only: my family.

Now, everyone is given hundreds of blessings, no matter how poor or destitute this person may be. No one, not a single person, who can find a blessing, would be so discouraged as to end his or her life. Our blessings are what keep us going and trusting the process of living.

Finding our blessings is only the first step in the process of pursuing happiness. The next step is to thank these blessings for being part of our lives and for impacting us the way they do. This is what I call the “Gratitude Game.”

Being grateful for what we have; what we see, feel, sense taste and experience; what we are, what we possess (different from what we have: we may have a grand time and yet, we don't possess it); what we do; what we give and what we receive, is what will put us in such great vibrational level,

that there is no way positive things can't manifest in our lives.

So how do we do this? The first thing is to be aware that the more we appreciate, the more the good things will come to us. Appreciation is the key to achieve happiness and bliss. The universe is comprised of energy, as Dr. Einstein has so eloquently told us. Well, this energy is responsible for what happens to us.

Remember the ripple effect? I am sure you were told when you were young, that, whatever we give, we receive 7 times more. Now, who came up with this story I don't know. What I know is that I was told many times that you send the ripple out and it will get back to you (this part, of the story I never understood too well because I only see the ripples going one direction!).

In any case, here is the theory: whatever you send will come back to you. Like a boomerang. No questions about this one. This is also called the Law of Cause and Effect, which we have learned in our Physics classes. Other people will call it The Law of Attraction.

So when you send good vibes, there is nothing you can do to prevent them from getting back to you. Nothing. Same with bad vibes, so be aware! Problem is, though, that more

often than not, we are sending negative vibrations and we don't really know how to transform them into positive ones. Enter the "Gratitude Game."

Begin by appreciating all your blessings. This is easy, for we (as I said earlier) have tons of them. Then, move on to appreciating things that are happening to you now, this very moment. Observing your surroundings is a great first step.

For example:

1. As we approach winter, the weather is getting really cold. If you are indoors, you will feel warm. It is nice to feel warm on a cold day. Appreciate it.
2. You are walking in your neighborhood and you see cute little dandelions. They are pretty, all yellow, on a grassy background. Appreciate it.
3. You are driving in the evening and suddenly you see the most radiant, humongous, orange moon just rising for you. Appreciate it.
4. You are home resting and see your kitties playing with each other. They are having a grand time and so are you. Appreciate it.
5. You wake up during the night and go to your children's room. They are all safe and they look so peaceful in their slumber. Appreciate it.

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6. You are walking and you find a penny. Oh, yeah! Money! Appreciate it.
7. You hear the sound of rain falling on the roof. It is a great sound. Appreciate it.
8. You go take a shower and the minute the water falls on you, it feels so good... Appreciate it.
9. You look at your family's photo sitting on your desk. They are smiling and you feel a surge of love for them. Appreciate it.
10. You check you persimmon and realize it is absolutely ripe and bursting with life, ready to be savored. Appreciate it.

Now, you got the picture. It is easier to appreciate our surroundings for they usually give us a good feeling about them.

How do you show your appreciation? I like to say: "Thank you, God." That is all. If you, however, feel more comfortable just saying "Thank you," by all means, do so. Or perhaps you can just say "I do appreciate this," or "I am grateful for this." It is also all right.

Whichever way you want to express your appreciation, use it. No one is keeping score. If you can add a feeling to this appreciation, as in "why" you are so grateful about a certain thing, so much the better. The important thing is to keep



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appreciating and when you least expect it, your negative moments will disappear and suddenly, you realize you are truly happy.

## The “I Love It When...” Game

By now, you are very much in touch with the Law of Attraction. To refresh your memory, the LOA, as we call it, declares that every thought that you send out to “outer space” so to speak, comes back to you as a manifestation of some sort. You send positive thoughts you are rewarded with a good life, good surprises, abundance, and such.

Likewise, you send negative thoughts and life becomes an ordeal. Come to think of it, this LOA really sucks, if you are the type of person whose mind keeps sending messages of fear, lack, poverty, unhappiness, conflicts, etc.

Don’t feel bad, however, for if you have this type of mind, you are not alone. In fact, most of us have this non-stop tormentor, which can’t shut up and which puts us in the most dreadful life situations. Yes, our minds have been so ingrained into believing certain horrible things that we find it hard to shut them up. But shut them up we must.

