

Happiness! Australia

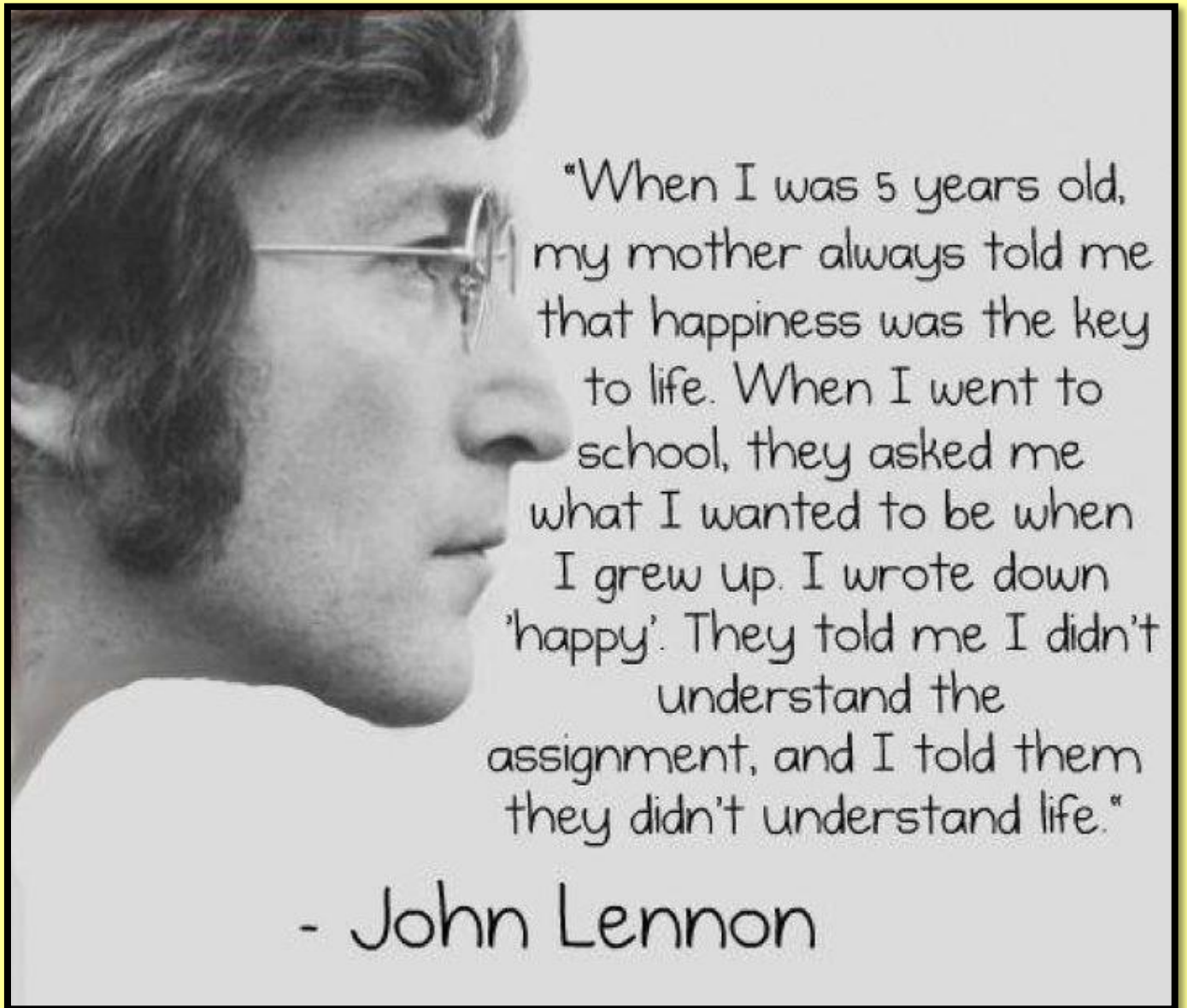
Presents

The Wisdom of the Happy Fool



*Find your Happy Place
BE Happy Don't Worry*

HappiNeSS is the EXperience OF A BALANCED LiFe



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A CALL to Action

Happiness! Australia



Susan Joy (Peace Fool) is a Chief Cheer Fool putting out the call for action - **Happiness! Australia.**

Visit Go to <https://ha.worldpeacefull.com>

HA is a vision to inspire ***giving as living*** real wealth.

This little **gift** is to remind everyone that happiness in our lives must BE our first priority not our last.

When you are happy all of those around you feel happy.

It is like ***lighting a candle*** and passing your smile from one person to the next.

This Happy Pack is inspire happy hearts.

Remember: *Home is Where the Heart is*



Happiness is A Gift

*My highest wish is happiness,
It is the gift I give to all,
To see the smiling faces,
To catch them before they fall.*

*To be a clown,
Is like surround sound,
It spreads a ray of sunshine,
To all without discrimination,
Without impatience,
To see the world as one,
To inspire and have some fun.*

*I have no enemies,
I have no-one to hate,
To me there is no nation state,
I see the world as my family,
I just want to bring them home,
Into the warmth of love and kindness,
So no-one feels alone.*

*I see every story,
In its real glory,
I know the potential of what can be,
I long to set them free,
Into a world of their own making,
Into a world that is no longer breaking into
fragments of glass,
Shards of misunderstanding,
Where we see only a fraction of what is true,
We assume that it is not safe,
That is the myth,
That is the spin,
That disempowers and tries to win.*

*One truth is that life begins,
When we step out of the comfort zone,*



*The boundaries of insecurity build walls,
We are not alone,
And when we step out of illusion,
Of misconceptions,
We realize that there is no fear,
That there are many tears,
Flowing down the rivers of separation,
But they will reach the headwater,
They will unite in the end,
The journey is the experience,
That life sends.*

*I believe in peace,
I believe in goodness,
I believe in action,
I know that for every cause
there is an equal and opposite reaction.*

*My life is dedicated to principle,
I know the answers are simple,
When you throw away judgement,
When you throw away hurt,
When you throw away hate,
And think about what you've learned.*

*Under the canopy of respect,
You will never reject,
The will of others,
They must travel their own path,
We need to learn to laugh!*

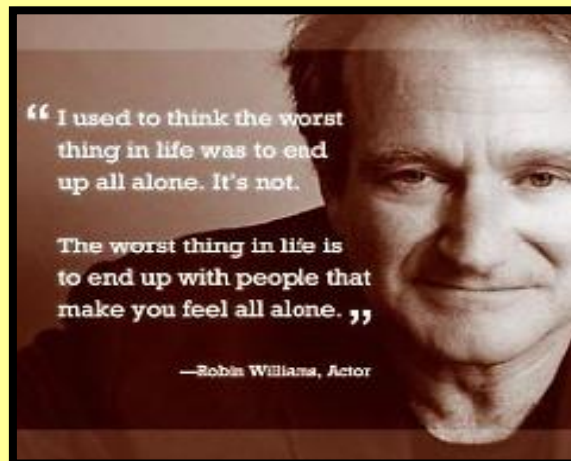
*Life is the comedy,
Perhaps I am the Fool,
But just maybe that's the school
for world peace.*

Patch Adams M.D.

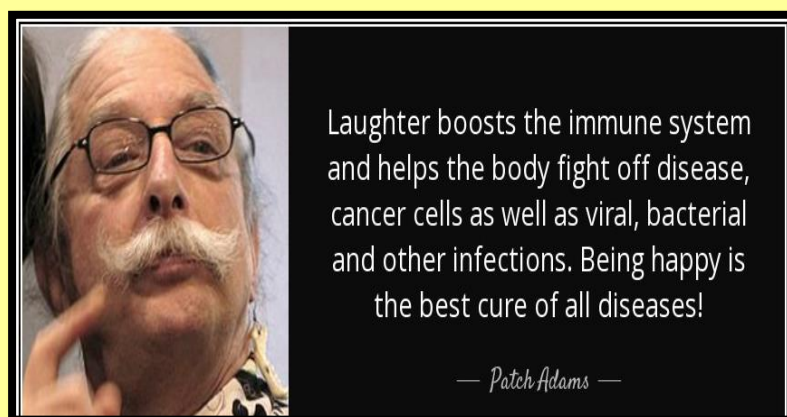
Peace-Fool was invited to Russia with Dr Patch Adams



Loneliness is the greatest dis-ease



Patch believes laughter is the best medicine ...



Can you laugh at yourself?

introduction

Extract from the book 'A Fool for Peace' by Bill Gasperini, CBS Journalist



I met Susan Carew in Russia when she was part of a "clown group" led by noted clown/doctor **Patch Adams**. I could see first-hand how she and other like-minded people brought much good cheer and comfort to children with cancer as well as strangers on the streets of a country not known for public levity.

This is what Susan calls her **selfless service to others**, a way to bring "real wealth" to people, turning on its head the notion that wealth is only measured in monetary terms. Originally a research analyst, in 2001 she found herself at a crossroads *"and I asked the question: 'Do I continue in market research or pursue a direction that is humanitarian?'"*

"I was at a point where I was feeling uncertainty and seeking direction. I asked in my heart, 'What do I want?' The only word that came to my mind was 'peace.' It was not about being at peace, it was more a question about my purpose or my mission in life."

This book details an account of a life's work dedicated to peace, so far: an ongoing, fascinating journey she has conducted to scores of countries, starting with her native Australia. Her goal is to bring peace, love and understanding to a world that is in great need of a new way of thinking and interacting among all peoples.

