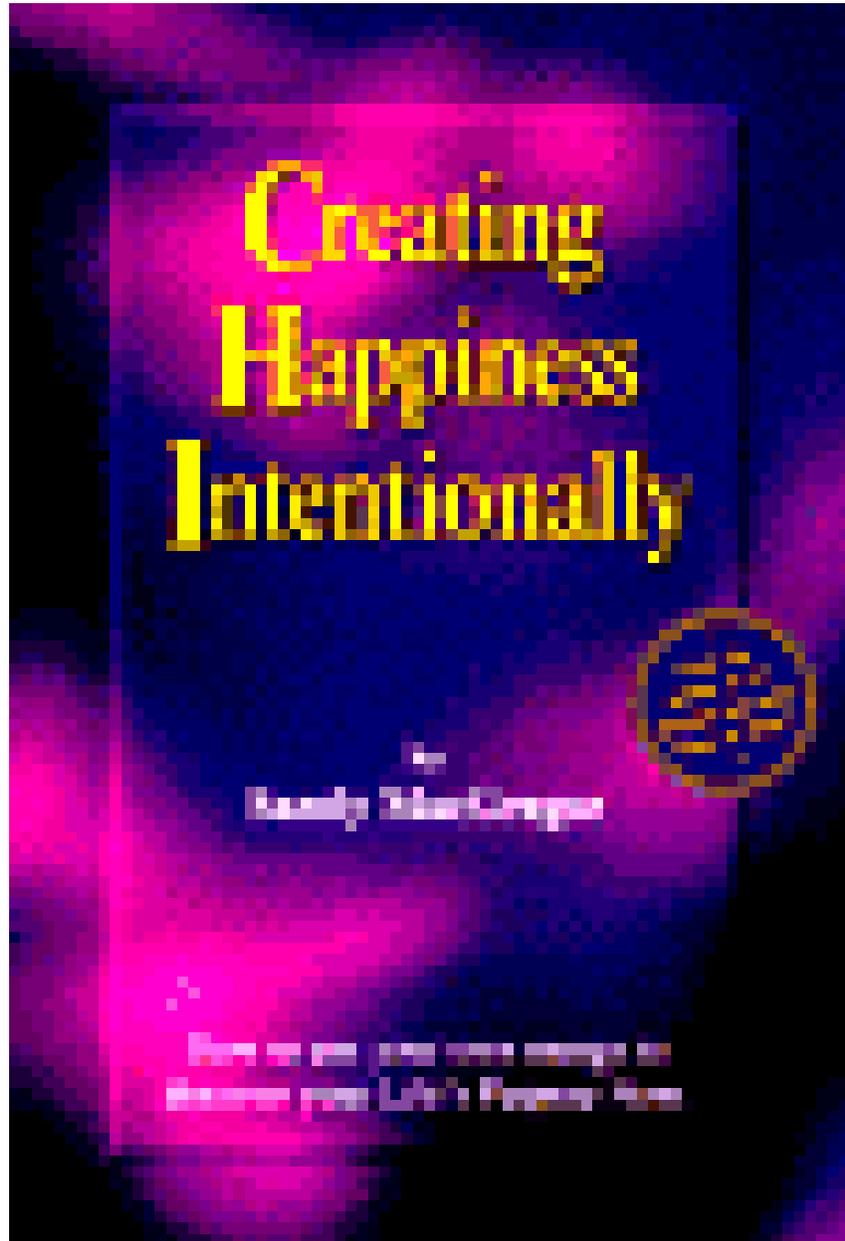


CREATING HAPPINESS INTENTIONALLY



Bringing to Australia the greatest leaders in sales and personal development over the last 27 years, to help all Australians, has been my driving passion. Sandy MacGregor is a leader in the personal development field – he shares his powerful story and will show you step-by-step, how to *Create Happiness Intentionally*.

Terry Butler

The Seminar Company

Sandy's system really works, and – best of all – his positive impact on your life will last!

Dr. Denis Waitley

Author – “The Psychology of Winning”

Sandy MacGregor gives practical, reflective exercises to enable anyone to identify their life purpose. This book will enlighten many readers – and change lives.

Robyn Henderson

Global Networking Specialist

In 37 years of presenting to world audiences I know how extraordinary events impact profoundly on shaping a person's character and philosophy of life. Sandy MacGregor is one such person who has grown from his experiences of extreme tragedy and triumph to enable him to coach others to find their Life's Purpose. I recommend you DO THIS BOOK.

Jim Rohn

Trainer and Author – “The Five Major Pieces to the Life Puzzle”

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Creating Happiness Intentionally

by

Sandy MacGregor

CREATING HAPPINESS INTENTIONALLY

Dedication

To all those who have generously shared their personal experiences of inner strength including joining in discussions and attending CHI Seminars. You have validated the techniques shared and expressed in this book. Thank you for helping me along my own journey of learning, personal growth and Life's Purpose.

Acknowledgements

I want to give my grateful thanks to David Mason-Jones for his professional advice and writing and editing ideas that have been incorporated in this book.

My wife Sandra for her love, enthusiasm, encouragement and practical help with, as always, reading, typing and thoughtful suggestions.

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Dennis Ayoub for being a 'good mate' and inspiring me with his courage and humour.

Vivienne Randall for her refreshingly wonderful outlook on life, her helpful feedback and generously allowing me to use her story.

I am very grateful and thank sincerely those who have given time from their busy and successful lives to support me by endorsing this book.

There are others too numerous to mention who have helped me along the way and I thank you.