Enter the “I Love It When...” game. As with everything else that we must do to counterbalance the power of our negative thoughts, this game has as its main purpose putting us in a positive, appreciative frame of mind. This change of heart, so to speak, is what will provoke a change in our lives, for, when we start sending positive vibes, we

get positive results. Whew. There is light outside the tunnel and it is not an oncoming train!

That is why we should never despair if our minds are uncooperative; we can reverse its mood. We play games because they are fun and fun is good; we should strive to have fun all the time. It is good to play. And if you are the sort of person who thinks that play is childish, think again. Play is the propulsion machine that will help us enjoy a quality life.

So here is how you play this game: every time that you look at something or every time you are doing something, or you see something, etc, etc, you say: "I Love it When... (such and such happens) because it makes me feel..." (state a positive feeling, such as happy, enthusiastic, loving, loved, passionate, diverted, and so on). Or something like that.

For example: "I love it when the weather is so lovely, because it makes me feel warm inside," "I love it when I sit down to write my articles because I know somebody will enjoy them," I love it when my son is such a nice young man because I feel that, as a mother, I am in the right path," I love it when I find money in my jacket's pocket because I feel abundant," I love it when I think about my future because I feel I am conquering the world and that feels delightful." "I love it when I use money because I am

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reminded that there is enough to go around and I feel prosperous.” And so on.

You got the idea. So now it is your turn. Play the game and feel really good. After all, that is what life is all about, don't you agree?

## Who is pushing your buttons?

How many times this week only, you had an encounter with someone who either pushed your buttons or you simply didn't like, meaning, the chemistry wasn't there?

It happens often. We hate the guts of this or that person, or we think that there is something wrong with them. Somehow we become absolutely critical and thus create an inaccurate and biased image of someone and nothing that person does is quite all right.

Of my many cases, there is one that I like to talk about. I was taking a course and we met 3 times a year for 5 years. Now, that is time enough to get know people. So, there was this woman, who was pleasant enough and very friendly and smiley, but as soon as she opened her mouth, I would roll my eyes and think: oh, boy, here she comes. Can't she just shut up? For 4 years I did that, until I realized something.

This thing is: "we cannot find in others what we ourselves do not possess." In other words: everything that we claim to find in people is something that we also have, or we wouldn't be able to recognize it, be it positive or negative.

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So, do you find a person friendly? So are you. Do you find a person arrogant? So are you. Is this person competent? Funny? Giving? So are you. Is this person authoritarian, stubborn, prejudicial? So are you.

I know that you might be snapping at me at this point, but trust me; this is absolutely true. What we don't like in others is usually a reflection of our own qualities. Based on this, it is imperative that you take action when you meet someone who, one way or another pushes your buttons. Then you ask yourself one or more of the following questions:

1. What does this person have that I, too, have, but somehow I am denying it in myself?
2. What does this person have that I never knew I had it as well until now and I now that I know, I don't like it?
3. In what sense is this person just like me?
4. What characteristics do I have that I don't like and that I see reflected in this person?
5. What am I reflecting or projecting?

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Try to find what bothers you and seek in yourself where the same quality is. It will help you tremendously.

Coming back to my story; that woman in my course was French-Canadian. She spoke English with an accent, as she is foreigner. So do I. We then became the best of friends.

Note: Up to this day, I still have qualms about women who speak with an accent. At least, I now recognize what is going on and feel very strange to face the fact that I have yet to come to terms with this characteristic of mine. I am still working on it.

## So am I: Projecting Our Qualities

There is this woman at my son's school with whom I have a very bad human connection indeed. I think she is unapproachable, indifferent, and unfriendly. In fact, though I like a few people, there are more people in that school whom I absolutely dislike. In my book they are all indifferent, unapproachable, and unfriendly.

On the other hand I have a great human connection with my piano teacher, now a friend, who is just delightful, warm, interesting, generous, and very intelligent. Ditto for my son who is also very intelligent, sensitive, caring, loving, and absolutely hilarious.

How is that that I have great and not so great relationships with different people? What is there that makes me like and be liked as well as hated (or disliked) and hateful (or despising)? Why do I recognize negative qualities in some people and positive qualities in other people?

The answer is very simple: I am just mirroring myself in these people. As we hate to realize it, the truth is that we all have positive and negative qualities (according to our val-



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ues, of course) that we project onto others, thus, some people push our buttons whereas others just delight us.

It is, thus, crucially important to know who are we exactly, so we can transform all our relationships into positive and gratifying ones. To know our qualities we need only make two lists. For each list, get a piece of paper and make a line in the middle.