She calls her clown persona *"Peacefull, or depending on my mood, Peace Fool. Jesters are known for speaking truth to power, and on this journey I found myself following the invisible threads to weave truth and love."*

She has met many notable people along the way including Helen Caldicott, the noted nuclear disarmament activist who Susan says gave her a 'green light' to begin a life of making peace.

"I was choosing to live my truth over money."

Those who delve into this story will find a fascinating array of remarkable elements that have propelled Susan on her way. These include extensive poems, studies in peace and non-violence at La Trobe University in Melbourne, hosting a Peace Radio program and educational endeavours that include a study for a "Childrens' Circle Parliament."

Susan also highlights something she calls the REAL HOPE(S) for Peace Education program, developed as a means to promote peace, nonviolence and confront bullying. She has already used this in schools, hoping to *"truly change the world – and not just make me feel good about what I am doing."* REAL HOPE(S) is a newly creative approach to education encouraging freedom of expression aimed at helping people discover a new way of thinking.

At the end of each chapter in the book Susan quotes something she calls Fool's Gold: *"Many have spoken of the alchemy of transforming base metal into gold. Perhaps in truth it is really about personal transformation, transforming negativity into positivity as the real gold of life."*

"The Fool's Gold: Free energy is real freedom from insecurity, dependency and special interests. What you give to another returns to the self."

And the Fool? In using the imagery of the mediaeval Fool, Susan also undertakes her journey in the same way itinerants used in their own wanderings centuries ago.

"Yes I did carry a little bundle on my back, this was filled with questions, courage, values, honesty and love. I walked alone yet my intuition guided my steps and gave me the trust to step off the cliff into the unknown."

Throughout, she has been able to globetrot trusting in the faith that others have in her life's journey for things like funding, including a grant from the sister of Australian media mogul Rupert Murdoch and a Rotary peace program in Thailand. In 2010 she traveled all over Asia, Egypt, northern Europe, the Americas and ultimately back home to Australia via New Zealand; she has also traveled extensively throughout Australia itself.

All along the way she would seek out people to interact with, usually in her clown outfit which helped open doors and referrals to the next destination. Often there would be chance encounters:

"I left Srinagar via a Sumo four-wheel drive and travelled to Jammu, and then by bus to New Delhi. I found a friend on this journey - Barkat. He and I became close and talked on this journey. He made sure I was safe and watched over me. I definitely felt supported and protected. You find angels everywhere."

In each place she would focus on bringing cheer to people of all kinds, including in refugee camps, an HIV clinic in Thailand and Mother Theresa's Missionaries for Charity in India. On other occasions she met Holocaust survivors as well as war victims, even former members of the Khmer Rouge in Cambodia who helped carry out systematic mass killings in the late 1970's.

"Sitting with former members of the Khmer Rouge, I reflected on how they were not healed from this horrendous era in Cambodian history. Ironically the Khmer Rouge were still in government, Prime Minister Hun Sen is a former member." Later she visited Wan Nath, the sole survivor of a notorious internment camp who emerged alive because the top commandant liked his artwork.

The book contains many photographs illustrating her stops and interactions, mostly with Susan dressed in her clown outfit. To an interested observer all of this is remarkable, in what amounts to a major memoir of a lifetime (until now) of trying to make the world a better place, step-by-small step. Susan Carew is a woman on a life mission to make the world better, however small those daily steps toward that goal may be.

At the end of "Awaken the Fool" Susan sums things up better than any reviewer can:

"The greatest love of my life is to be a Fool. I stepped out of society's structures and psychological tourniquets to discover the true freedom of flowing through society as the 'clown'. To see the smile on my face mirrored on the faces of those around me was a mirror ball that kept revolving, sending out rainbow light to all and sundry."

Personally I am so much the better for having crossed paths with Susan Carew in 2002, and I wish her well as she continues her mission for peace into the future.

*Bill Gasperini,
Journalist and former correspondent for CBS News in Moscow*

What is the Fool's Journey?

Extract from her book 'A Fool for Peace'.



Hello, I am Susan Joy Carew-Holmes, I am a Fool for Peace. The fool's journey is how I chose to be a Fool and trust my heart against all the odds and follow what I know to be true for me. Yes I did carry a little bundle on my back, this was filled with questions, courage, values, honesty and love. I walked alone yet my intuition guided my steps and gave me the trust to step off the cliff into the unknown. It is a journey you cannot plan and would seem impossible if proposed, yet it unfolded as naturally as placing one foot in front of the other. It was Lao Tzu, the famous old Chinese philosopher who proposed that

'the journey of a thousand miles begins with one step'. This means action taken from stillness. Whenever I step into the air solid ground appears beneath my feet. Some call it landing on your feet, but I have always found that life supports my every step.

From the archetype of the traditional Fool (or Jester) I have created my own clown character *Peacefull*, or *Peace Fool*. Jesters are known for speaking truth to power, and on this journey I found myself following the invisible threads to weave truth and love. When I closed my eyes I saw Gandhi as a silent traveller beside me gently nudging me to not give up and find the road less travelled. Always his vision came to me to '***be the change you wish to see in the world***'. This mantra disciplined me to walk the talk.

In 1998 I had a dream that I was **teaching peace** and this opened me up to my own quest, though I didn't realise I was reaching for my personal Holy Grail. The question arises is the Holy Grail a real cup or is it a mythical cup? Perhaps it is a metaphor for the real gold of life or what I call the **Fool's Gold**. Perhaps this is the gold of self-realisation. Many have spoken of the alchemy of transforming base metal into gold. Perhaps in truth it is really about **personal transformation**, transforming negativity into positivity as the real gold of life.

I am going to take you on a journey that only a Fool could make. We are going to step off the cliff of what is perceived as the solid ground of life to find the *real magic* in life. Come with me and let's go on a journey to discover the peace and joy within. Perhaps you are a Fool for Peace too?

So what is a Peace Fool?

The Fool is an archetypal figure who embodies living peace or another way of seeing it is that peace lives through the Fool. The Fool steps out into life with innocence, discovering the wisdom as s/he stubs her toe on the stones and rocks of life. Each obstacle becomes an opportunity to 'be' with the pain and learn how to transform pain into the Fool's Gold. If one keeps returning to the same place and stubbing the same toe, then the Fool hasn't learned the lesson or has been in a vague state, not really awake as s/he walks in ignorance.

The Peace Fool carries **REAL HOPES** in a bag of magic tricks. **REAL HOPES** is an acronym for: **R**esponsibility, **E**mpathy, **A**wareness, **L**ove, **H**onesty, **O**neness, **P**ease, **E**njoyment and **S**ervice. These are the virtues that the Fool has inside which give her the *strength* to step off the cliff of the unknown. **REAL HOPES** is a metaphor for the rainbow bridge that bridges what divides us or some may say bridging heaven (spiritual) and earth (material).

Each value is the wealth s/he carries. It is the real wealth, but it is the Fool's Gold because everyone thinks it is not *real* wealth as s/he has nothing material to show for it in life, and so is thought of as a Fool for taking this path. Others are spellbound by the trinkets and material things in the world. Whilst the Fool spends life discovering that **the gold is within** and watches bemused as the world keeps digging for gold and looking outside themselves to other people and the external world to give them the gold. The Fool is in a **frequent state of joy** because she has everything in her bag that she could possibly need. Many people in the world are in a frequent state of **pain and lack** because they are always trying to find the gold out there at the base of what they think is the rainbow, yet what they seek for is the illusion. The Fool knows that when you go with *in* you do not go with *out*. The world has it the other way around when they go with out and refuse to go *within*. So the Fool feels full and the people feel empty, and that is the state of play that creates contrasts. The Fool knows that when you empty of '*need as greed*' that is when the gold appears **like magic** bringing the sense of fulfilment or fool-fill-ment. People think if they are empty they must fill their metaphorical stomachs, yet they get hungry again and spend their whole lives trying to be full.

The secret is in realising that all Fools carry the Fool's Gold of ...

REAL HOPES

REAL HOPES

A New Model

A Holistic Problem Solving Model

The REAL HOPES. model is an innovative shift from rational left brain analysis and argument (linear) to a combined holistic (creative) perspective. It is an acronym for: responsibility, empathy, awareness, love, honesty, oneness, peace, enjoyment and service.

The REAL HOPES. model is a powerful problem solving integrative model which enables holistic and inspired solutions. It guides people to access their own values system when thinking about problems.. The model ensures that responses to problems come primarily from personal values, experience and awareness, thereby producing truly evolutionary solutions. That is, we evolve our thinking to incorporate both thinking and feeling to catalyse balanced solutions.

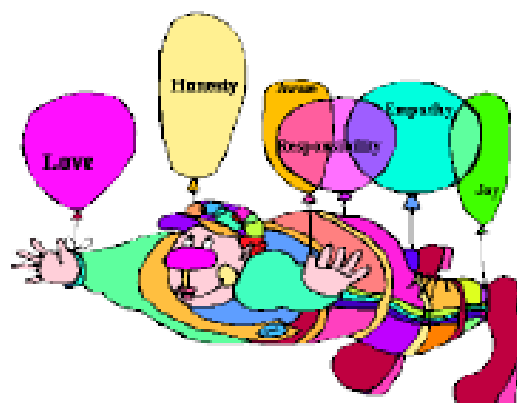
... Because we KNOW WHAT TO DO when we really listen to ourselves.

