

# The Happiness Insider

Insights & Inspiration for Purposeful Living

## HELLO BEINGS OF LIGHT AND LOVE!

Welcome to a bit of a passion project, a bit of an on purpose offering, a monthly newsletter. You are free to join in or leave through an unsubscribe, however, I am inviting you to stay.

I have been wanting to write about all I have been learning through life, courses and readings for a while (my whole life 😊) and while I share regularly via live teachings, in The Happiness Studio, The Creator's Circle and Yoga Classes - writing something, along with curating information has long been a desire, a passion and a calling for me.

I am trusting myself and you with this newsletter. I am trusting myself to share from my heart that which is asking to be shared. I am trusting you to find a glimmer of inspiration, a curiosity spark, a tidbit to support you along the path of happiness, purpose and meaning, take what you love, leave what you don't. Together we will enliven this project.

In this newsletter you will find reflections on teachings/readings, book club news, thoughts and tips on happiness, getting and staying inspired and how you might live a life of purpose. You may also find quotes, links to further information and other fun bits of life knowledge. I will also be adding any links you may find useful at the end of the newsletter as opposed to being embedded within the text.

Thank you, again, always for being with me on the journey.

I love chatting with you - so if you have a question you would love for me to explore and share with you please send me an email (found at the end).



JOURNAL PROMPTS

Today I am feeling...

Today I am grateful for...

Today I am excited about...

Today I am nervous about...

My opportunity for growth is...

I am very happy to keep \_\_\_\_\_ in my life, because....

Use one or all to begin writing - if you have been with me for a while - you will know I suggest writing by hand - on paper. I often switch between computer and paper - right now - I am writing a lot and my thoughts are coming at the same speed I type vs writing....writing does offer the space for reflection, right now for me, typing for the speed writing and pen to paper for reflection - so this a both/and situation.

AN EXCERPT FROM MY JOURNAL, MAY 15 2023 :

**Remember to be love Remember when you are not feeling loving, it is a call for love - and if you cannot seem to find the love you need - be it.**

---

## Book Club

### LAST WED OF THE MONTH 5 PM MST

Right now we are reading: The Seven Spiritual Laws of Success by Deepak Chopra - have you read it?

The Seven Laws are:

1. The Law of Pure Potentiality
  2. The Law of Giving
  3. The Law of 'Karma' or Cause and Effect
  4. The Law of Least Effort
  5. The Law of Intention and Desire
  6. The Law of Detachment
  7. The Law of 'Dharma' or Purpose in Life
- 

### JOIN US

If you have already read it and would love to join us on May 31st on a Zoom Gathering at 5 PM MST - let me know and I will add you to our group. Email me (below)

If you haven't read it - and yet are still interested in hearing the discussion and learning more; join us. We will be meeting on May 31 on a Zoom Gathering at 5 PM MST - let me know and I will add you to our group. Email me (below)

---

Happiness encompasses our entire being. It is a conscious choice we make repeatedly, adjusting our course throughout our lives and days to stay on the path of joy while appreciating the journey. Let's remember to embrace our emotions as they arise, knowing that happiness is not a destination but a solid foundation that supports all other experiences and emotions, enabling us to lead a purposeful life.

Happiness viewed through the SPIRE elements

SPIRE - spiritual, physical, intellectual, relationships, emotional well being. Being well in all areas - now they are going to have different feelings, different 'weights' as it were throughout your day, season and life. Some parts of our lives are heavily focused on our spiritual growth, and other times we are deep in the heart of relationship tending.

A link to the handout for the SPIRE elements based on The Happiness Academy can be found at the end of this email. If you are a member of The Happiness Studio or The Creator's Circle you can access the handout directly via the FB Group, under the Files tab.

Remember happiness lies within your direct control. Stay empowered to create and experience happiness for yourself. This means not allowing external circumstances to dictate how you feel. You have the power to determine your emotional state.

## HOW TO STAY INSPIRED

- Read (uplifting stories, teachings from a day book of heartwarming thoughts. (Read, or listen - consume something fabulous)
- Get outside - look at the sky - realize you are part of this vast wonderful world - you have a big part in the many worlds of your friends and family and a small part in the universe (both/and)
- Talk to a friend - offer support if needed. Often helping makes us feel so great. Offer advice if it is asked. Volunteering fits here too!
- 
- Write a love note to anyone - leave it where a stranger or a secret love may find it
- Send a loving text, a heart emoji, a few words of love and encouragement to someone who's face, or name passes across your heart (mind).
- Watch a movie, or a show that inspires you and reminds you are so wonderful and you are important. (create a list you can call upon when your heart feels like it needs a lift)
- Follow a curiosity - you don't have to make it a hobby or change jobs, 😊 you can simply be curious and inquisitive.

**A POEM FOR YOU**  
**The Guest House**

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.  
Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Written by the great 13th-century Persian poet, "The Guest House" is a call for acceptance – one that is, unsurprisingly, often invoked in mindfulness circles.

Rumi uses the metaphor of a guest house, likening it to the mind. Much like guests in a lodge, thoughts arrive in our head one after another– some making us happy, sad, and even uncomfortable.

This poem serves as a reminder to not resist life's painful thoughts, but to welcome them with warmth and good grace.

---

## quote

"The art of being happy lies in the power of extracting happiness from common things."

Henry Ward Beecher

## FINDING YOUR PURPOSE

We have spoken about this many times in The Happiness Studio and The Creator's Circle; I will share a simple way to find a purpose is to decide what your purpose will be for a situation, a moment, a day, an afternoon and begin.

I'll share more in each newsletter, I invite you to begin with declaring a purpose for a brief moment in your time.

---

## A READING FOR REFLECTION

"Many spiritual teachers reflect the teaching and their actions back to us through a mirror to show us who we truly are and the greatness that is our essential nature. Some show through their actions exactly what you do not want to become.

Both are valuable." Nischala Joy Devi - The Secret Power of Yoga

Take a moment to observe the people you know or encounter in your life. How are they teaching you? In what ways do they inspire you to be the person you want to become? Conversely, how do they demonstrate behaviors or traits that confirm your choices to be different?

All links mentioned

[The Happiness Studio](#)  
[The Creator's Circle](#)  
[Yoga](#)

Karen Larkin   
*create a life you love*

karen@karenlarkin.ca

