

# *Inviting Happiness*

*How to enjoy more of your life*

By Justus H Lewis, PhD,

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*Come home to yourself. Observe yourself. ... After a while you don't have to make any effort, because, as illusions begin to crumble, you begin to know things that cannot be described. It's called happiness.*  
— **Anthony de Mello**

Let's face it, we can't be completely happy all of the time – unless we've achieved the state of enlightenment. But most of us can be a lot happier than we allow ourselves to be and that's why I've written this short report.

I've had my share of frustration, disappointment and trauma over the years and there have been times when I have been not only extremely unhappy but even quite severely depressed. I can truthfully say that I have reached a point where I can experience depression and sadness and still know happiness at a heart level. The depression is like a wave passing over the sea while the depths remains in stillness and peace.

Disruption, disappointment and loss are integral parts of human life. Once we have surmounted one challenge we will inevitably face another. Buddha was right when he said that all life was suffering! And the Greek philosopher, Aristotle was on track when he said, 'Count no-one happy until they are dead'. But that's not the end of the story.

There are three other pieces of wisdom that we need to take on board to understand the secret of happiness.

- Happiness is a **choice**. At the end of this book you will find some

recent research that reveals the nine choices of extremely happy people. To these I've added a tenth – regular practice.

- Inviting happiness is a matter of the **heart**. Happy people listen to their heart's wisdom rather than allowing others to decide what's right for them.
- Happiness is **incremental**. The art of inviting happiness is a skill that can be learned and improved through **regular focused practice**.

### *Let's make a START*

Here are three simple steps to start the practice of Inviting happiness:

- **Acceptance**– start from where you are
- **Expansion** – make space for your heart to expand
- **Action** – take action, one step at a time

## Step 1: Acceptance

*Enjoy being yourself – all the other places are already taken.*  
— Interviewee on Andrew Denton Show, 'Enough Rope'

Start from where you are. You have probably heard the story of the lost and weary traveler who asked the pub owner for directions to the next village. The pub owner scratched his head and finally said, 'It's much easier to get to if you start from somewhere else'.

It's tempting to think that we could find happiness if only our circumstances were different and we could start from somewhere else.

But like the traveler, we don't have that choice. We have to start with who and what we are, our own uniqueness.

The Sufis talk about the Jewel in the heart. When we connect with this Jewel, we connect with our better, more expansive self, our spark of divinity.

We feel in the flow. Life is more meaningful. We have a sense of peace.

### Take Action

Use Worksheet #1 at the back of this report.

Write down some of the things that:

- Make your **heart sing**
- Make YOU feel good about yourself
- You ENJOY doing

Put the completed worksheet somewhere you will see it regularly.

Spend 5-10 minutes each day reviewing your list.

Reminding yourself of the sense of inner peace, of serenity and being in the right spot that you have when you are involved in these activities.

## *Step 2: Expansion*

*"I is the centre of a circle that has no circumference."  
– Gandhi, leader of the non-violent struggle for Indian independence*

**Happiness is about following our heart's wisdom.** No-one else can tell us how to be happy. It's our challenge and responsibility to make space in our lives to listen to our hearts. As we become more experienced in listening to what our heart is saying, we start to expand. Inviting happiness is a journey of the heart.

There is a famous Chinese tale of a man who went in search of his lost ox.

After much arduous travel he returned home empty handed, only to find the animal grazing happily in his backyard. The ox represented his happiness.

While he looked for it in the world, it eluded him. Only when he returned to himself, to his inner awareness, did he discover that the ox was already there.

Life doesn't go away when we decide to invite happiness. No one is exempt from personal tragedy. People like Gandhi and Nelson Mandela chose to see stressful situations and traumas as opportunities to expand and grow. In the midst of difficult outward circumstances, they found ways to expand inwardly and muster the emotional energy needed to lead their respective nations.

We all have expanded versions of ourselves that are often only realized after we have been challenged at the deepest levels.

### *Take Action*

Use Worksheet #2 at the back of this report.

Start to journal what your heart is telling you.

Some of the areas you might like to explore include:

- Relationships
- Work
- Family
- Finances
- Health
- Spiritual calling

## *Step 3: Action*

**Make your personal happiness and inner peace your priority.** Take action, one step at a time.

- Review your list (Worksheet #1) of what makes your heart sing. Add to it as you continue to tune into your happiness.
- Expect that you will not always be successful – there will inevitably be days when you will feel discouraged and despondent. Don't try to fight these feelings. Allow them to be and know that they will pass.
- Recognize that 'good enough is good enough'. Don't expect perfection. A little more happiness in a relationship; a greater degree of comfort in a troubling environment; all add up in the end.
- Prepare to continually refocus. Focus is the art of making minute adjustments to stay on track. It's like the rocket aiming for the moon. Because the earth and the moon are in movement relative to each other, a rocket can't take a straight line to the moon. At every moment, minute adjustments have to be made.
- Measure your progress using Worksheet #3 at the end of this report.

## *A Final Word - Three More Practical Ways to 'Add Gears' To Your Bike of Life*

*Life is like a ten-speed bicycle – most of us have gears we never use.  
– Charlie Schulz*

When cyclists use all the gears on their bikes, they climb hills more easily, gain more control of coasting downhill and find it easier going on the flat. They reach their destinations more quickly with less stress and feel more refreshed.