Responsibility

Empathy

Awareness

Love



Honesty

Oneness

Peace

Enjoyment

Service

To Be of Service to the world
You pre-serve it
in Love, Truth and Joy
Symbolic Meanings

The REAL HOPES. model is linked to symbols for easy recall. This is particularly pertinent for the children's values based peace, non-violence and anti-bullying program. The model is used in conjunction with the clown image and symbols to facilitate accelerated learning by association. the values are embedded in the recognisable words of REAL HOPES. It also generates a visual impression of positivity and possible futures.

Let's put together our gold nuggets to find REAL HOPES in life.



Responsibility - when we are respons-able we are able to respond, we can do something. It is in our hands.



Empathy – is the ability to step into another's shoes, to feel their feelings.



Awareness - to be able to clearly and honestly see ourselves and others. To be aware of the consequences of our thoughts, words and actions.



Love – is the heart of non-violence. When we act in love we expand potential, reveal, share, care and heal ourselves and others.



Honesty - the truth will set you free. Jesters were able to tell the truth in a humorous way. Truth makes the real world visible.



Oneness – is a concept that we are one world, interconnected to each other and creating a sense of unity.



Pease – is balance and harmony. To be peaceful means you see all the people as different colours in the painting of life. Like white light you absorb all the colours as part of yourself.



Enjoyment – is true happiness in the knowledge that you are being yourself and open to the beauty of life.



Service – Is to pre-serve the world. That is to give or share yourself with the world. It is in giving that we become aware of our own richness. When we think there is not enough we become focused on getting more. The challenge is to turn selfishness in to self awareness.

This model was created by Happiness! Australia

REAL HOPES

Responsibility, Empathy,
Awareness, Love, Honesty,
Oneness, Peace, Enjoyment
and Service



Why Not Take A Risk To BE Happy?



To laugh is to risk appearing the Fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams, before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying,

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing, and is nothing.

*They may avoid suffering and sorrow, but they cannot learn, feel, change, grow,
love, live.*

Only a person who risks is free.