Contents

Chapter 1	How We Crave Happiness	1
Chapter 2	Square Peg, Round Hole?	15
Chapter 3	Building Your Peaceful Place	23
Chapter 4	Using Creativity to Find Answers	37
Chapter 5	Alone With My Deepest Thoughts	42
Chapter 6	What is Happiness?	55
Chapter 7	Fr. Justin Belitz's Seven F's	64
Chapter 8	What is Frustration?	68
Chapter 9	Seven Questions	73
Chapter 10	Some Of The Basic Psychology Of It All	78
Chapter 11	More Psychology Fight or Flight	86
Chapter 12	This Is Me	95
Chapter 13	Happy Synapses for an Emotional Anchor	100
Chapter 14	Change	112
Chapter 15	My Hopes and Aspirations	122
Chapter 16	Creating Positive Energy	131
Chapter 17	Why Are You Reading This Book?	146
Chapter 18	A Journey of a Thousand Miles	156
Chapter 19	Values	160
Chapter 20	Goals	168
Chapter 21	Resolving Conflict Between Goals & Values	182
Chapter 22	Jumble	200
Chapter 23	Your Reasons For Wanting Your Goal	208
Chapter 24	Balanced Goals	217
Chapter 25	Spiritual Purpose or Higher Purpose	223
Chapter 26	To Go It Alone Or Do It With Others?	238
Chapter 27	Relationships	245
Chapter 28	Running Your Own Race	254
Chapter 29	Tools – A Little A Lot	262
Chapter 30	The Goal Book and Action Plan	268
Chapter 31	Life's Purpose Now	280
Appendix A	Books Tapes and Videos	289
Appendix B	CALM Seminars	296

CREATING HAPPINESS INTENTIONALLY

Foreword

I first met Sandy in early 1994 shortly after the murder of my son Michael. I was in the depths of depression, angry at the world and had revenge as a focus. I approached him knowing that with the murder of his three daughters, he had experienced what I was going through.

Sandy began to bring some sense to my life to the point where I was prepared to participate in his CALM LIFE SKILLS Seminar. What a profound positive difference this made to my life.

Sandy has worked with tens of thousands of people, mostly Australian, some of whom faced an enormous range of trials, difficulties and challenges. This has put him in a position to observe closely the strengths and weaknesses of people in all walks of life and recognise the points of character typifying those who are happy and those who are not.

Since 1990 Sandy has conducted seminars Australia wide and some overseas. He is a man who walks his talk and demonstrates how he values the individual. In this way he is able to give his best to each person by keeping his seminar groups small.

Inspired by his personal mission to help others, Sandy has established an impeccable track record and his reputation is widely recognised by professors, psychiatrists, psychologists, general practitioners and counsellors who have referred people to him and his seminars.

An extraordinary man whose aim is to empower others.

Well Sandy has done it again. At the end of a decade of tireless work in the public arena he has produced his fifth book – “Creating Happiness Intentionally” – CHI. He has chosen to pass on the methods, exercises, techniques and tools from his CHI Seminar, without barrier and without reserve.

The reader will find the book a generous work of human sharing. It deals with:–

- An approach to finding life's purpose
- A method to identify those things which propel you to your life's purpose
- Ways to resolve the tension between your life's purpose and everyday life
- Techniques to keep you on track
- Stress management
- Creating harmony and happiness in your life.

Do you want the most out of your life? The information in Sandy's book will empower you to do just that.

It's a must read and do for all – from students, business people to pensioners – it's never too early or too late to demonstrate your own power by enhancing happiness in your life.

Remember – be ready at any moment to give up what you are for who you can become.

Take care,

Ken B Marslew

CREATING HAPPINESS INTENTIONALLY

Introduction

Happiness is important to all of us. It is trite to say that we only get one shot at it. The fact is, no matter what our outward circumstances, we have to decide to be happy and achieve happiness all in the short space of our lifetime.

Imagine the frustration you would feel as an elderly person reviewing the course of your life and concluding you had spent most of it in wasted effort. I have been told by a palliative care worker that the people who have the hardest time coming to terms with death are those who have regrets, those who have not fulfilled their purpose. It is a fundamental question you need to address in life – we all have only one shot at it.

Here are the anonymous thoughts of a 90 year old woman who was obviously going through a process of reviewing her life.

“I’d Pick More Daisies”

If I had my life over, I’d pick more daisies. I’d try to make more mistakes next time. I would be sillier than I had been this trip. I would relax. I would limber up. I know very few things I would take seriously. I would take more trips, travel lighter I would be crazier. I would be less hygienic. I would take more chances. I would climb more mountains, swim more rivers, and watch more sunsets. I would eat more ice-cream and less beans!

I would have more ACTUAL troubles and fewer IMAGINARY ones.

You see, I’m one of those people who live practically and sensibly and sanely, hour after hour, day after day ...

Oh! I've had my mad moments and if I had to do it over again, I'd have more of them ... in fact, I'd try to have nothing else. Just moments, one after the other, instead of living so many minutes ahead. I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat and road maps.

If I had my life over, I would start barefooted early in Spring and stay that way until late Autumn. I'd play truant more. I'd do more water and sun-fun things. I'd turn more somersaults and roll in the grass and go barefoot all over.

If I had my life to live over, I'd spend more time at fun places. I'd try to be more in touch with God and those I love. I'd pray aloud more and not care what people think or expect of me. I'd give more of me and take more of you. I'd just be ME more and more ... Yes, I'd pick more daisies next time.

CREATING HAPPINESS INTENTIONALLY

Happiness: Boots and All

On the 8th of January 1966, Dennis Ayoub had plenty of reasons to be unhappy.

Elsewhere in the world good things were happening to young men of his age – the freedom revolution of the 1960's was well under way. Living standards were improving and young men were relaxing down at Bondi Beach or buying their first cars.