In the first sheet, do the following:

1. Write on top: Qualities I appreciate in others.
2. On the left hand side of the paper, write the names of people you most admire. They can be real people or imaginary characters, dead or alive, that you have or have not known personally; it matters not.
3. On the right hand side of the paper, for each person, write all the qualities you most admire in them.
4. Keep doing this until you have written qualities for all of the people in that list.
5. Do not repeat qualities. Write them only once.

In the second piece of paper do the same, only this time, you will write: “Qualities I despise in others,” meaning all the negative qualities certain people have that you truly despise, even hate. Now, pay attention that you should not write about behavior but qualities only.

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For example: Saddam Hussein= mass murderer

Mass murderer is a behavior, not a quality. You could write instead: Hussein = unsympathetic (to put it mildly).

See the difference?

When you are done with both lists write the following at the bottom of each page: I see these qualities in others because I too, have them. Ouch! How can I compare myself with that despicable man?

Now is the time to reflect about each of our negative qualities, the ones we are sure NOT to have but which, indeed we do, in a subtle or not so subtle way. In our example: unsympathetic. Ok; the guy condoned the murderer of millions of people. In what way are we being and doing the same? You don't need to go far. If you are not a vegetarian, you already have an answer. (The comparison is lame, I know. This is just an example).

See? It is not difficult at all to see where our projections go. Try it and I guarantee your relationships are about to change radically for the better.

By the way: For some reason, I can't care less about the people in that school. I, too, am indifferent, unapproach-

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able, and unfriendly. It is up to me to change the situation.  
Once I change, everything will fall into place beautifully.

## The pleasure of simple things

Some people go through life as automatons, taking for granted everything and everyone and not really paying attention to their surroundings. This is easily done because not noticing things may be good for us in the long run. Our mind has a tendency of noticing and focusing on the negative things; hence, when we don't notice, we don't get hurt.

However, not noticing the negative will prevent us from not noticing the positive, as they may come in pairs. There is always the duality of "good/bad," "ying/yang," "dark/light," "good/evil," "heads/tails." What we need to do is understand this duality and veer our mind from the negative, to the positive. When we focus on the positive, positive things start happening to us, and then the negative becomes a non-issue.

Based on this, regardless of your surrounds, you can start noticing what is that that makes you feel good, instead of feeling blasé, or, God forbid, bad. And then, as a second step, you can start appreciating these things. The best way to do this, is to start by the little, simple things that give you pleasure in your daily living.

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For example, have you noticed how extraordinarily good it feels...

1. To go to a warm bed, rest your head in a soft pillow, and relax after a long day?
2. To get into a hot shower, and feel the water running through your body, face, and head? And how about a hot bath?
3. To get inside a warm place when it is terribly cold outside? Or on the contrary, to get inside a very cool place when the weather is scorching?
4. To feel the hands of a small child touching you?
5. To hear the birds in the morning after a long winter?
6. To hear your children (or your dog) greeting you when you get home?
7. To drink a glass of fresh water when you are thirsty?
8. To smell fresh coffee and a cinnamon bun?
9. To see animals at play?
10. To taste some food that you love but don't normally have the chance to eat?

There are many little things that trigger a pleasure moment and that pass unnoticed through our senses. We deserve to feel good. It is time to truly stop and smell the roses. And be grateful for it.

## A Life of Fun

Many people erroneously think that leisure is the art of doing nothing, as if it were possible to do nothing. Well, perhaps, physically we may be able to do nothing; however, in my opinion, even to veggie out is to do something. On the other hand, other people think that leisure is the art of being physically active; one does play sports or games and that is it.

The concept of leisure has been greatly misunderstood, as it is as encompassing as practically anything we do that makes feels good. In a way, we could say that “Leisure is the art of felling good or enjoying life.”

When you think of it, you can't help but realize how immense the topic is, for the ability to feel pleasure is practically infinite as it is individual in nature. There is, of course, the great issue of feeling pleasure by doing things that are considered “questionable” as opposed to doing things that make us plainly and unlimitedly use our capabilities to feel good in a positive way.

So, we need to understand that leisure is the sum of activities in which we engage in order to feel good. These activi-

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ties can be physical, intellectual, political, and social, to name a few. Here are some examples:

Physical: sports, jogging, dancing, etc.

Intellectual: puzzles, reading, etc.