-Author Unknown -

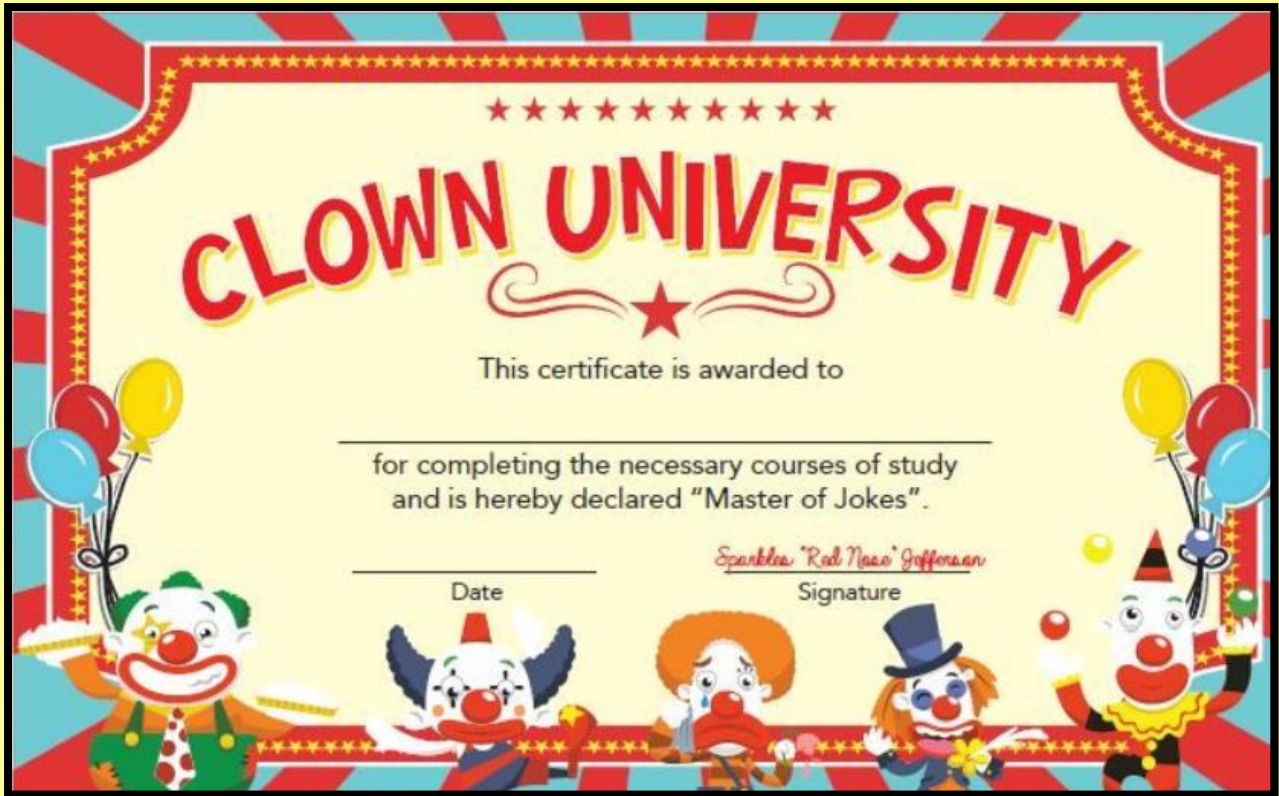
1. RESPONSIBILITY



You Have the Power to Change YOUR World



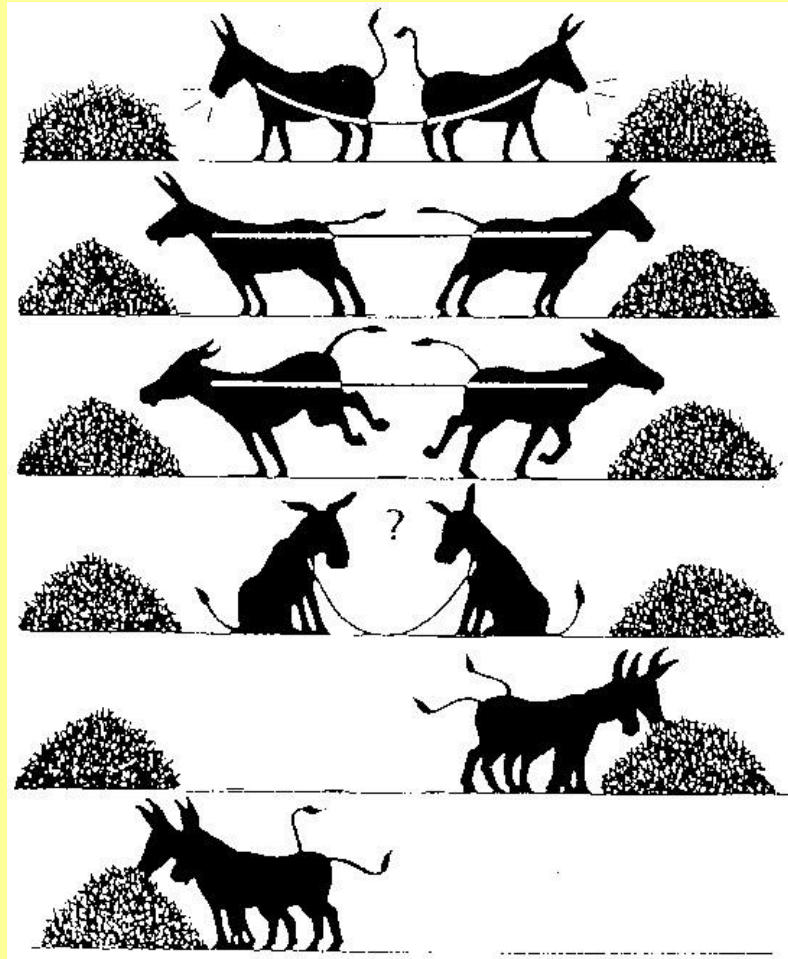
Educate **yourSELF** to BE Happy



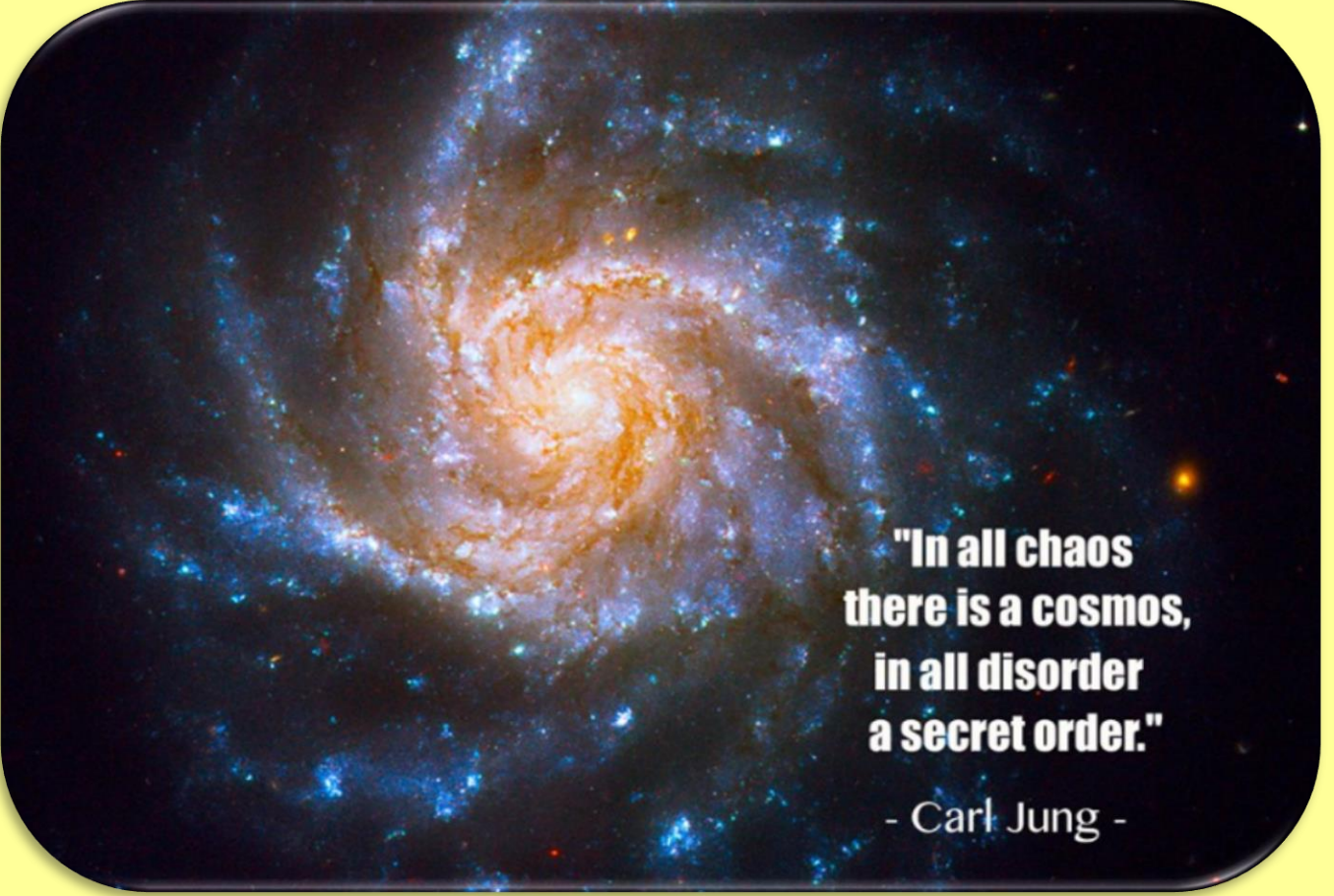
The road to
success is lined
with many
tempting
parking spaces

The only job
where you
start at the
top, is
digging a
hole.

2. EM-PATH-Y



IN ALL DISORDER there is a **Secret order**



**"In all chaos
there is a cosmos,
in all disorder
a secret order."**

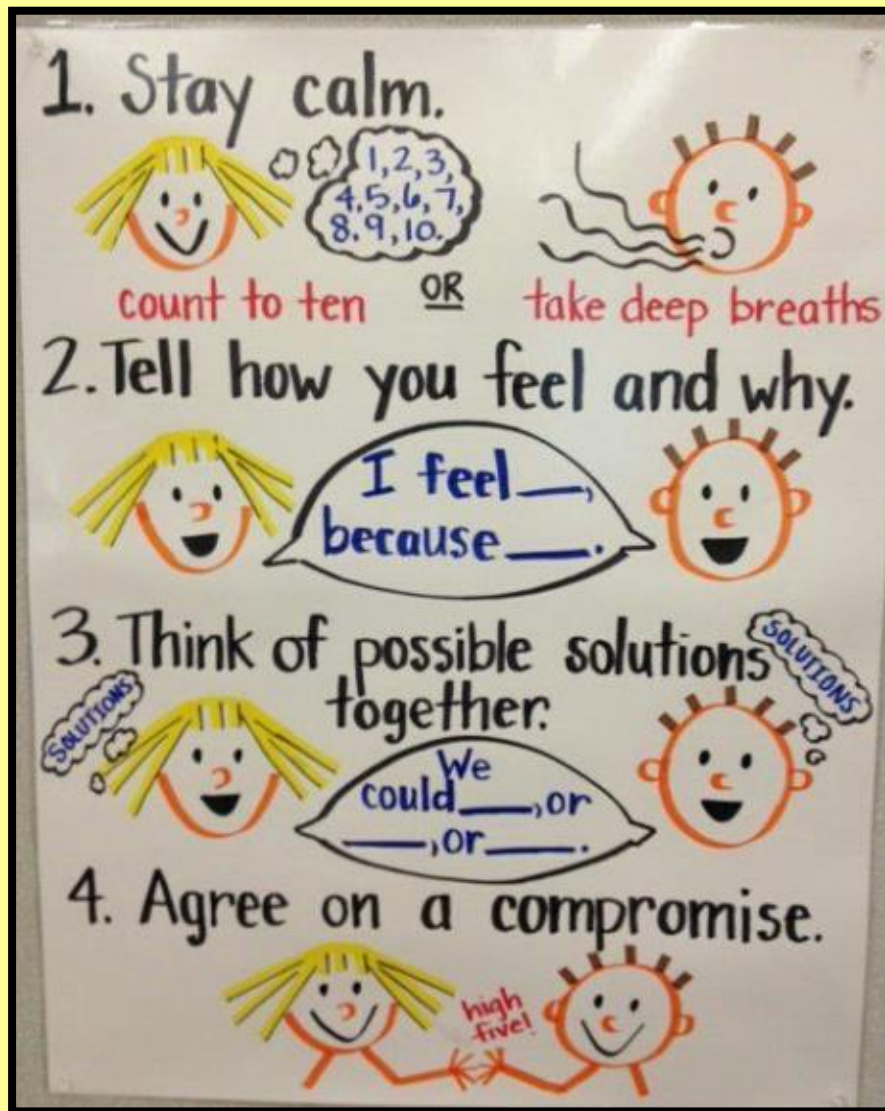
- Carl Jung -

DO YOU **FIX** YOUR PROBLEMS or WALK AWAY?

Everyone fights or becomes upset, sometimes they never talk again.
They didn't learn how to fix their problems



We see how WE ARE not as OTHERS ARE.
Re-member - Sharing is Caring
YOU Can do it! Here is How...

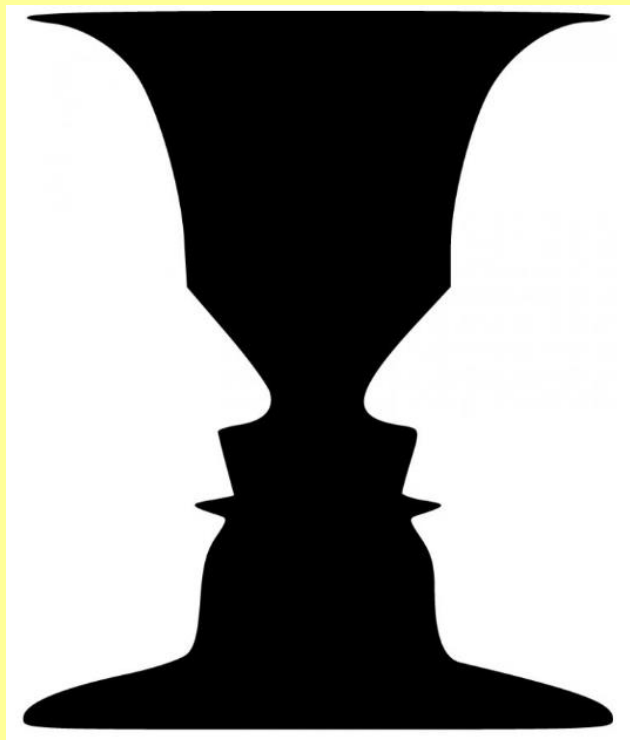


People *See* Differently

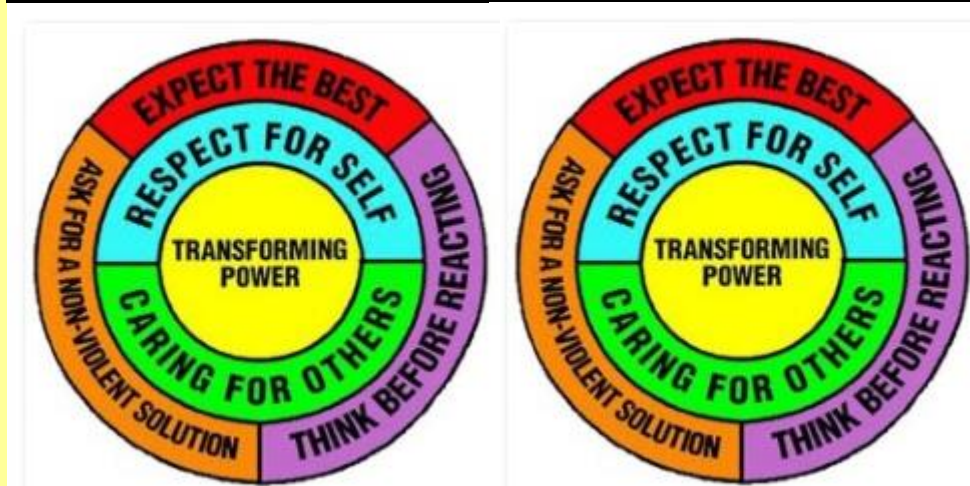
You See '**Black**' and they See '**White**'



*What do you **See**? The **Cup** or the **Faces**?*



3. AWARENESS



Are YOU Happy?