But on this day Dennis happened to have the dubious pleasure of finding himself right in the middle of the Vietnam War. On this day, for the second time, he found himself in the confined dank spaces of an enemy tunnel beneath the Ho Bo Woods in the infamous Iron Triangle, a Viet Cong stronghold. Not long after his first descent into this tunnel system Dennis had witnessed the danger of underground work. His section commander had become asphyxiated in the narrow confines of the tunnel and fainted. The deadweight body had been pushed, shoved and pulled from the tunnels. Contact with the enemy tunnel rats was possible at every moment. Above ground several Australian soldiers and some American servicemen had already died in the operation.

And yet, despite these outward circumstances, I can report from close observation, nothing ever stood in the way of Dennis Ayoub being a happy man. I can say this because I was his Troop Officer and he was my radio operator.

I'll take up part of the story in Dennis' own words:

After rescuing the Section Commander, Tex Cotter and I went back down the tunnel to continue the search. We found a small gallery in which there were two blue coloured US mail bags stacked against the wall. These may have contained enemy documents and

we needed to recover them. However it would be too dangerous to pick them up straight away because they could be booby trapped.

I signalled to Tex to crawl back to a turn in the tunnel where we could talk. The way we communicated was for me to press my hands hard against his ears in a cone and whisper directly into his ears. I said we would go back to the mail bags, place a pulling rope, withdraw to the corner and pull.

We crawled back to the bags. We had only been away for less than a minute-and-a-half, but when we got back the bags were gone! The enemy were down there with us in the darkness and very close by! It was terrifying.

After his experience in Vietnam Dennis returned to Australia and continued serving in the army. During this period there were also factors which could have allowed him to be unhappy. Australia’s part in the Vietnam war was becoming more and more unpopular and returning servicemen did not receive the heroes’ welcome afforded to earlier generations of soldiers in other wars. In the background there was also the lingering problem faced by many Vietnam Veterans – that of post traumatic stress.

But Dennis applied himself wholeheartedly to his army life. He performed well, attended courses and gained qualifications. He achieved promotion from the ranks of Sapper (an engineer Private) all the way through to the rank of Major.

During this time he encountered another trial – that of heart disease. Prior to going to Vietnam he had not been a smoker, but when in Vietnam he started smoking the unfiltered cigarettes which were included in the American ration packs – our battalion group was attached to the American 173rd Airborne Brigade. He continued smoking heavily after the war. In 1973, at the age of 27, he experienced his first heart attack on the rugby field in Papua

CREATING HAPPINESS INTENTIONALLY

New Guinea. Not knowing what the pain was he left the field for 20 minutes and returned to finish the game after the pain went away! The fact that it was a heart attack was not diagnosed until 1987 when Dennis had his next heart attack and the doctor asked him to recall if he had ever experienced similar pain before.

Heart bypass surgery followed in 1987 and Dennis made a sufficient recovery to enable his return to work. Despite his return to work, Dennis was assessed eligible to receive a 100% military disability pension which would have enabled him to retire, relax and take it easy.

But this was not the option Dennis chose to pursue. In 1993, upon leaving the army, he secured a position in the Roads and Traffic Authority as the Chief Riding Instructor in the NSW Rider Training and Testing Scheme. The scheme was designed to reduce the number of fatal injuries to motor cycle riders in NSW by improving their riding skills. At that stage the death rate for all motor cyclists in NSW was over 200 per year – an alarming rate – with the highest proportion being new riders in the first few years.

Largely through Dennis' input the death rate for motor cyclists in NSW has now dropped to about 50 per annum. This figure includes many riders, such as illegal, overseas and interstate riders, who have not been through the NSW RTA rider training scheme. The scheme has been a resounding success. Dennis can claim at least some of the responsibility for saving about 150 lives per year!

Over the years of his work with the rider training scheme I have caught up with him from time to time as we both live in the same city. I have always been aware of his basic sense of happiness which has come from his dedication to a worthwhile purpose and the happiness of the journey towards that purpose.

In late 1998 Dennis once again found himself in a position where he had every reason to be unhappy. After a week of bad angina

pain he had his third heart attack – a big one which went close to taking him off. He was rushed to Sydney’s Saint Vincent’s Hospital where it was found his heart was in such a deteriorated condition that it could not be operated on again.

Even after he survived this attack he had to face new traumas. He was okay for three or four days when he suddenly started regressing – his lungs were filling with liquid. A large machine was brought to bear to force the liquid out of his lungs. Dennis reports that the effort to breathe during this process was enormous and it was painful. He says it was like being deep down under the ocean, swimming up towards the surface with his lungs bursting and knowing he had to hold his breath just a little bit longer. It was frightening.

At one low moment in this treatment he almost resolved to give up and die. One part of his mind said, “Damn it! I’ll just give this all a miss.” Another part of his mind said, “No wait! You’ve still got a chance here. Just hang on for a little while longer.”

Dennis made the choice for survival.

After he recovered a little, the hospital then inserted a device to make his heart pump, as it could not pump on its own. This device is called an ‘ELVAD’ – an Electrical Left Ventricular Assist Device – which was a small computer and a pack of batteries to make it all work properly. Dennis had to remain in hospital until he became accustomed to the idea that if the power failed he had to get to the alternative power source – being a hand pump – in just two and a half minutes or it would be curtains for him.

But none of this had harmed Dennis’ sense of happiness. When I visited him during his time in hospital he was sitting up in bed talking on his mobile phone making plans for what he would be doing when he came out of hospital.

CREATING HAPPINESS INTENTIONALLY

So, after a period in hospital Dennis was sent home, complete with his 'ELVAD'. But rather than choosing to wait passively for a donor heart to become available, Dennis set out to make new goals and achieve them.

During 1999 he decided he would participate in the 'Annual Sun Herald City to Surf Fun Run' from Hyde Park in Sydney City to the beach at Bondi. The distance was 14 kilometres and Dennis decided to walk the distance rather than attempting to run. Prior to the event he designed an amazing vest to carry the spare batteries and computer. It had bulky pockets on the back to carry his batteries and a pocket at the front for the computer.