Political: debates, meetings, etc.

Social: barbecues, card and board games, balls, etc.

There are many categories in which we could put all the existing leisure activities (see another article). For now, let's think of all the things that gives us pleasure, and therefore, are leisure activities: how about telling jokes, knitting, going for walks, playing with your dog, watching movies, playing Frisbee, book-scrapping, photography, painting, listening to music, chatting with a friend, fixing a car, gardening, mowing the lawn (yes, some people enjoy this!), and even working?

Wasn't it Confucius who said: find a job you love and you will never have to work again?

Now, do we need to know all the categories pertaining to Leisure? Of course, not, just enjoy your life and you will be living a "Life of Leisure."

## **Mary Poppins and the Principle that Life is Supposed to be Fun**

When was the last time you watched the movie Mary Poppins? Before I strongly suggest you watch it again, let me give you some great insights regarding the film, the most important of which being the principle that life is supposed to be fun. Only then we will find true happiness.

Ok, you remember the famous “A spoonful of sugar makes the medicine go down,” that I cited in another article. However, there is much more than this for the principle of fun.

Let’s take some bits:

Magic

1. Mary Poppins is the ultimate magical nanny. She arrives in a cloud and shows Mr. Banks a piece of paper which was torn out and thrown away in the fireplace, but which has been pasted together with the characteristics of a good nanny, as expressed by Jane and Michael.
2. Then, of course, comes the “Let’s tidy up the room” game, which is also filled with magic.



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3. Then comes the promenade in the park, which turns out to be a great magical venture about going to the country, being served by penguins, and winning a horse-race with a carousel wooden-horse.

Humor

1. Uncle Albert goes to the ceiling when he laughs and so do Jane, Michael, and Bert. They get back to “earth” so to speak when they are sad.
2. Mr. Dawes, Sr. dies happily laughing with the joke of the two-legged man.

Creativity and Imagination

1. Bert draws beautifully on the park grounds.
2. Mary Poppins measures up Jane and Michael. She, of course, is “Practically Perfect In Every Way.”

Dance

1. Bert and his chimney sweep friends, dance in the roof and inside Mr. Banks house.
2. Bert dances with the penguins.

Money

1. Michael wants to give the bird woman his tuppence.
2. Mr. Banks loses his job only to discover how fortunate he is in having a life with his family.

### Luck

1. Let's shake hands with a chimney sweeper.

### Song and Music

1. It is all over the place. They make everyone happy in all circumstances.
2. Supercalifragilisticexpialidocious!

### Communication

1. Being clear of the expectations between Mary Poppins and Mr. Banks.
2. Mary Poppins speak with Andrew, the dog.
3. Admiral Bloom relates the piece of bad weather.

### Relationships

1. Parents/Children: inexistent then loving and familiar
2. Husband/Wife: authority and subordination
3. Cook/Helen: shaky and then friendly
4. Mary Poppins/Bert: love and friendship

### Causes

1. Vote for Women!

Now, one can see that a truly life of fun needs to have elements of each of these pieces and bits. They all add to the quality of life that we so much seek. We all need to have magic, humor, music and dance, money, good relation-

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ships, excellent communication, creativity, imagination, a good cause, and, of course, a bit of luck. The recipe for a happy life is thus complete.

## To Lie or Not to Lie

Truth has been a great value in our society since time immemorial. Since we are very young we were told to tell the truth, regardless of its consequences. We were even told that, if we told the truth regarding some mischief or something, we wouldn't be punished. Many times we weren't, though many times, the mischief was just too great to be pardoned.

In some cultures, telling the truth is not an absolute maxim, though it is encouraged. Some countries have it really bad, for because of lies, or the absence of truth, officials are impugned and corruption runs amok, thus causing great detriment to society as a whole.

So, is there a happy medium between telling the truth and transforming a fact into what we call a white lie? As we see often, telling the truth at all costs has its costs as well.

In our daily lives, there are many circumstances in which telling the truth is not really advisable; on the contrary, it is to be condemned, simply because our truth may hurt someone. We need to be aware that our value may unnecessarily hurt others.

The Buddhists say that there are 3 instances which require our awareness regarding being totally honest:

1. Is it the absolute truth?

This means that we need to be 100% sure that what we are about to say has undeniable facts attached to it. No margin of doubt should exist regarding our facts.

2. Is it absolutely necessary?

This means that unless we making a difference for the better in people's lives and consequently, help them in the long run, we might as well not say it.