Why not do a Happiness Survey and check!

The scale represents negative questions and positive questions. You rate what feels true for you. The score card gives examples of how you can score. You total up each question to get the TOTAL SCORE.

HAPPINESS QUESTIONNAIRE

Happiness is the enriching quality of embracing life with an open heart. Its source is inner contentment, rather than possessions. Happiness expands when you have someone to love or care for, something to hope for, and something to create.

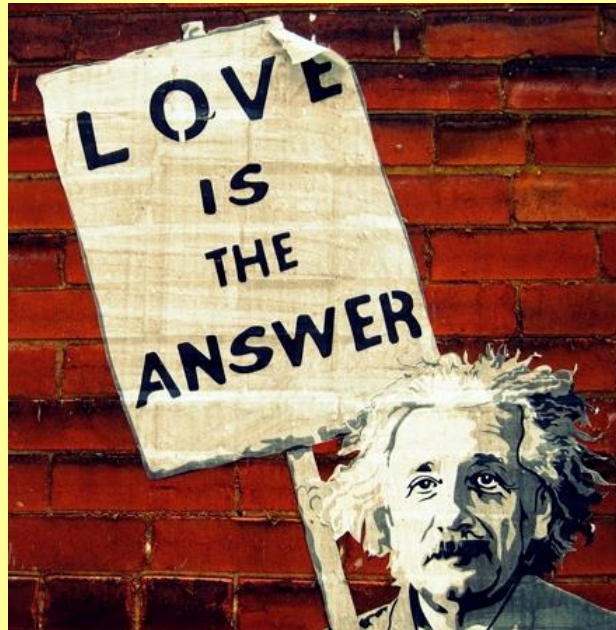
- | | |
|---|---|
| 1. I wake up in the morning feeling excited about the coming day. | 17. I don't fear growing older. |
| 2. I feel unwanted, unappreciated, and misunderstood. | 18. I smile often and love to laugh. |
| 3. I enjoy my work. | 19. I am embarrassed by my family. |
| 4. I have good friends with whom I enjoy spending time. | 20. There are so many bad things happening in the world that it's hard to be happy. |
| 5. I worry constantly. | 21. I hug my loved ones often. |
| 6. I am proud of my family. | 22. I fret a lot about things I've done or should have done. |
| 7. Simple things in life give me pleasure. | 23. My attitude is, if things are going well, then watch out. |
| 8. I feel best when I am shopping. | 24. People come to me to be cheered up. |
| 9. I get frequent headaches. | 25. I often feel angry for no reason. |
| 10. I'm a genuinely happy person. | 26. I wish I had a more honest relationship with my partner. |
| 11. I feel that the universe is basically unfriendly. | 27. I'd rather be happy than right. |
| 12. A starry night is a thing of beauty. | 28. If I let people really know me, I wouldn't be loved. |
| 13. My possessions mean the world to me. | 29. I'd see a glass as half full, rather than half empty. |
| 14. I sleep very well. | 30. I feel that life is a wonderful adventure. |
| 15. In the recent past, I have contemplated suicide. | |
| 16. I feel that I am a lucky person. | |

The scale is from [-3, -2, -1, 0, 1, 2, 3]

SCORECARD											TOTAL
1. +3	4. +3	7. +2	10. +3	13. -1	16. +1	19. -2	22. -2	25. -2	28. -2		
2. -3	5. -3	8. -1	11. -3	14. +2	17. +2	20. -2	23. -2	26. +2	29. +2		
3. +2	6. +2	9. -1	12. +3	15. -3	18. +3	21. +2	24. +2	27. +3	30. +3		

SEVEN STEPS TO SELF HEALING page 33 Copyright © 1996 Dorling Kindersley Limited, London. Text copyright © 1996 Edward Taub, M.D.

4. LOVE



Nurture THE CHILD

THE WOMB IS THE CENTRE peace OF THE SPIRAL



No act of kindness,
no matter how small
ever goes unnoticed.

Imagine What You Truly Desire

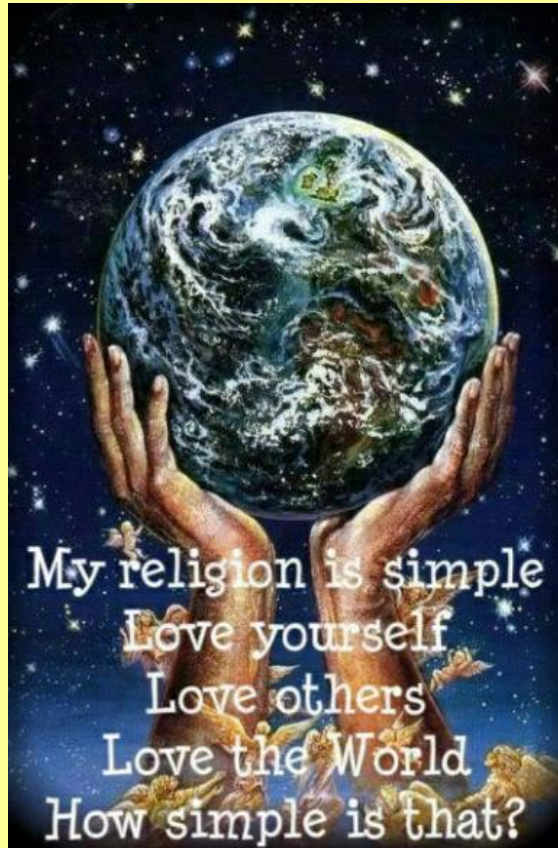
We can't make happy families but we can see our families differently. My mother was always fighting she inspired me to be a peacemaker. I realised I can move in the direction of what makes me happy. Many parents don't teach happiness as they are too busy and stressed. You can teach yourself to be happy and attract it e.g.:

1. *I desire to be happy with myself (I did nothing wrong)*
2. *I desire to heal my hurt (find ways to let go, forgive, understand and heal)*
3. *I desire to be a dancer (follow my passion)*
4. *I desire positive and kind friends (good influences)*
5. *I desire a happy home (to live with people who care)*
6. *I desire to reach my full potential (be the best I can be)*

3 Steps to Deliberate Attraction

- Step 1 – Identify Your Desire
- Step 2 – Give your desire attention, energy and focus
- Step 3 – Allow It

