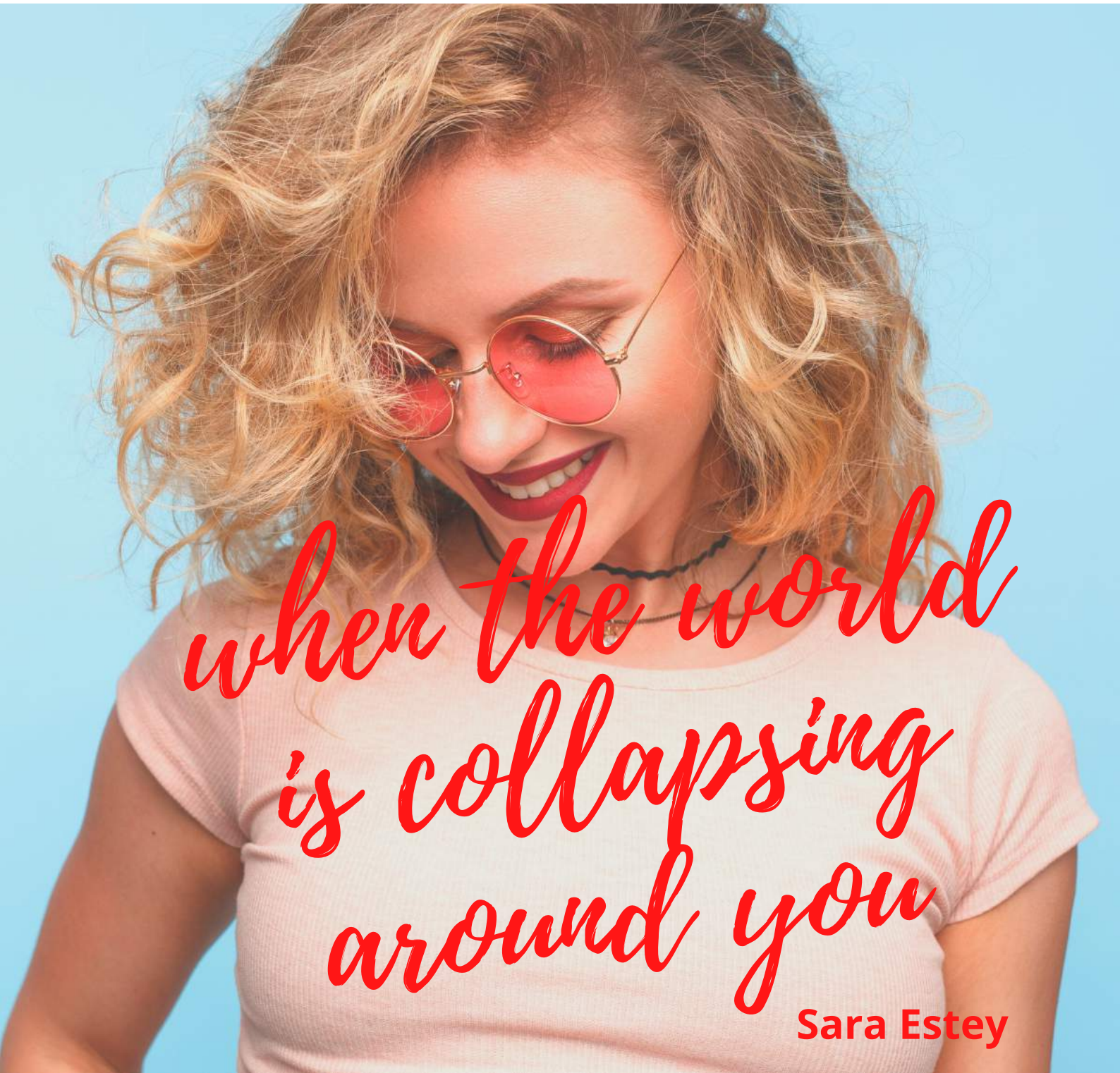


5 steps to be happy



*when the world
is collapsing
around you*

Sara Estey



5 steps to be happy

Despite what is going on around you, it is possible to be happy.

You know the saying, so within, so without?

You may wonder practically how to do this, or what this saying means.

When things in your own life, and around you, may seem out of control, how do you embrace happiness?

Do you have to move to a remote location, abandon everything, or is there another way?





Your time is valuable.

This short course will cover how you can embrace happiness in your life, regardless of the circumstances outside of you.

Each of the 5 steps will include at least one guided audio meditation, to help you on your path, as well as practical tips and suggestions. Eight guided meditations are included.

Be gentle on yourself as you go through each step. We will be covering how to go within, and how that will transform what is without, and how it all ties together in an easy, practical way.