Having some extra 'gears' in our life means finding more effective ways to deal with the things that hold us back from happiness and developing new abilities and talents that open fresh horizons for us.

Imagine being able to accomplish more each day with less stress and more enjoyment; feeling more centred; focusing on the big picture yet still taking care of the details; radiating a sense of serenity knowing you are on track.

Three tracks you might like to explore:

- *Get a Coach*
- *Experience EMF Balancing*
- *Practice the Nine Choices of Extremely Happy People*

## *Get a coach*

A way to 'add gears' to invite more happiness is to work with a coach. One of my clients remarked that it was like 'having two brains'.

A coaching program gives you spaces of dedicated time where your welfare and progress towards happiness are the most important considerations. A professional coach can assist, encourage and challenge you to:

- Become more in touch with your heart and your happiness
- Clarify what is most important to you
- Set realistic and meaningful goals
- Develop action plans to achieve your goals
- Monitor your progress to ensure you stay on track
- Develop and leverage your strengths
- Deal with weaknesses and obstacles
- Explore new aspects of who you are to create a more fulfilling and enlightened life

## *EMF Balancing*

EMF Balancing is a way of working with our human energy field to access more of our core energy. The eight phases of the Technique deal with eight different aspects of our energy field – another eight gears to add to the bike of life.

EMF Balancing provides a way of linking spirit and biology and invites us to play an active role in our ongoing human evolution. People who want spiritual as well as mental and emotional growth find EMF Balancing offers a perfect complementary process.

Where coaching works at the conscious level – a relatively small part of our being – EMF Balancing allows our unconscious energy field – a much larger part of our being – to contribute to our personal evolution.

## *Nine Choices of Extremely Happy People*

Rick Foster & Greg Hicks studied extremely happy people from all walks of life over more than a decade and summed up their findings in the book; *How we choose to be happy - the 9 Choices of Extremely Happy People - their Secrets, Their Stories*. (ISBN 0-399-52990-X)

They found that these extremely happy people **consistently followed their own hearts and minds in making life choices**. These life choices included:

- **Intention** – they **consciously chose** to be happy.
- **Accountability** – they **took personal responsibility** for whatever happened to them. They refused to see themselves as a victim of circumstances.
- **Identification** - they continually **looked within themselves** to find their own unique answers.
- **Centrality** - they chose to make their personal happiness a **central non-negotiable aspect of their lives**.
- **Recasting (or reframing)** – they regularly **reframed stressful problems and traumas as meaningful events** to renew their emotional energy.
- **Options** - they approached life in a flexible way. They adopted a mindset of being **open to new possibilities** and different scenarios.
- **Appreciation** - they consciously practiced **deep appreciation of the present moment of life** and the people around them.
- **Giving** – they shared freely with the world at large without expecting a 'return'.
- **Truth** – they practiced being honest with themselves.

## *Worksheet #1 - What makes my heart sing?*

Date: \_\_\_\_\_

*What makes my heart sing?*

[E.g. My heart sings when I'm chopping wood; my heart sings when I'm sewing a tapestry.]

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*What makes me feel good about myself?*

[E.g. I feel good about myself when I'm generous to others; I feel good about myself when I'm problem-solving.]

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*What do I enjoy doing?*

[E.g. I enjoy a game of golf; I enjoy traveling to new places; enjoy being in the garden.]

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*If I were to say what the 'Jewel in my heart' is, I would say:*

[E.g. My Jewel is inventiveness; my Jewel is compassion; my Jewel is curiosity.]

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## *Worksheet #3 - Measuring Progress*

Feel free to photocopy this page and measure your progress on a weekly basis.

Date: \_\_\_\_\_

1. On a scale of 1 to 10, where 1 is 'very poor' and 10 is 'excellent', how would you rate your happiness over the past week in relation to:

- Personal close relationships
- Family and friends
- Work and work colleagues
- Community
- Finances
- Health
- Spiritual life

2. Allow your heart to tune into each of these areas in turn. Which one does it feel best to work on? \_\_\_\_\_

3. What could you do to raise the score by one point for the area your heart has chosen? \_\_\_\_\_

4. Are you willing to commit to focusing on that area over the next few days?

Hi, I'm Dr Justus Lewis, PhD. (in case your wondering – many people do – the PhD is in Philosophy, specifically relating to some synergies between the traditions of Hinduism and Christianity).



After an interesting academic career that spanned teaching, research, staff development, instructional design and managing educational change, I decided to re-qualify in Solution Oriented Hypnosis as I've always been fascinated by the power of intuition and the unconscious.

I'm currently based in Melbourne, Australia, and work locally and internationally with people who want to experience greater happiness but find that life keeps getting in the way.

Some of my clients are very tuned into the massive changes that are happening to our environment right now: others are mature age people who want to explore new approaches to work and employment. Some are self-employed professionals who want help with marketing and growing their businesses.

I'm also an accredited EMF Balancing Technique® Supervisory Teacher and a Reiki Master (Usui and Seichem). I love exploring the connections between these and other forms of energy work and more traditional disciplines.

The EMF Balancing Technique® is:

<http://www.emfworldwide.com>

My own websites are:

<http://transformasia.com.au> – *Inviting happiness*

<http://www.mwbln.biz> – *where experience counts*

Wishing you happiness always,

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