

Changing Your Personal State - Happiness

Is it possible to change your personal state? The way you feel on the inside and who you're being in the world? Is it possible to reach a state of real happiness?

These are interesting questions. I'm sure you've heard people blurt out in the heat of the moment things like; "it's just the way I am" or "it's who I am" and never question the validity of their statement. It's the type of perception and affirmation that supports people in '*not*' having to take responsibility for their actions or way of being. But ultimately this attitude (mostly unconscious) keeps people unhappy -- they are burying themselves in a box. It keeps them small and rigid.

One BIG thing people have in common -- "we all desire happiness". I've never met a person in my private life or my working life who didn't want to be happy. We all want to reach a state of happiness. Is the state of happiness is our birth right? I believe it is, but how on earth do we move towards achieving this state? This is what our group are currently working on this month in the "I AM" in Action Program. Happiness is a state of being and a very real and accessible realm. Guess what? People are starting to have experiences of happiness. Happiness for no particular reason, just "happiness". They still have their everyday life challenges, but they are experiencing happiness.

We've been duped! We are brought up in this world believing that everything we see around us is the only truth there is. Who are we to question that -- right? Who are we *not* to question that! If we live our lives just by what the "outer world" is mirroring back to us we're always living at "effect" and will always feel powerless. We are actually very powerful 'beings'. We lack awareness around our own power, but the wonderful thing is as we choose to make 'change' and begin the journey of 'self discovery' a whole new world opens up. Yes, it takes some self discipline, it also takes some emptying out of the old conditioning and ways of thinking and being. It takes being open to 'other' perceptions and possibilities. There is so much to learn and so much to live for. Personally, the more I learn the more I realize I have so much to learn!!! There is a ton of knowledge, (higher knowledge) just waiting to be given to us. We just have to look in the right direction. It's all there for us and it's practical, it's useful, it's common sense and it's also deeply fulfilling and amazing!

We can change our personal state of 'being'. We can reach levels of happiness and become better at consciously 'drawing' on it. When we have the information required and start to diligently practise the teachings with 'awareness', we must start to experience the results. An automatic feeling of gratitude, compassion and personal power develop with this knowledge and understanding. Ultimately a sense of wellbeing is the result. We all deserve happiness and wellbeing.

I wish you much happiness and wellbeing.
Christine

For more information see -- breatheforlife.com.au (all dates listed on website)
The stress program B.E.A.M (running Nov 21-23) Personal Development
The "I AM Series"
Breathwork