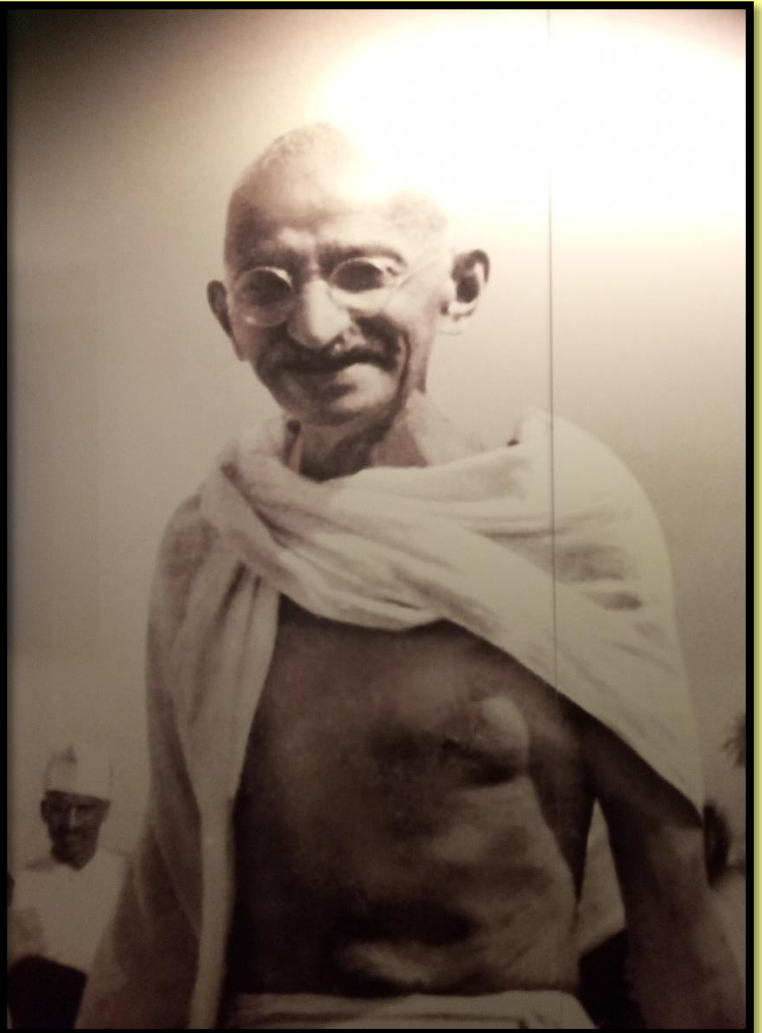
Love is Who You Are



5. HONESTY



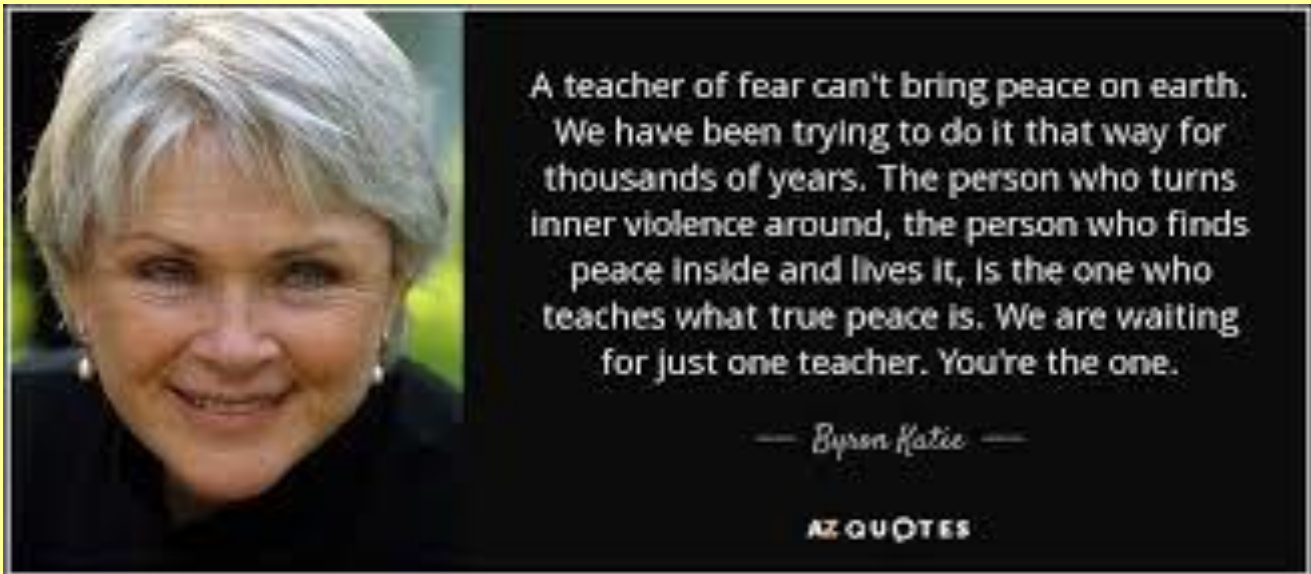
You must not
lose faith in
humanity.
Humanity is
an ocean;
if a few drops
of the ocean are
dirty, the ocean
does not become dirty.
Gandhi



How to ENd Your Suffering Is it True?

All suffering comes from **believing negative thoughts that are UNTRUE**. When we judge ourselves or others we feel unhappy. Until we question our unhappy thoughts, we keep repeating the same thoughts and feel stuck. The Work of Byron Katie was created when she changed. She was depressed and very low. She said suddenly she woke up and saw the world completely different. She realised that what made her unhappy was thoughts she believed. Most of our thoughts other people taught us, they are not our own. So when we question them for truth we may be surprised to learn that the answers are inside us, and when true, we always laugh when we realise what is true and what is not. We open our mind and become fearless.

Instructions for The Work:



The Work of Byron Katie is a way to identify and question the thoughts that **cause all the suffering** in the world. It is a way to find peace with yourself and with the world. Anyone with an open mind can do this Work.

Do you really want to know the truth? Investigate each of your statements from the **Judge-Your-Neighbor Worksheet** using the four questions and the turnarounds below. Leave out any statement beginning with "but," "because," or "and". Often you will have several negative judgments about one person. Take each judgment separately through the inquiry process. The Work is meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

The Four Questions

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

Using the four questions, let's investigate the statement Paul should understand me.

1. Is it true? Is it true that he should understand you? Be still. Wait for the heart's response.
2. Can you absolutely know that it's true? Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what is in his best interest to understand?
3. How do you react, what happens, when you believe that thought? What happens when you believe "Paul should understand me" and he doesn't? Do you experience anger, stress, or frustration? How do you treat Paul? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? How do you treat yourself? Does that thought bring stress or peace into your life? Be still as you listen.
4. Who would you be without the thought? Close your eyes. Picture yourself in the presence of Paul in this situation. Now imagine looking at Paul, just for a moment, without the thought "Paul should understand me." What do you see? What would your life look like without that thought?

The Turnarounds

A statement can be turned around to the self, to the other, and to the opposite. For example, Paul should understand me turns around to:

- I should understand me. (to the **self**)
- I should understand Paul. (to the **other**)
- Paul shouldn't understand me. (to the **opposite**)

Let yourself fully experience the turnarounds.

For each one, find at least three specific, genuine examples where the turnaround is true for you in this situation. This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace. The Turnaround for Statement 6 The turnaround for statement 6 is a little different: I don't ever want to experience an argument with Paul again turns around to:

I am willing to experience an argument with Paul again, and I look forward to experiencing an argument with Paul again. The turnaround for statement 6 is about welcoming all your thoughts and experiences with open arms, as it shows you where you are still at war with reality. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life: you see everything as a gift that can bring you self-realization.

THE WORK OF BYRON KATIE

Judge-Your-Neighbor Worksheet

Judge your neighbor • Write it down • Ask four questions • Turn it around

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once and recurs only in your mind. As you answer each of the questions below, allow yourself to mentally revisit the time and place of the stressful occurrence. Use short, simple sentences.

1. In this situation, who angers, confuses, saddens, or disappoints you, and why?

I am _____ with _____ because _____
emotion name

Example: I am angry with Paul because he doesn't listen to me about his health.

2. In this situation, how do you want them to change? What do you want them to do?

I want _____ to _____
name

Example: I want Paul to see that he is wrong. I want him to stop lying to me. I want him to see that he is killing himself.

3. In this situation, what advice would you offer to them?

_____ should/shouldn't _____
name

Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.

4. In order for you to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____
name

Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.

5. What do you think of them in this situation? Make a list. (Remember, be petty and judgmental.)

_____ is _____
name

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.

6. What is it about this situation that you don't ever want to experience again?

I don't ever want _____

Example: I don't ever want Paul to lie to me again. I don't ever want to see him ruining his health again.

Now investigate each of the above statements using the four questions. Always give yourself time to let the deeper answers meet the questions. Then turn each thought around. For the turnaround to statement 6, replace the words "I don't ever want to..." with "I am willing to..." and "I look forward to..." Until you can look forward to all aspects of life without fear, your Work is not done.

The four questions

Example: Paul doesn't listen to me about his health.

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

Turn the thought around

a) to the self. (I don't listen to myself about my health.)

b) to the other. (I don't listen to Paul about his health.)

c) to the opposite. (Paul does listen to me about his health.)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

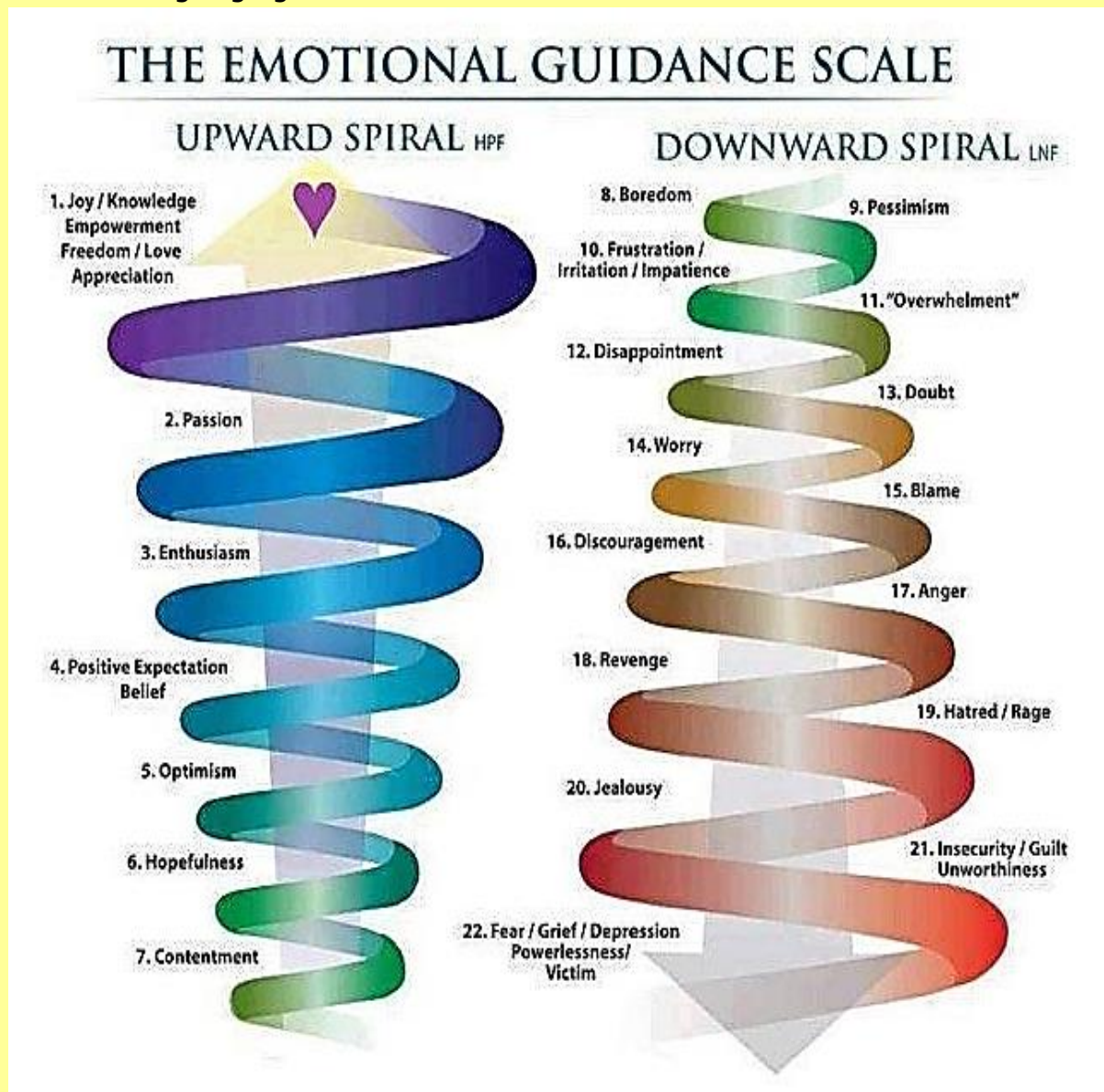
For more information on how to do The Work, visit thework.com