Feel free to message me at sarasloveoflife@gmail.com if you have any questions or feedback as you go through the steps.

Much love and happiness, Sara

1

own your power



Stop acting so small,
you are the universe in ecstatic
motion.

Rumi

When we understand that we are in control of ourselves, that we in fact are not a victim, we become masters of our own destinies.

I am not saying that bad things don't happen to us, or that life is not challenging. What I am saying is that we have the ability to decide how we are going to react to what happens in our lives. We have the power on how we react to a situation in our life. No one else has that power.

The South African activist and former President Nelson Mandela, for example, helped bring an end to apartheid and was a global advocate for human rights. His actions landed him in prison for nearly three decades, where he had to live isolated on Robben Island off the coast of Cape Town, South Africa. His encounters with visitors from the outside world were brief and strictly controlled; he spent much of his time alone, uncertain of whether he would ever emerge alive.

We have other examples of people who have known their inner power and accomplished great things, despite what others may have thrown at them: Martin Luther King, Gandhi, etc.

Many who are not famous, also own their power and live their lives knowing they can follow their dreams.

How do you do this?

Accepting the truth that you have the power within you is a first step to not only happiness, but true freedom of being.

In our society it is taught that we need to look to our politicians, our media, others to take care of us. This is not true. As a child, yes, we need a caretaker. As adults it is nice to have a support network. We do have society rules to follow. But as an adult, if we look without for our answers, we are missing the truth of ourselves.

'No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.' Buddha

Practical 30 minute exercise

Set 30 minutes aside, and write down everything in your life that makes you unhappy.

Then write down everything in your life that makes you happy.

How do the 2 lists compare?

Is one list larger than the other?

On the unhappy list:

Next to each item, write down what you can do to make that item a happy one, or what you can do to release that item.

For example: If you wrote that your job makes you unhappy, is there something you can do to make your job feel good for you? Could you go in with a different attitude each day, apply for a different job in the same company? Or perhaps find gratitude in that it pays the bills, while you find and manifest a job that does make you happy?

On the happy list:

Write down how you can bring more of that into your life.

This exercise is just one example of how you can take back your power. You have the power to react to what is around you. You also have the power to manifest more of what you want into your life by focusing on that.

Understanding that you have the power within you, to focus on what you want to see more of in your life, is key.

'Everything in the universe is within you. Ask all from yourself.' Rumi

Vision Board Exercise



Another powerful step to owning your power is to put out what you want to see in your life, or how you would like your life to look. We will talk more about this in the other Steps as well.

A *vision board* can help you with this. Set some time aside to ask yourself what you want to see in your life over the next six months, or the next year. You can also have magazines handy to look at, to find pictures that represent what you would like to see in your life. Or you can draw pictures of what you want, or print pictures off of the internet of what you would like to see in your life. Then glue or tape all those pictures on a poster board. You can put a picture of yourself as well on your board, showing yourself visually in the middle of all that is here for you now.



You can also do this on your computer. *Canva.com* has vision board design layouts and pictures that you can use to easily make your board from. The design above is from Canva. Many of the pictures you download on their program are free. You can also utilize sites such as *unsplash.com* for free pictures.

Looking at this every morning and every night will help to solidify the positive things in your life, and speed up the manifestation of them, as you remind yourself this is happening for you.

To recap:

- Own your power
- Take practical steps to move towards what makes you happy.
- Focus on what makes you happy so more of that comes into your life.
- Vision your life as you wish it, utilizing your vision board as a visual representation.

Click below for a guided meditation on relaxing into the power within.



2

nourish yourself



If you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.

Dalai Lama

You need to put yourself first. Mind, body and soul. You don't have control of the world around you, but you do have control of yourself. The metaphor of *if you are flying in a plane and the oxygen masks come down, you put yours on before you help the child next to you*, apply to your life in general.

To live happily and fully, you need to take care of yourself.

- Eat healthy.

However, allow yourself to have what you wish to eat in moderation that may not be deemed healthy. Do not beat up on yourself if you don't follow your regiment you have set.

- Drink enough water.

Be mindful that your body is 70% to 80% water. *Click on the picture below for a short video* on Dr. Emoto and his water studies. We can actually bless our water, play nice music, tell it happy things before drinking it. This also makes us think about what we say to ourselves, as we are mainly made up of water.



- Exercise.

Stay fit doing an exercise that you enjoy. Embrace your body in love as it is.

Be sure to include walking and being in nature in your routine. Even if you currently only have a small space outside to be in. Grounding or Earthing is important to your wellbeing. Earthing is literally connecting to the earth, feeling the ground.