Dennis set out at the rear of the pack. "Every time I heard the alarm telling me the batteries were low I would stop and change batteries. I had it down to a drill – just like changing magazines on your rifle when you really need your rifle. Your life depends on it so you just don't make a mistake."

Dennis finished the walk and thereby achieved a world record as the first person to complete such a run with an ELVAD installed.

He set other challenges. Attendance at the ANZAC Day Dawn Service with his Engineer Unit at Holsworthy had always been important to him. So, in 1999 he resolved not to break the tradition. Rising before 3.00am he went through the complicated procedures necessary to get to the barracks before dawn – it was a great thrill for me to meet, laugh and chat with Dennis in my old Engineer barracks. Later that day he and I marched in the Sydney ANZAC Day march with Dennis wearing the same vest he wore on the Fun Run. This time he was proudly accompanied by his daughter who wore her grandfather's medals gained in the Seventh Division Engineers in the Second World War. His intention is to always continue this tradition – with or without a heart transplant.

Dennis was not impressed when he found out that his driver’s licence had been cancelled (because of the heart attack). Reasoning that the regulations were written before the development of modern ELVAD machines, he argued for the return of his licence. He was successful in both cases – both motor vehicle and motor cycle – thus becoming the first person to get back a motor cycle licence after such a major heart attack.

Though on medical leave from the Roads and Traffic Authority, Dennis has contributed to his passion for safer driver training. The new rules now require much more evidence about the training activities of the driver during the learning phase. Dennis has designed the Log Book all new drivers will be required to complete as part of their driver training. In his own way Dennis is still contributing to saving lives as I am sure this measure will achieve with licenced car drivers.

But the period since leaving hospital has not been without its dramas. At 5.00am one Sunday morning the worst possible thing happened. The computer and ELVAD machine malfunctioned. In the pre-dawn light Dennis was unable to connect the back-up system and so decided to use the last resort – a manual pump with which he physically pumped his heart.

Dennis recalls, “In practice at the hospital, two minutes was the maximum time I could operate the hand pump before becoming exhausted. But when the pressure of life and death was really on I was able to pump for 16 minutes until the ambulance arrived. When the ambulance officer arrived I shouted at him, ‘No heart compressions – just pump this.’

“The entrance to our home has a narrow door and stairway. I knew the ambulance officers were having difficulty getting the stretcher in so I called out, ‘If you just hold the door open, I’ll walk down by myself. You just keep pumping’.”

CREATING HAPPINESS INTENTIONALLY

By this time Dennis reports that the ambulance officer was starting to see the humour in the situation and started grinning as he walked to the ambulance pumping with the regulation timing. Dennis has a wonderful way of telling stories. He was laughing so much when he told me about this next brush with death, that I couldn't help joining him. I have relayed this story many times to friends and laugh each time as I recall the way Dennis told it to me ... perhaps for me it is also a laugh of relief.

This was a close call but nothing to deter a person who had simply decided to be happy in all circumstances.

Dennis' day to day life is not necessarily easy, with a complicated washing routine which takes a minimum of one hour each day and includes sterilising his hands and cleaning his wound – a far different process from simply jumping out of bed and taking a quick shower in the en-suite before starting the day. “I wish I didn't have to do it,” says Dennis, “But I do! so, I do!”

I find Dennis Ayoub's attitude towards being happy a great inspiration and I admire him very much. I'm sure his happiness lies in his cheerful ability to reset goals and enjoy the journey.

Maybe we can all emulate Dennis Ayoub in some way – especially his attitude.

Post Script: Dennis now has his new heart and, as you would expect, he's off again ... and that's another story.

How To “Do” This Book

This book is really meant to be a manual – a user manual to help you *pick more daisies during your life*. It needs to be read slowly, pausing for thought and reflection where indicated and taking the time to make lists and *work with* the results of your thoughts. The benefit of ‘*doing*’ this book rather than just reading it is that when you have ‘*done*’ it, you will be able to define a clear statement of your ‘Life’s Purpose Now’.

The statement you make will not be a spur of the moment thing. Rather, it will be something that comes from your heart – deep within your heart. It will be something you really want, not something someone else wants for you.

Along with your Life’s Purpose Now you will also have a step-by-step process of how to get there. You will have a plan. It will involve all your goals, supported by your values, and you will have ways of dealing with any fears and doubts that arise as a result of really going for your goal.

By choosing to pursue your true purpose in life you create energy and happiness. Sometimes your purpose can lie dormant within your spirit for many years. This book will show you how to polish your inner diamond so that all its facets can shine in splendid beauty. Remember, it’s the journey towards your goal that brings happiness. This book gives you the tools to reach in, find your Life’s Purpose Now and create a flowing stream of happiness.

There are eight mind exercises spread throughout the book all designed to direct you towards your goals. It is necessary for you to take time and participate in these. You can do this by writing in the space provided, or by photocopying the pages and doing it that

CREATING HAPPINESS INTENTIONALLY

way. These exercises *do* deal with similar subject matter but the importance of each exercise is that it approaches the subject from a slightly different direction, a different perspective. By doing all the exercises conscientiously you will be able to identify the goals and values that keep recurring time and time again. You will find the common ground. These goals and values will include the ones most important to you.

The exercises involve processes using both the conscious and the subconscious mind. We use our mind energy, which focuses our life-force energy (this is what the Chinese call CHI energy) and in this way, you head towards a result where the subconscious mind and the conscious mind are mutually supporting each other. (It's no coincidence that I called my seminar and book CHI – "Creating Happiness Intentionally").

