

THAT'S ambitious

REALIZE STAGE

Course 1 – The Happiness Effect

Medical Disclaimer

I speak of happiness, not as a subject matter expert on mental health issues but as someone who understands and practices spiritual law. I share only from personal experience as a small business owner, as a father of a happy 23-year-old, as a husband of 25 years, as someone who has had fulfilling relationships for over 20 years.

This course should not be a substitute for mental health counsel. If YOU ARE EXPERIENCING feelings of depression, or deep sadness in your life, I would strongly recommend you tell someone and perhaps seek professional guidance from a health professional.

I will share with you my personal journey, in the hope that it can inspire you to elevate your level of happiness, heighten your experiences and experience authentic relationships. My goal is only to serve and strengthen within you the expectation of a life that is deeply satisfying, rewarding and brings constant and never-ending feelings of happiness.

Paul Tobey

PART 1 – WHAT IS HAPPINESS?



It is the experience and the feeling of _____, _____, _____ well-being, and a sense that life is _____, _____, and _____. *Berkeley University Study.*

Happiness is also when your heart is in alignment with your soul's _____.

What keeps you from being happy?

- You feel _____ or _____ of happiness.
- Your ego's continuous and never-ending quest for _____.
- _____, _____ and _____.
- _____ and _____.

What creates more happiness?

- A deeper understanding of _____.
- _____ to humanity.
- Expressing your _____ and _____.
- Living in the _____. Present moment awareness.
- _____ in the fulfillment of _____.

Happiness is not what others choose for you or the way your feel others see you. It is a deep sense of fulfillment that you intuitively feel when you are aligned with the _____ and the flow of _____.

PART 2 – 10 Powerful Lessons from The Alchemist



1. Change the way you look at things, and the things you look at will change.
2. Stay _____. “Because I don’t live in either my past or my future. I am interested only in the present.”
3. _____. Celebrate even the smallest wins: “When each day is the same as the next, it’s because people fail to recognize that good things happen in their lives every day that the sun rises.”
4. Work through your self-doubt and fears: “Tell your heart that the fear of _____ is worse than the _____ itself.”
5. Listen to _____ (mentors come in many forms - even in brief moments)
6. Keep getting back up “The secret of life, though, is to fall _____ times and to get up _____ times.”
7. Make a _____ - “When someone makes a _____, he is really diving into a strong current that will carry him to places he has never dreamed of when he first made the decision.”
8. Be the _____ of your own life; “when we strive to become _____ than we are, everything around us becomes _____, too.”
9. Always take _____: “There is only one way to learn. It’s through _____.”
10. Your _____ is your _____. Don’t let others diminish it: “If someone isn’t what others want them to be, the others become angry. Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own.”

PART 3 – Why Do, Be or Have?



Because part of the human experience is to _____.

However, unfulfilled desires should not cause unhappiness.

The outcome of the human experience is determined by the spiritual law of _____ and _____.

Because we are conscious (the human nervous system), we are aware of _____ and _____, we can consciously change the _____ of information and affect the flow of energy.

We do this in 2 ways:

1. _____
2. _____

Whatever we put our _____ on will _____ and grow stronger in our lives.

Whatever you take your attention away from will _____ and _____.

Intention has _____ power.

We have the power to organize an infinity of outcomes.

Intent is desire without _____ to the outcome.

Desire alone is _____. Intention is desire plus an adherence to all other spiritual laws.

5 steps for fulfilling your desires:

1. _____ yourself in the silent space between thoughts.
2. As you come out of the gap, introduce the _____. You can do this by using your ESP request box or simply writing down your intentions or goals.
3. Remain connected to the field of _____. Keep your desires to yourself. It is EGO that wants to be heard.
4. Relinquish your _____ to the _____.
5. Let the universe take care of the _____.

To super-charge the law of intention and desire, be in the _____
_____. Your awareness to the present means acceptance of what is. This opens
the door to infinite possibilities and the arranging of information.

PART 4 – The Great Side-Effect of Happiness



The law of _____, or the law of _____ and _____ is both the action and the consequence of that action.

“What you sow, so shall ye reap.”

Learn how to sow the seeds of _____.

When you are happy, peaceful, at one with spirit, you are by its very essence in _____.

Put the “law of karma” into practice in the following 3

1. Continuously be a _____ to the choices you make and the resulting behaviour. Be the _____.
2. When you make a decision, ask yourself 2 questions: Will the choice I am making bring me _____? Will the choice I am making serve to _____?
3. Be guided by the _____ or _____ that your heart feels. If your heart feels comfortable with the choice, forge ahead with abandon. If it feels uncomfortable, _____ and reflect on the potential _____.

These 3 steps, when practiced, will allow you to make infinite spontaneous choices.

PART 5 – The Law of _____



While the law of _____ may be the least known of all the spiritual laws, it is perhaps the most important one.

It means the law of _____.

Everyone has a purpose, a unique _____ or special _____.

When blended with _____ to others, your gift or talent becomes your _____.

There is something that you can do better than anyone else in the world.

Expressing your talents to fulfill needs creates unlimited _____ and _____.

From a young age it was important for me to tell Adrian, do not worry about good grades or even about making a living when you grow up. Concern yourself with how you can _____.

There are 3 components to practicing the Law of Dharma

1. Discover one's true _____ or higher _____. We are not living a human experience and sometimes have _____ experiences. We live a _____ existence and occasionally have _____ experiences.
2. Unearth your unique _____ or _____.
3. Use your gift in _____ of others.