3. Is it kind?

This means that we need to consider whether we are going to needless hurt people or, on the contrary, make them feel better. No one deserves to be hurt.

Let me give you an example. You learnt that your friend is being cheated upon. Your friend suspects and asks you. Shall you tell your friend? To decide whether you should, answer these questions: Do you have proof? Are you absolutely sure of this fact?

Is telling the truth going to make a difference in your friend's life, for instance, is this possibly causing a fatal illness? How much are you hurting the other person?

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Does this person deserve the humiliation which will possibly destroy their lives?

Even if the fact is just a little thing, such as telling your friend this new haircut looks very ugly, perhaps we should guard ourselves. A white lie may be the answer to a tough question to which no answer will do.

### **Make life a game: The Mary Poppins Principle**

What would childhood be without games? We can broaden this question to life in general. What would life be without games? Games are the one essential in life which we should strive to maintain, no matter how old we are and no matter how worn out we might be. I am not talking about sports, here, though some possess a “game” quality. I am talking about the act of having fun while doing certain activities.

Much like Mary Poppins. Remember that, just after she made herself hired and went to the children’s nursery, she decided that they should tidy up the room? The children were upset and she said that they would make a game of the activity. “This is a game, isn’t it, Mary Poppins?” was Jane’s concerned question, in which she replied that you have to have an element of fun in everything you do. As a consequence, the activity, instead of being perceived as an ordeal or a chore, is then perceived as a collaborative game; it becomes enjoyable.

So, what did Mary Poppins do? She started a song (music is very important), added some magic in the activity, and pronto! The children were engaged and while doing the

chore, everyone was super happy. What a game tidying up the nursery had become!

Now, granted, most of us can't do magic, even if our lives depended on it (I could use some magic for house cleaning, really); but the idea still remains. We sure can add the quality of fun in everything we do (house cleaning included).

So how can we make our daily activities enjoyable? Here are some examples:

1. Cleaning: Put on some music; dance and sing along. Desi Arnaz once put the newspaper in front of the vacuum cleaner so that he could enjoy the news while vacuuming the house; you could read a book, as Renee Zellweger did, in *Bridget Jones*;
2. Folding laundry: Watch you favorite movie or speak on the phone with your favorite person;
3. Cooking: Do what Cate Blanchet did in the film "Bandits," but don't overdo it or you will have a lot of cleaning to do after dinner is ready and you might regret that bit of fun;
4. Commuting: listen to a great comic relief on CD;
5. Homework: Listen to some Mozart while you are at it. You have heard of the Mozart Effect, I am sure.
6. Work: Take breaks every hour or so, take a deep breath, do a little stretching, read some jokes on the Internet, play with one of those magnet puzzles;



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7. Errands: Make up a treasure hunt game and follow it whenever you need to go;
8. Dishes: “The best time for planning a book is while you're doing the dishes. ~ Agatha Christie.” You can also plan your next vacations. Enough said.
9. Buying food: Pretend you are a spy. Look for hints of a bad guy in every aisle of the supermarket. Make sure no one is spying at you and hide when you spot a spy. Any person can be a counter spy.
10. Mowing the lawn: Do what Steve Martin did in “My Blue Heaven”: Dress up and read a book while you mow the lawn. People will think you are nuts. You will feel great!

So here are just some simple ideas on how you can use the Mary Poppins Principles to have more fun in life. What else can you think about? Go overboard, exaggerate, feel silly. But most important of all, feel good!

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## Procrastinators Unite!

Yes, I am talking about you, and most people you know, most people I know, and obviously, me.

Procrastination has become a disease. Of course, we wouldn't be living in this day and age if what used to be just a little quirk is now being considered a "negative" thing, or a disease, an ailment. Everything for a buck, I say.

I, for one, think that procrastination is a good thing. If you understand the Law of Attraction you know what I mean.

The basic premise of the Law of Attraction is that we must be aligned with cosmic energy. To do so, we are told to send positive thoughts, which, in turn will align us to the Universe. Once that is set, then, it follows that we will be rightly inspired to action.

An uninspired action is fruitless, meaning, no good. You will not feel good and you will offer resistance while acting upon certain things. Hence, the action itself will be just plain bad and the results even worse.