These mind exercises are:

1. Life's Purpose – Creativity Meditation
(Subconscious mind)
2. Alone With My Deepest Thoughts
(Conscious mind)
3. Fr. Justin Belitz's Seven F's
(Conscious mind)
4. The Seven Questions
(Subconscious mind)
5. This is Me – Questionnaire
(Subconscious mind)
6. My Hopes and Aspirations

(Conscious mind)

7A. Why Are You Reading This Book?
(Subconscious mind)

7B. Experiencing What I Want
(Subconscious mind)

8. A Journey of a Thousand Miles
(Conscious mind)

Once you have recorded the results of all the exercises there will be a session in which you collate the results to determine what is most important to you.

The more times a similar goal has surfaced using both conscious and subconscious methods the more likely it is to be truly important to you.

Between these exercises there will be others such as meditation, reflection, silence, a walk and more. You are encouraged to do them all.

Engage wholeheartedly in the exercises in this book and think about the issues raised in your own life. Set aside time regularly to both read and do the exercises. Be bold enough to invest in yourself and “do” this book. The next couple of weeks as you read this book will be really significant. This will be a time when you can re-evaluate the big questions of where you are now, where you are going and how you are going to get there.

If you already spend time meditating or praying, do this book in conjunction with your current program.

As to the meditations in this book I suggest that you read the words (so that you know what’s in the meditation) and then play the tape.

CREATING HAPPINESS INTENTIONALLY

As an alternative, make your own tape using your own voice, reading the words slowly over the top of relaxation music (around 40 to 60 beats per minute) and then play that tape. Another thought is that a friend could read it for you. Whichever way you choose, it is important to do the meditations. The wording in the tapes referred to can be found on the following pages:

Tape:	Page Number
PP1 – Instrumental	(No wording)
PP2 – Guided Imagery	28
PP5 – Meditation	95
PP6 – Forgiveness	138
PP7 – Tapping Your Creativity	38
PP9 – Letting Go Anger	51
PP10 – Self Worth & Confidence	209
PP13 – Inner Peace and Harmony	257
PP14 – Improving Relationships	248
PP15 – Overcoming Fear	117

The tapes are available for purchase as a Special CHI pack which consists of the Peaceful Place (PP) Collection with the two tapes Accelerated Learning Music Tape 1 and PP3 Releasing Hurt being replaced with PP1 – Instrumental and PP2 – Guided Imagery (Refer Page 293)

Chapter 1
How We Crave Happiness

Every so often we all experience rare moments of exquisite happiness – pure and boundless joy. What is it about these moments that makes them so good? And why can't life be like that *all* the time?

Are we forever at the mercy of Lady Luck? Is this what decides how much happiness we will have in our lives – and when? Or is there something we can do to switch on to the possibility of creating happiness by design, creating happiness intentionally?

As we look back on our lives we can see the happy moments standing out above all other moments like clear landmarks in an otherwise bare landscape. In every life there will be happiness as well as pain, suffering and sadness. But as we look back over all the events of our life, I believe the happy moments always have the power to eclipse the sad.

One fascinating thing about some of the happy times is that they often seem incidental, not earth shattering at all, as if they almost came by accident.

For me, one such moment of happiness came when I was very young, so young it must be one of my first memories. I recall it was on a broad, well-kept lawn in India. Surrounding the patch of lawn was a neat grove of trees and our house, a comfortable bungalow, was nearby, partially shaded by the trees. The whole of nature around me seemed lush and kind. My father was there giving me encouragement and other members of my family were looking on as well. I was riding my two-wheeler bicycle in wide circles around this lawn much to the approval of my father and much to my own

CREATING HAPPINESS INTENTIONALLY

excitement. The memory is so intense. It is one of those moments of pure happiness that, if I revisit it in my mind, always moves me to tears of joy.

We have all had such moments and, if you pause for reflection, you will easily see similar times in your life.

But what are the ingredients of these moments? For me in India, was it the fact I was riding a bicycle? Probably not. I'm sure if I went back to India, found the same lawn and rode the same bicycle, I could not re-create the moment. Was it the fact that my parents were there? In itself, probably not. My parents were always there in my childhood, so why would this moment be any different from any other when they were with me?

Maybe there were other factors about riding the bicycle that made me happy. I'll return to what these were later in the book, but for the moment I'll leave the bike riding incident as an example of how happiness can often come in the simplest things. Often it is momentary and unexpected.

What purpose do these moments serve?

Another feature of these moments is that they often come at low points in a person's life. It seems logically strange, but sometimes there is a thin dividing line between sadness, suffering, and happiness. Think back. Has this happened to you? Think back to the low points in your life, when things were going against you, when everything you touched went wrong. Invariably, many, many people report that right at the lowest ebb of their misery they have experienced a sudden and unexpected moment of deep and satisfying happiness. It is as if a little trap door had opened for just a moment in the roof of their dungeon showing them a glimpse of heaven. And in that moment the first speck of light suddenly grew to a strong beam, flooding the dark space.

Here is an extract from a letter I received recently. It is from a businessman who was doing it so tough, he often had to sleep in his car at a roadside stop just to save the few dollars it would have cost him to drive back home and drive out again next morning to the starting point for his day's work. It reads:

One morning, after sleeping the night in my car, I awoke in a curiously happy mood. This was unexpected and inexplicable. The outward circumstances of my life and my business were appallingly bad. I had gone from success to failure. I had spent months worrying about things and by all logical measures I had no reason for feeling happy.

And yet, on this morning when I awoke, I didn't just wake up in a happy mood, I felt totally serene – a deep joyfulness about being alive. My logical mind tried to interpose, 'Stop feeling so happy, you've got nothing to be so happy about.' But some inner light within my spirit was telling me to be elevated in this moment of pure and boundless joy.