If you click on the meditation below I will take you through a grounding meditation/exercise.



- Sleep.

Getting enough sleep is important to our wellbeing. Having a set bed time helps. Listening to soothing music, high frequency sleep music or the sounds of dolphins can help relax you.

-Meditate.

Many studies are out there showing that meditation helps with our health and our wellbeing.

Click on the picture below for a relaxing meditation. Just 5 minutes a day, in the morning and before bed meditating helps your mood and relaxes you.



3

live in gratitude



Acknowledging the good that you
already have in your life is the
foundation for all abundance.

Eckhart Tolle

Finding gratitude in all situations is one of the best gifts you can give yourself. Being grateful for what you do have, means that you will be happier and bring in more happiness. If we find issue and fault in the world and ourselves, than that is where we put our focus, and more comes in to us.

We all have issues and challenges that come up. Some of them can be debilitating to us. However, as we connect to ourselves, own our power, nourish ourselves, we will more easily be able to be grateful for what we do have in our lives.

I have had challenges such as divorce, abuse, death of a child to name a few. But, I have been able to find gratitude in all situations and found learnings from even the most difficult. Personally, as I find more to be grateful for, more has come into my life to be grateful for. Each day is a blessing.

You can keep a gratitude journal and write down each morning when you wake up 5 things you are grateful for in your life. Or, you can just be mindful of seeing things throughout your day that you can be grateful for. Coming from a mindset of gratitude shifts the focus from what is wrong in your life to what is right in your life.

It sounds simple, and I know it may not seem that simple . As you make this a daily practice, it will help to shift your focus to what is positive.

For example, when I lost my son to a drug overdose after years of struggle and searching for the cure, it was not pleasant. Even in this, through my personal spiritual practices and channeling, I found that I could be grateful that he is now not suffering from the addiction. He actually is with me often now and works with me as a spiritual guide. This ability to be grateful and happy in my being did not come overnight, it is something I consciously focused on as I outline in this course.

Things like being grateful for having a place to sleep, food to eat, clean drinking water, the air to breathe, nature to nurture you, are a good place to start.

Click below for a guided meditation on gratitude and bliss.



4

release what does not make you happy



Be who you are and say how you
feel, because those who mind
don't matter, and those that
matter don't mind.

Dr. Seuss

You are not responsible for how everyone feels and thinks.
You are not responsible for everyone around you.
You are responsible for yourself.

You can impact those around you by being the true version of yourself.

You deserve to be happy.

By trying to fix people, change situations for others, while this may be of noble intent, it will not make you happy. It likely will not make the other person happy either.

To be happy, you must find your inner peace and your own truth. By owning your own power, nourishing and taking care of yourself, and living in gratitude, you are now closer to knowing your truth. By owning what makes you happy and focusing on that, you will bring more of what makes you happy into your life.

As you step away from things and situations that don't make you happy, you leave more space for happiness. Happiness is an inside job. Happy does not come from outside things. True happiness comes from inside of you.

We are now going to do several guided meditation exercises to help you release what does not serve you.

First, let's work on releasing feelings inside of you that are not happy, or that make you feel anxiety, sadness, anger, fear, etc. These feelings get stuck in the body and create unrest, possible mental issues and even sickness. This guided meditation will help you to release the feeling from your body.

You will choose one feeling to work with in this guided meditation. However, you can do this meditation again and again, working on releasing stuck feelings one by one. These feelings are associated with stories you have, situations you have been through. This meditation will speak to that, but will focus on the outcome in your body and give you a technique to release that feeling. As we release these feelings, we open up space inside of us and can then bring more happiness into our bodies.

Please click on the picture for the guided meditation.



Please continue to work with the feelings meditation for as long and as often as you need to.

Next, we will do a guided meditation around releasing our subconscious beliefs that do not serve us. Eighty to ninety percent of our beliefs are formed in the first 7 years of our lives. Dr. Bruce Lipton has done many studies on this and you can research more on epigenetics and theta healing, or message me if you would like more information on this.

Beliefs such as: I am not good enough, I need to do what I'm told, if I don't agree I will be hurt, can impact us. As we are not consciously having these thoughts/beliefs, we likely don't realize the impact on our lives.

Below is a guided meditation around releasing beliefs that do not serve you. For more complete work around this, please contact me for a full Theta Session where we also replace with beliefs that do serve you.

Please click on the picture for the guided meditation.



5

trust yourself



Trusting yourself is trusting the
wisdom that created you.

Wayne Dyer

With everything going on in the world right now, it can be difficult to know who to trust. Political, economic, climate issues are communicated from all viewpoints and not always in a pleasant manner. Additionally, most everyone has been effected in some way by the global issues facing us right now.