Let me give you an example: I know I have to write an article for my e-zine. I have some topics in mind that I think

my readers will not only enjoy, but also be able to use my suggestions and feel better. When I feel the pressure to write when I am not totally ready to do so, I sit in front of the computer, staring at the monitor for hours. I waste my time because I am not using it in a most productive way. On top of it, the article needs tons of revisions as the message gets all truncated. I have done in the past and I don't recommend it to anyone. Things don't work as they should.

However, if I wait until my inspiration rushes in, I am pretty sure that not only I will write an inspiring article, but also I will write it much faster and be done with it in no time.

I can give you tons of examples on how we force actions and waste time. And then complain we can't accomplish things. No wonder. Think about when you had to write a college report, or when you needed to do laundry, or empty your suitcases and put your clothes away after traveling, and, gee whiz, do your taxes!

You were completely non-aligned with Universe; you hated to do what you must. You were unhappy. Next time a similar situation arises, take these two suggestions for you with you:

1. Wait until the inspiration comes

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Sitting in front of the computer doing nothing will do me no good. However, while I am waiting for my inspired action, I respond to my most important my emails, I do business, I make plans for future articles and books, I read about things I am interested in learning at the moment, and so on.

Soon, just like magic, I know exactly what I will write and put together a good article in no time. Instead of wasting time, I have increased my business, learned about something new, got in touch with my loved ones, and so on.

### 2. Outsource

I know my limitations and act upon what I love and know how to do well. Who am I to deal with numbers? Why, I can't quite do a budget, let alone taxes. I love to think about money; I just don't care for calculating. My inspiration will never come when I think about doing taxes. I am not aligned to the Universe in that sense.

Instead of developing a headache and gaining 10 pounds eating chocolate (comfort food), I give my papers to a person who loves to do this kind of thing, and is good at it as well. Do I have to pay for his services? You bet! But boy, this is one of my best investments, if you ask

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me, because I feel free to do the things I love and feel happy in the process.

So there. Next time someone criticizes you for being a procrastinator just say: “I am not a procrastinator; I am just waiting for inspiration.” And leave it at that.

Now, before you declare that you are not at all inspired, give your task a try. Sometimes it is only a matter of jump starting; you will soon see that a little kick was just what you needed. Go for it!

See? In no time I just wrote 736 words. I only hope you read them all. ☺

## The Blessing Game: Money

We all know that, to open the channels of abundance and prosperity we need to bless money and those who have it and use it for the good.

Of course, it is not up to us to judge why a person needs to use the money to buy expensive cars and mansions when half the world is starving. We also need not judge the actions of others. This is not how prosperity comes about. Accepting the fact that it is all right that others have money and property is an important step in opening up our channels. That means that, if there is money for others, there is also money for us. The Universe is very generous and there is enough for everyone.

So you need to bless. There are several things that you can do to start right now. Here are some of them.

1. Bless your money

You may think that you can't bless it because you don't have any. Not true. It doesn't matter how much you have, as long as you focus on it, and not on how much you don't have. Think about the amount you have and bless it. I love to say the following affirmation when I

think about my money: “Divine Love blesses and multiplies all that I have, all that I give, and all that I receive.”

2. Bless your stuff

What are your possessions? Bless them all. You will realize that you have much more than you think you do. Bless your refrigerator, your washing machine, your car, your furniture, your decorations, your lamps and shades, your telephone, your computer, your dishes and silverware, your toiletries, your pens and papers... You get it.

3. Bless your bills

Now this one seems to be the most difficult. Who wants to bless the credit card bills? Or the phone, or the energy bills? However, your bills reflect great abundance because they tell you that you have been enjoying certain things that you deemed important or necessary, and that made you live more comfortably or that made you feel good or that helped you achieve something. For example: you used your credit card to pay for gas. This gas made your car take you to places you wanted or needed to go. Bless the gas bill.

4. Bless your source of money

Now, here you have two choices and you want to bless them both. The first is your job, which is one source.

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Even if you don't like your job, remember those who don't have one and hence, don't have this luxury of making money on their own. The second source is the Universe, or God. When you trust that "God provides" you let go of mistrust and you will notice that the Universe has always something for you, no matter how difficult is your present financial situation.

#### 5. Bless others

If you see a car that you like, bless the car and the driver. If you see a house that appeals to you, bless it and its residents. If you see someone dressed with clothes you would like to have, bless the person. If you see children with toys you would like to give your children, bless the person and the children.

Always bless more than this one person. But, no matter what you see that you want to have as well, instead of feeling envious or jealous of the person who has it, say to yourself: "I am gonna get me one of this too. May the Divine bless you and your family."