In the mild light before the dawn I lay in the back seat of my car in a relaxed mood and savoured the moment. I watched the low bands of grey clouds above the eastern horizon through the back window and became aware that my senses were alert to every detail in the countryside around me. Far away on the horizon I watched the subtle interplay of colours in the clouds as the sun began to rise. Close to the car I looked at the little grasses and leaves with an intense appreciation I had never experienced before. All the time I was struck by the awe of this intense feeling of well-being.

I have experienced happiness on many occasions since then, but I have never again experienced a moment of such ecstatic and pure bliss. I will always remember that morning. I will also always

CREATING HAPPINESS INTENTIONALLY

remember the strange feeling of knowing there was no apparent reason for my happiness.

How do we explain those moments and what purpose do *they* serve? Can we re-use them now in some way? Are these spontaneous moments like the flashes of light in a diamond field telling us that there is more to be found?

Let's move away from the spontaneous for a moment. By reviewing our lives we can also see there are other moments of happiness, deep and abiding, that seem to come from a *process*, a *conscious* process. They often seem to come at the end of a period of hard work or striving and are often associated with the metaphor of being on a journey. On these occasions happiness has come from the whole sequence of events of a journey: planning and choosing a destination, setting out on the journey, committing to an end goal, tackling obstacles and challenges along the way and, finally, arriving at the destination itself.

The journey and destination vary from individual to individual, but typically, happiness is derived from the realisation of the long held goal. The goal is the moment we often savour but true happiness has usually been part of the entire journey.

Here is an example. It tells the experience of a junior officer serving in the Special Air Service Regiment (SAS). He was an energetic man wanting to experience everything in life. Just the effort required to gain entry to this elite unit was, in itself, a great achievement. But he always wanted to experience more, and so, even whilst posted to the SAS he enrolled at University to complete a degree by part time study. It was really an effort for him to fit in all this study with the demands of army life, which often took him away to courses and exercises.

One day in January, high summer, he lay on his back on the neatly manicured lawn in front of the University's Great Hall, a magnificent building of hewn limestone blocks. He was waiting for the exam results to be posted in the large window in the undercroft. He tried to relax. But the anticipation was filling him with a mix of emotions. He shaded his eyes with his forearm, looked into the sky and thought over and over, "I *want* to be a graduate of this University. I *want* to be a graduate of this University."

Then a flurry of excitement as the notices went up. He joined the crowd of jostling students. Suddenly there it was – *his* name on the list. His eyes flicked across – "I've passed. I've done it, I've done it!" He was exhilarated, and deserved to be, for his achievement had required a long period of dedication and study. There had been many moments when it would have been easier for him to give up and get on with more practical things.

In the melee of happy students there was a general excitement, back slapping, hand shaking and congratulations. Everyone was happy in the shared exhilaration of success. Then there came the time to savour the personal happiness by himself. He hopped on his motorbike and rode off gleefully. His track took him around the scenic drive along the Swan River in Perth towards Claremont and home and family. The warm air ruffled at the loose fitting T-shirt as he went and the mild breeze swept around his bare arms and legs with a sensual feeling of physical well-being. He felt terrific. He felt like a million dollars. This is an example of the type of happiness that comes when people have worked for it.

It just so happens that the person who slept in the back of the car and the person who lay on the lawn outside the University's Great Hall were one and the same man. This shows it is possible for the same individual to experience both forms of happiness – that which comes from the Universe as a gift, and that which is earned

CREATING HAPPINESS INTENTIONALLY

through work. It is not uncommon – everyone has experienced both forms of happiness. Think about your own life. Is this true for you?

Comparing the two experiences, the unexpected moment and the moment we have worked for, it seems some moments of happiness come to us by accident and some come by design. Each is an equally valid experience of happiness. What can we do to re-create them? Can we work towards being happy? Is it possible to combine the two, working in such a way to increase the chances of having some ‘accidental’ happiness, as well as having happiness we set out to achieve.

I believe the answer to both questions, ‘Intentional’ happiness and ‘Accidental’ happiness, is – *definitely YES*. This book deals primarily with the first question, the things you can do to create happiness intentionally. But I am also sure that by creating happiness intentionally, you will also create the circumstances, *and mind set*, for literally hundreds, thousands even, of wonderfully exciting moments of spontaneous happiness to occur.

Let me now return to the question of why we have the moments of accidental happiness and happiness in the midst of misery. My fundamental belief about these moments is that they are special moments of spiritual insight. I’m sure that it is the way the Universe, or God, or whatever word you want to use, opens up to us for a moment to show us the potential is there.

An important step to be taken by those who have achieved *the happiness of the journey* is to immediately reset a new plan and set out on a new journey – even in the moment of excitement when the destination of the old journey has been reached.

An associate of mine has related to me how there have been parts of her life that have been quite plagued by aimlessness, inability to reach any goal and, at moments, almost despair. She has certainly

experienced the strange feeling of a sudden and intensely happy insight at a time of low emotional ebb. She summarises it very well when talking of this phenomenon of the happy moment in the midst of misery. She says:

When you reach that moment of complete despair the Universe or God or whatever, will actually intervene to give you one of those moments of profound and inexplicable happiness. It does this just to show you the potential that is still there. I have spoken to many people who have experienced that moment. It is given to us gratis, completely free! What we do with that moment is ultimately up to us and might actually be one of the tests of our lives. We can slide back and lose it. Or we can hold it before us and use discipline and intentional acts to pursue it.