The coronavirus isolated most of us and forced us to go within. However, in this age of technology and information overload, it also may have given us more time to become absorbed in other peoples opinions and ideas.

We actually have power and knowledge within ourselves. We can tap into God, the universe, our higher self, our guides (whatever resonates for you and all may resonate for you).

You have an internal knowing . If you can silence the chatter around you, and tap to your own knowing, there your answers lie.

You can tap into your own knowing through meditation, earthing, being in nature and the other ways covered in *Step 2, Nourishing Yourself*.

When we don't inundate ourselves with social media and connect to ourselves, we are clearer in our knowings and our truths. By tapping into our own being and taking responsibility for our way of being, we are owning our power.

Trusting yourself does not mean you stop talking to others or listening to others opinions. It means that you know your truth and you speak your truth, and that you allow others to speak their truths.

As you move into a place of trust, you also move into a place of happiness. As you trust yourself, you believe in yourself and know that you are responsible for yourself. You realize the power to be happy was inside you all along!

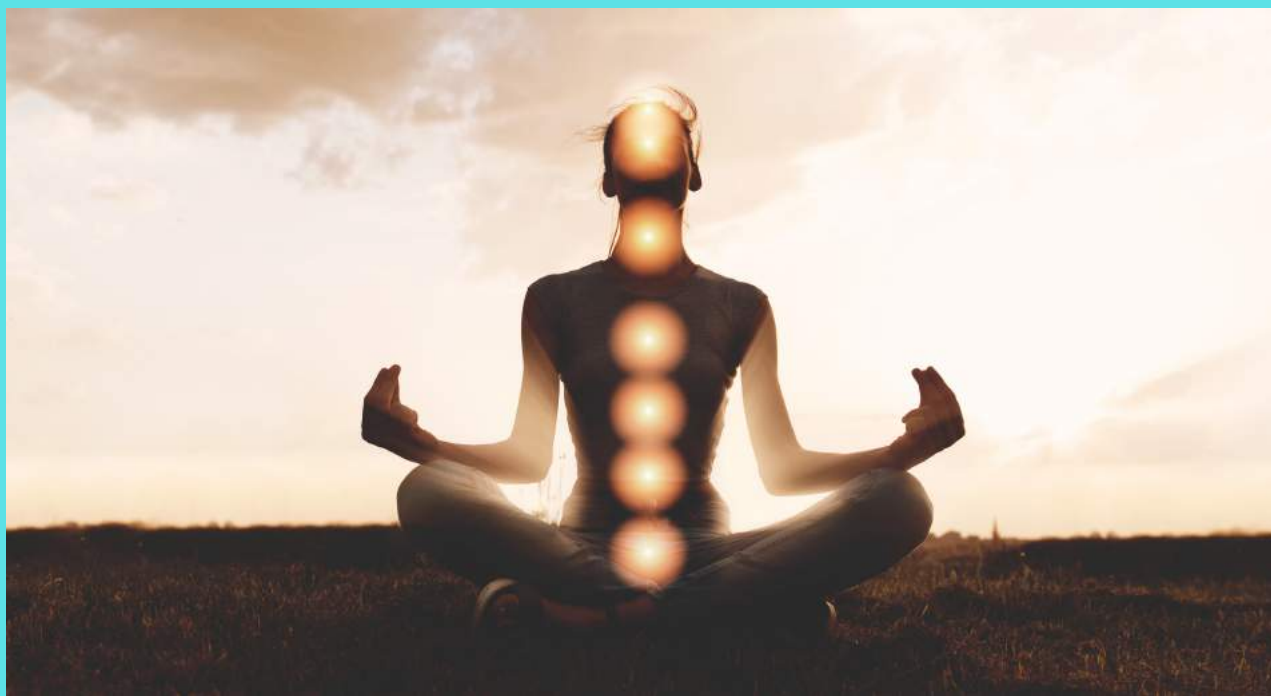
Please click on the picture below for a guided meditation on bringing in your happiness.



Activating every cell in your body with love, health, happiness is a healing meditation I'm also sharing with you.

This is an extra boost of happiness that you can listen to whenever you like.

Please click on the picture below.



in conclusion



You have the power to choose
happy.

Own your power.
Nourish yourself.
Live in gratitude.
Release what does not make you happy.
Trust yourself.

I hope these simple steps help you on your beautiful journey and that you understand we can be happy no matter what is going on around us. We don't always decide what is happening around us, but we do decide what our reaction is.

Please do reach out to me with any questions or comments on this program.

Sending you so much love.

Sara