EMOTIONAL Guidance Scale

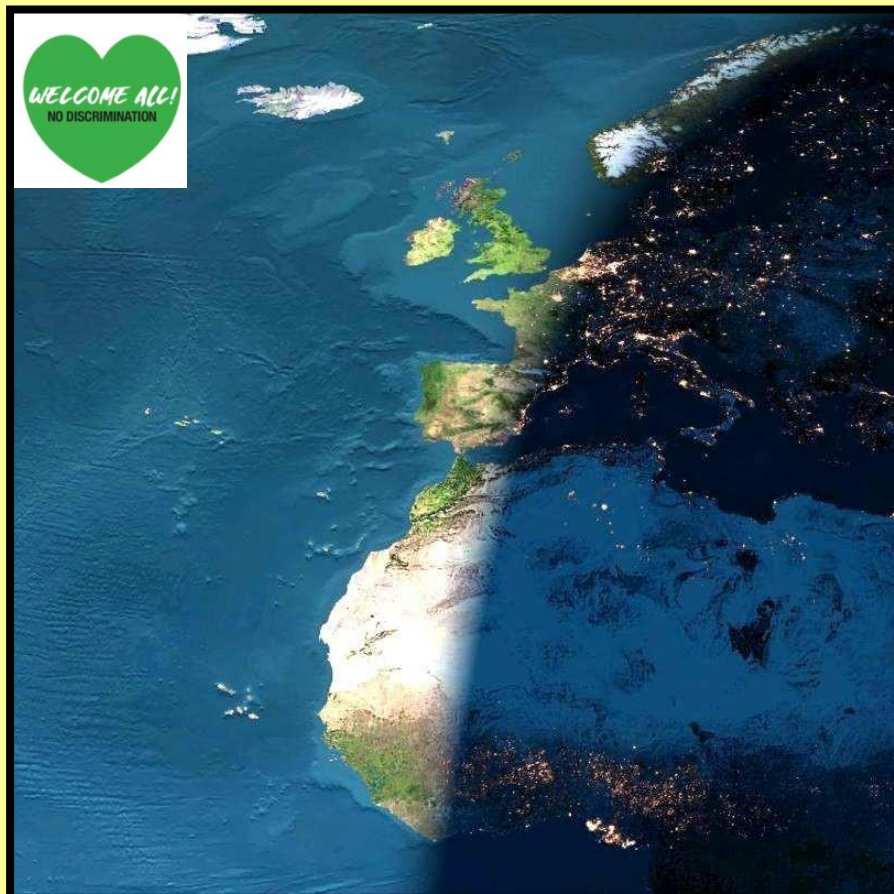
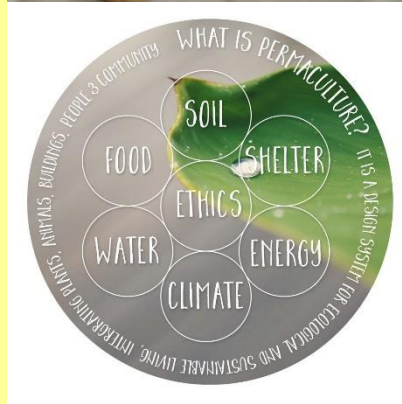


Our emotions can easily feel depressing when we believe there is NO HOPE. We may be holding onto wounds from our childhood or seem to keep going through difficulties with no relief or perhaps watching the media believing it is all bad. Alternatively we can be lying to ourselves and saying it is all good denying what we really feel.

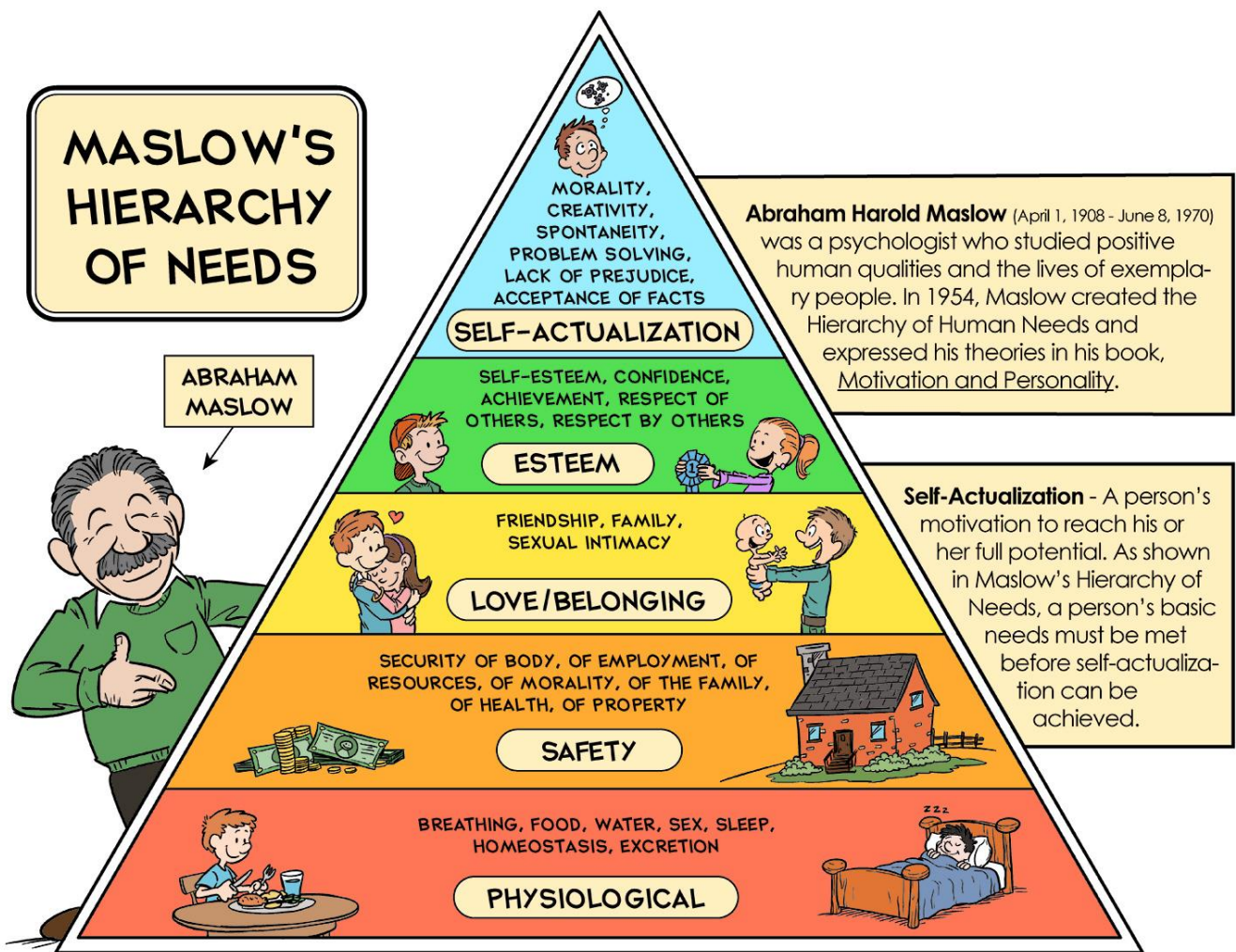
This scale below shows the upward and downward spiral that can lead us to joy or suicide. We have to gently take ourselves **back up the scale by reaching for positive/good feeling thoughts**. Emotions can be managed. We take it step by step to go up the scale remembering positive thoughts and what is going right.



6. ONENESS



MASLOW'S Hierarchy OF Needs



www.timvandevall.com | Copyright © 2013 Dutch Renaissance Press LLC.

Foods **AFFect** Your Mood

10 FOODS THAT CAN MAKE YOU HAPPY



COCONUT OIL



RAW CHOCOLATE



BRAZIL NUTS



KALE



SPINACH



SAFFRON



ST. JOHN'S WORT



AVOCADO



CHIA SEEDS



**BLUEBERRIES/
ACAI BERRIES**

10 THINGS THAT MAY CONTRIBUTE TO DEPRESSION

SUGAR

HARD LIQUOR

ARTIFICIAL SWEETENERS

FLUORIDE IN WATER

HIGH FRUCTOSE CORN SYRUP

PROCESSED FOODS

FOODS HIGH IN SODIUM

FAST FOOD

GMO FOODS

MSG



FB/DavidAvocadoWolfe

7. PEACE



Peace Pilgrim spreads word of love

By PHIL BURLINCKE
Capital News City Editor

"Her message is a simple one, yet hard for many people to accept."

