YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

*“Happiness is when what you think, what you say and what you do are in harmony.” ~Mahatma Gandhi*

**Chapter 5: Happiness Is…**

If you were asked by a creature from another galaxy what happiness is in your reality, what would your answer be? Having only 60 seconds to provide a brief reply, consider the feelings, emotions, images and/or objectives which come to mind. What words might you choose to compose your response?

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If you drew a line down the middle of a blank page and listed in the two columns the elements which contribute to your happiness as well as any unhappiness in your life, which column could you fill the quickest and which would contain the most items? Would some of the items in the happiness column be a result of eliminating items from the unhappy column?

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| **UNHAPPY** | **HAPPY** |
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**Biomemetic Mimicry:**

Are you making your choices by utilizing your internal GPS (***IN***spiration) which brings you fulfillment and joy or are you choosing based on **ex**ternal influences (Memes) which do not serve your highest and best and produce only mimicry.

Often, we mimic what we see/learn without questioning our objectives for doing so. Can you think of any ways you’re conducting your life from a place of mimicry – particularly in ways which you do not consciously realize why – and more importantly, where doing so is not fulfilling or joyful to you in some way?

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If you find that you are doing so, ask yourself this question:

*What creation am I using to invoke and perpetrate*

*the biom****e****metic\* mimicry of other people’s realities am I choosing?*

*“Everything this is and brings up, whether known or unknown consciously or unconsciously that is limiting me where X is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields*

*under grace with ease. And so it is.”*

**The Money Exercise:**

Purpose equates to reason while Passion equates to enthusiasm

*It’s a matter of what we’d like to experience…Feel.*

***What if money weren’t an issue?***

Imagine that on the first of every year, you were provided with One Hundred Million Dollars.

Allow yourself to embrace this fully. Feel what this would be like on all levels. Once you’re in that space, ask yourself: If money weren’t an issue,

* What would I choose?
* What reality would I create as my life?
* Who are the people that I would have or not have in my life?
* What would living in this reality actually be like?

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*Everything this is and brings up and anything that stands in the way of my creating and living this reality, whether known or unknown consciously or unconsciously that is limiting me where this is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields*

*Happiness is like breathing; it cannot be taught or learned,*

*it can only be practiced.*