This type of experience is by no means confined to the people of our own time. It is recorded in many places in more ancient literature. Religious writings are full of it, descriptions of ecstasy, sublime happiness, unbounded joy. For example, in the Christian scriptures Saint Paul, in the second letter to the Corinthians, describes the experience in which, he reports, he was taken up into the 'third heaven'. He tells that he saw things beyond the ability for humans to understand. There has been much conjecture about what Paul was describing, because notions such as 'third heavens' have nothing to do with the core of Christianity at all. So it must have been something which was happening in St. Paul's mind and even St. Paul could not decide whether the experience was a physical one or a purely spiritual one. Whatever it was it must have been a powerful experience because it was one of the things that kept him going throughout his whole life. St. Paul led a life in which he experienced considerable suffering. He was shipwrecked, imprisoned, persecuted, beset by personal torments, and probably suffered blindness too. One explanation of his 'third heaven' account is that it may have been one of those experiences at the moment of final despair.

CREATING HAPPINESS INTENTIONALLY

Another interesting historical account is from the life of John Bunyan. I was once intrigued by the life of this man, a copper smith in pre-Industrial Revolution England. It is reported that he was physically unattractive, quite ugly in fact. He carried a heavy anvil tied to his back with ropes, eking out a living as he went from place to place. John Bunyan led a life of great hardship and very little worldly achievement and yet reports in his writings great moments of spiritual joy. The anvil has been preserved in a church in England where there is also a stained glass window depicting John Bunyan on the road. To some art critics the subject of the window might seem quite corny but it moved me to tears when I first saw it. It shows the heavy ropes breaking and the weight of the anvil falling from his back as he first leapt to that wonderful moment of spiritual freedom. It moved me so much because it so closely depicted a part of my own experience. I'm sure the happiness John Bunyan reported is an example of the Universe opening up and showing us the potentialities.

Interestingly too, both St. Paul and John Bunyan are examples of people who did not let the glimpse of happiness slip from their sight. They held the glimpse before them and pursued it for the rest of their lives. Maybe we can copy their example.

In our quest to create happiness intentionally, it is necessary to spend some time looking at the other side of the coin. We need to look at the questions: What is unhappiness? What makes us unhappy? What were the features in our lives when we experienced unhappiness? The purpose of looking at this other side of the coin is not to go back and wallow in the unhappiness we had, nor to engage in negativity. The purpose is to be able to identify what we want to avoid. Surely an action plan to create happiness intentionally needs to comprise several major strands: the things we need to *do to avoid* unhappiness and the things we need to *do to create* happiness.

Towards the end of my last book, *'Switch On To Your Inner Strength'*, I asked the question: "Where to from here?" and made the following suggestions:

- *It is very important to use your inner strength in a deliberate manner rather than by accident.*
- *It is very important to develop a routine of daily meditation.*
- *It is very important to be clear about what is your life's purpose now and what goals you need to achieve to fulfil this purpose.*
- *It is very important that you clearly identify your values and having done this, to make sure that your values support your goals.*
- *If, in this whole process of meditation, you find that there is a conflict between your 'life's purpose now', your goals and your values, then you must be prepared to change one of these to bring them into alignment. Something's got to change.*
- *It is important to establish a hierarchy of purpose. It would seem to me that discovering your life's purpose now is at the top of the hierarchy. Goals and values are the ways in which you pursue your purpose. They must all be pointed in the same direction.*

Purpose, goals and values in alignment – that's what this book is all about. And I believe we can create happiness intentionally by finding out what our purpose is and following it. In order to liberate ourselves to follow our purpose it is essential to examine deeply the values underpinning our lives. We've got to stop still for a moment in the rush of everyday life to look at our belief systems.

CREATING HAPPINESS INTENTIONALLY

There is a Chinese word 'Chi' which deals with the concept of achieving peace by harmonising the work in all areas of your life. At the simplest level this involves harmonising the goals we are working towards with the value system we hold. There can be no harmony if our value system is in discord with our objectives.

Though the word Chi itself might be Chinese, the concept is by no means exclusively Chinese. It occurs in all cultures in one form or another. It is certainly deeply rooted in western culture and forms a major pre-occupation of important philosophers such as Aristotle and Aquinas. It's the basic idea behind the term you hear in business from time to time – Synergy – two different parts sharing some common ground and working together to produce a beneficial result. How many lives would be more fruitful and fulfilling if this simple concept of alignment of goals and values was followed? How many lives are led in complete frustration because people are perpetually divided in their attention, constantly fighting with themselves over what they want to do? How many lives are led, from start to finish, in mediocrity, boredom and aimlessness for the same reason? How many lives wallow in that limbo of not really being sad, but not really being happy either?

Modern life has done a lot to reduce the direct causes of misery, but has it really made us happy? Probably not. Happiness is in our own hands. It is our own responsibility. This is possibly the key concept of creating happiness intentionally. **Happy people are often the ones who choose to be happy and who work at it!**

Happy people are often the ones who have chosen a purpose in life, a reason to be here, and are working their way towards the achievement of the purpose on a day by day basis. They are on a journey towards their purpose and gain happiness from the process of being on the journey.

If other people can do it, you can do it too. You can *choose* to be happy. The bad news is that, in choosing to be happy, you might have to face some conflicts in your life and resolve them. This may present you with considerable hardship. You will have to work at it! The good news is that there are specific techniques, mental tools if you like, to help you in the process. These tools are easily learnt and applied and will be of enormous benefit if you want to Create Happiness Intentionally.

The vital, next stage in the idea of alignment is to go one step further than just aligning your goals and values in the conscious part of your mind. You need to find a process whereby the goals and values in both the conscious mind and the subconscious mind are put in alignment with each other. They need to be 'synchronised'. A typical example of a mismatch between the goals and values of the conscious mind and the goals and values of the subconscious mind often occurs when a person makes a 'spur of the moment' New Year's resolution.

The 'spur of the moment' New Year's resolution is often made exactly at midnight on New Year's Eve when everyone at the party is in an exuberant mood and all calling for resolutions to be made. A particular resolution is often chosen because the person making the resolution thinks he ought to do 'such and such'. So the person is often acting under a sense of obligation to others rather than a true and deep motivation within himself.