## Happy People Are More Abundant!

Ever noticed that the happier a person is the luckier he or she is as well? They find money on the street, not just pennies; opportunities abound; doors open up for them; they have lots of friends and a great family; they love their occupation; their health is just perfect; they enjoy life; they laugh easily; they have energy, they are vibrant. When you see a happy person you cannot but notice that this person has everything, and more.

They live in the “eternal” mood of someone who has just fallen in love; you know, that pink feeling that makes everything all right. If they need help with a project suddenly people drop out of nowhere to help them.

They buy a raffle ticket and win the prize; on a conference, they sit on the chair which has attached underneath it free a trip for two to Hawaii; they go buy a car and are given another just for being the 1000<sup>th</sup> customer; they near-miss a car accident, they are invited to many different and beautiful places by their friends, they are always in shape and well groomed...you get the picture.

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Now, how come everything happens to them and not to me, you may ask? Perhaps you are always broke; there is never enough; you hate your jobs; you have terrible relationships and very few friends; you are lonely and sick; you have to deal with rude people; you are cheated upon; you have to deal with silly little troublesome circumstances such as the inaccurate bills, services that need to be redone (carpet cleaning, for example), computer malfunction, etc. The list is never ending, it seems.

Well, I am happy to say that the reason for this huge discrepancy is because happy people live in a higher vibrational state than most of us do. Now why am I happy about that? Very simple. Because it is guaranteed that all of us can turn around our energy from a low to a high state, and hence become happy too and, consequently, attract abundance to our lives.

This is not an easy task, however simple it may be, but it is certainly very doable. Here are some suggestions:

1. Appreciate

Give thanks for everything you have; for instance, a warm house, indoor plumbing, a functioning car, healthy children, a job, etc.

2. Bless

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Bless everyone and everything you encounter. Bless your bills, bless your credit cards, and bless your checks when you pay them. After all, you did buy something useful with them, gas, electricity, and phone service, for example.

3. Take deep breaths

They will fill you soul and all the cells in your body with good energy.

4. Be grateful

For every good thing people do for you and every good situation. In fact, be grateful for the bad ones as well, for they serve as a reminder that you are not quite aligned yet. You will.

5. Raise your expectations

If you expect the good and the perfect, they will come to you. Affirm to yourself: “everything comes to me in perfect ways.”

6. Do your affirmations

Every day, as much as you can.

For example: “Divine order is established in my mind, body, and affairs.” Keep going.

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7. Let go of outcomes

Relax knowing that whatever happens, happens for your highest good.

If all else fails, do as Bob McFerrin told you to: “Don’t worry, be happy!”

## Conclusion

The precedent pages gave you an idea of what is necessary for you do to in order to become more abundant. It makes total sense that abundance follows happiness?

Why? Because when you are happy you are automatically elevated in a state of bliss, and that means that you are sending high vibrational energy to the Universe. When you do this, the Universe will respond in gender and number, meaning, with great manifestations that are all good, prosperous, and abundant.

So, next time you catch yourself thinking negatively, come back to this e-book and read at least one of the articles. That will give you tools to shift your energy immediately. Use these tools, become happier and you will attract everything you heart desires.

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### *Author's Bio*



Originally from São Paulo, Brazil, Dr. Maria Moratto has 5 degrees. She is a spiritual and life coach/educator/writer. She thinks that life should be simple, easy, abundant and fun. If not, there is an imbalance that can and should be corrected. Life is perfect and so are we.

She teaches, writes, and coaches on topics such as spiritual healing, spirituality, relationships, stress and time management, spiritual business, and abundance.

Dr. Moratto is an author. She has also written several articles published in the Internet and is finishing other books related to her subject matter: the attainment of happiness.

Her two e-books in the series: **“The Inner Cure”** Journal and Manual are available for purchase.

**“Healing Your Mind, Body, and Soul”** can be found at:  
<http://www.rx4bliss.com/innercure.htm>

**“Mending Your Broken Heart”** can be found at:  
<http://www.rx4bliss.com/innercureheart.htm>

**“Spiritual Business: Attract Clients, Money and Success”** can be found at:  
<http://www.rx4bliss.com/spiritualbusiness.htm>

Dr. Maria Moratto is the hostess of ***Dr. Maria Presents! Teleseminar Series. Learning new life skills one teleseminar at a time!***

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