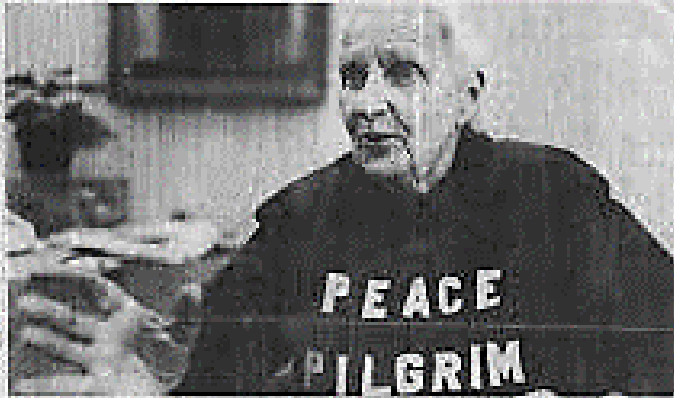
"That is the way of peace. From
come trial with good, and to finish
with truth, and finish with love."

For years, Peace Pilgrim, the
gentle white-haired lady with a
beard, has been walking the
coasts of the nation, telling those
who ask what she is doing.

She is in Madison now on her
seventh pilgrimage across Amer-
ica, but talking about military
expenditures, civil rights, and
talking about the way one human
being relates to another.

"My weapon is love," she says.
"It has never failed me."

She told of one time she stopped
in to defend an 11-year-old girl who
was about to be beaten by a larger
man. The girl, as one might im-
agine, was afraid. Peace Pilgrim
said, "I fear nothing and I expect
good."



Peace Pilgrim: "I shall remain a wanderer until mankind has learned the way of peace."

**Nature has set us so well into
the center that if we change
one side of the balance,
we change the other also.**



Pay **Attention** to Your **Thoughts**

For inner stability pay attention to your thoughts. Think positive & powerful thoughts. If there are any unnecessary thoughts, Apply a full stop. Harness your mind and Finish negativity immediately. If you keep thinking "What's going to happen?", you allow your imagination to run wild & create worst-case scenarios. This leads to fear, worry & doubts and creates an upheaval & fluctuation inside; and as a result, this depletes your inner strength. Accept what happens. Understand that every scene in the drama of life holds benefit for you & everyone. Know that the challenging situation has in fact come to help you move forward & not to hold you back. Know that this will pass too.



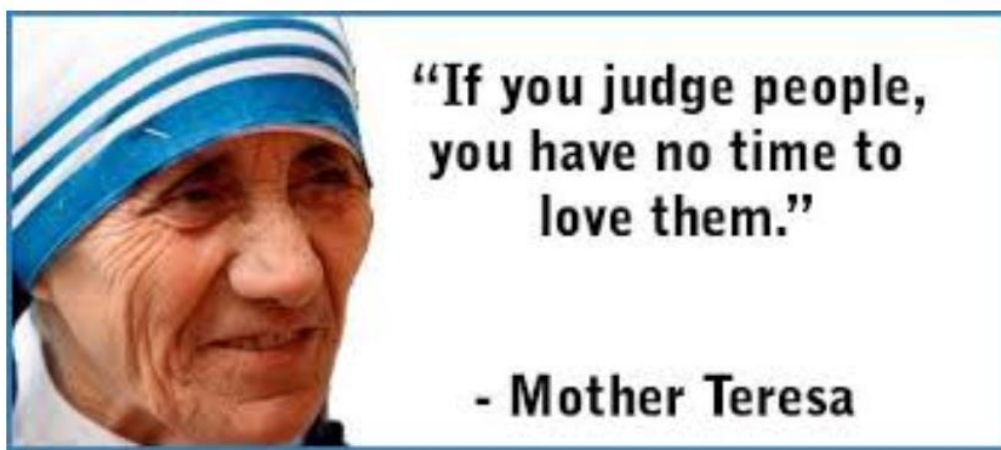
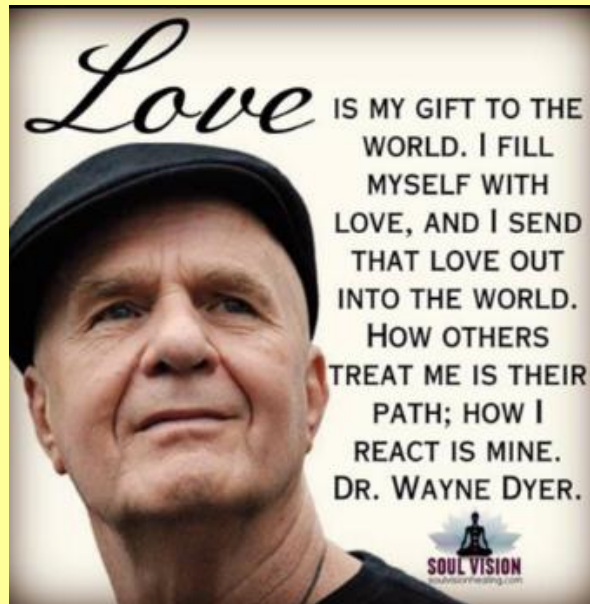
B.K Shivani

fb/harvestofaquietmind

Think Positive Thoughts

*"This above all; to thine
own self be true."*

William Shakespeare



8. ENJOYMENT



Website - <https://www.patchadams.org/donate>



10 Ways to Wake Up Laughing

1. Laugh Every Day. Seriously

- ❖ ... laughter is good for you. And when things “just aren’t funny” -- that’s the most important time to laugh.



2. Don't Worry, You're Already Funny.

- ❖ Instead of trying to be funny, learn to **see funny**. Especially learn to see what’s funny about you.



3. Bring Laughter to the Outernet.

- ❖ Take the best of those jokes you get on the internet and share them on the “outernet.”
- ❖ Practice by telling the same joke to five people. Short jokes are fine.



4. Save Humorous Healing Stories.

- ❖ A good laughsitive cleanses the system and leaves the mind open to receive nourishment.
- ❖ Keep a notebook of jokes



5. Turn Worry Into Laughter.

- ❖ When you find yourself worrying about something, step back from the worry and see if you can find something in the situation to laugh about.



6. Upset is Comedy in Disguise.

- ❖ If you must complain, complain **creatively** -- and thoroughly enjoy your complaining. Say, “You know what I love about this?”

7. Build Critical “Muscle” By Pumping Ironies (jokes).

- ❖ Looking for the **funny**ness in situations..
- ❖ Build up your **funny bone**.



8. Develop a Comic Alter Ego.

- ❖ Make up a **funny** character and pretend in the mirror.

9. Write Your Happy Story.

- ❖ Spend an afternoon or evening writing your **life story** as if it were a comedy.
- ❖ Which **comic actors** could play your family, friends and foes?



10. Play Regularly.

Bring the **childlike** quality of play back into your life.

- ❖ Dress in **funny hats** or costumes any day the mood hits you.
- ❖ Plant the seeds of **harmless fun** wherever you go.



Here is How **Peace-Fool** Has Fun



9. SERVICE

I am my brother and sister's keeper
Let's exchange

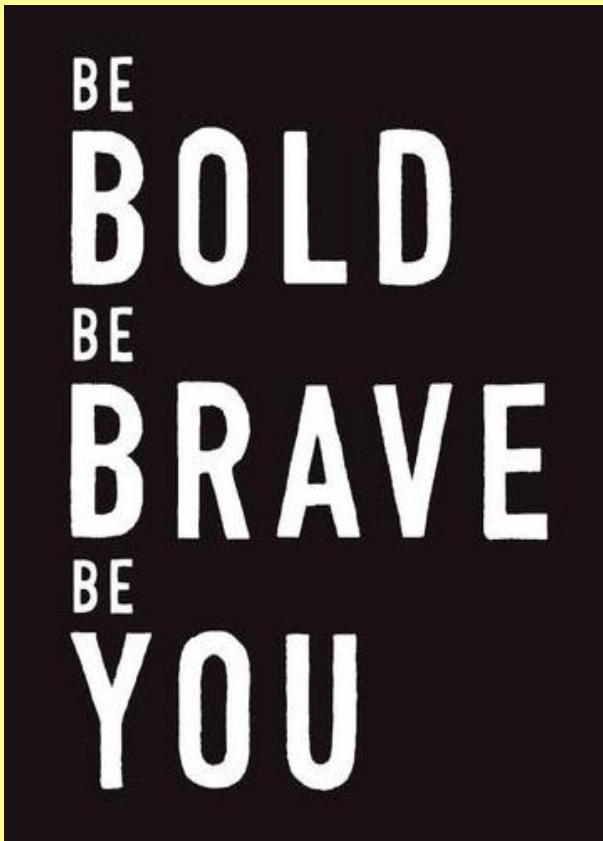


INVITE Peace Fool to run FUNships!



BE BOLD BE Brave BE You (PreSent)

BE You! Even if you look like a fool.... BE a Happy Fool.



HAPPINESS! AUSTRALIA

Don't Worry Be Happy!

Susan Carew-Holmes (Peaceful Jester)

- Funshops: Happiness 4 Life, Laugh Out Loud, Clown Around & Juggling.
- **Happy chats**: Let's talk about happiness
- **Schools**: Kids need cheering up
- **Random Acts of Kindness** for fun.
- **Contact**: <http://ha.worldpeacefull.com>
happinessaustralial@worldpeacefull.com

"Laughter is the Best Medicine" (Patch Adams)



PASS IT ON

Your Happy DeStiNy



iS

UNavoidable