An example comes in the New Year's resolution to reduce weight. A person will often make this resolution on the spur of the moment thinking of all the television advertising he has seen telling him all the logical reasons why he *should* reduce weight. His wife has been 'at him' to lose weight and so, from a sense of obligation, he makes the resolution on the stroke of midnight. But the problem is, it is only really a superficial resolution. He has not paid any attention to delving down into his subconscious mind to find out if

CREATING HAPPINESS INTENTIONALLY

this is really what he wants to do and if he is really prepared to pay the price of changing his lifestyle habits. In this, his goals and values may be in conflict. For example he might have goals which result from his sense of obligation to others. These goals may include: the goal of keeping his wife happy, the goal of looking more physically attractive on the beach, and the goal of being able to tie his shoe laces without grunting and puffing. But the problem might be his value system is not really in harmony with his goals. His value system might emphasise the great social value of going and having a few beers with his mates after work every day, or eating out at fine restaurants regularly, or lazing about for several days at a time watching the cricket tests on TV. Such a spur-of-the-moment New Year's Eve resolution is usually doomed to failure because there is no harmony between goals and values and there is no synchronisation between the conscious and the subconscious mind.

If, on the other hand, the New Year's resolution can be set deeply into the subconscious mind, and if the information in the subconscious mind is in agreement with the conscious mind, there will be a high chance of success for the resolution.

The important part of the process is to get both the conscious mind and the subconscious mind thinking and working in the same direction. It is typical that, when a person uses only the conscious mind to achieve an objective, the person's actions are characterised by the exercise of strong self discipline and feats of willpower. These concepts of discipline and willpower are only required when one part of the mind has to overcome or dominate the other. Willpower is only required when the conscious mind has to subdue the rebellious tendencies of the subconscious mind.

If you are only working with *willpower* to achieve a goal, forcing yourself, and relying on an agony of self control, discipline and constant rejection of temptation, you are likely to fail in the long

run. This is because the idea of using *willpower* is an idea of using only the conscious mind. You could call the idea of willpower alone, ‘conscious mind imperialism’ where your aim is to use the power of the conscious mind to overrule and subjugate the desires and prompting of the subconscious mind. Willpower alone can not work because the subconscious mind will resist it. What will the subconscious mind do when faced with a conflict of the conscious and subconscious mind? It will identify a change and change is scary. It may set up self sabotage.

By trying to use pure willpower the subconscious mind is not going to help you at all, it’s actually going to work against you. That’s the way it works.

So what do we need to do? We can use the subconscious mind to make it easier to change. We can actually achieve the change *inside* the subconscious mind *first*. Once this is done there will be no need to exercise strong willpower because there will be no need to subjugate the desire of the subconscious mind. We need to achieve the change using the subconscious mind techniques. Loosely I’m talking about the CALM techniques. One fantastic fact that really helps us is that the subconscious mind doesn’t know the difference between imagination and reality. What we can do is pretend achievement (if that’s the goal) and the subconscious mind still helps.

These techniques will allow you to make the change inside the subconscious mind first. So, when the subconscious mind, the 88% part of the mind, has accepted the change, it is going to work *along* with you instead of sabotaging you. That’s when you have a much greater chance to make things happen for you – the conscious mind and the subconscious mind working 100% together. That’s our objective and that’s when you will start to achieve your intended purposes.

Chapter 2

Square Peg, Round Hole?

It's a well known image. "You can't fit a square peg into a round hole" ... or so the saying goes. And there's a ring of truth to it, but of course in real life, we all know that you *can* fit a square peg into a round hole. It's all a matter of how much trimming of the edges you do to the square peg or how much distortion that you make to the round hole. It also depends on how hard you are just simply prepared to push and shove. Eventually, if you use enough force, you will get it there; the square peg *will* fit into the round hole.

But is this what our lives are all about? Being pushed and shoved into some mould which is just not really us? How can it be possible to achieve happiness intentionally in these circumstances?

Not only is it true in life that we *can* fit the square peg into the round hole, it is true that we *do* fit the square peg into the round hole. And the tragic truth is that, in modern society, it happens every day. It happens to people all around us. Worst of all, it might be happening to you! It might be happening right now! How can this be so in a supposedly free society?

There are subtle demands on us all the time to change what *we* want to do into what *somebody else* wants us to do. It is not necessarily a bad thing to make compromises in a society which, after all, requires teamwork and cooperation between its members to work. It becomes bad when our own value system becomes mismatched with what society at large may want from us. Regardless of the need for cooperation and teamwork within society, there still exists the basic concept of the freedom of the individual. And I believe that it is the individual's ability to see and

CREATING HAPPINESS INTENTIONALLY

grasp the potential of that freedom that is one of the main ingredients to happiness.

How can we reconcile the difference between what *society's* value system might be and what *our own* value system might be? Let me give an example of how the two value systems can be in conflict. Generally society assigns value to an individual based on the economic value of that person in the economic system. The remuneration that people receive, the status they hold, is usually related to the economic benefits that they provide to society. This is not necessarily wrong, but it can lead to endless hardship where people come to believe that therefore all their efforts must be directed towards the achievement of society's value system.

Nothing could be more guaranteed to work against personal happiness.

The existence of this conflict between the world's value system and a person's value system can be seen in the life of Mother Theresa of Calcutta. Mother Theresa had almost no economic value in terms of what she made or produced. She didn't grow any wheat, manufacture any cars or ship any coal. But her Life's Purpose was dramatic, profound and compelling. In choosing her Life's Purpose Mother Theresa clearly identified that it was something different from her economic value to society. Many people, including many reading this book, are caught up in the stressful situation where they cannot reconcile these two conflicting tensions in the same way that Mother Theresa did. They equate the two – Worldly value equals Purpose in Life. This is utterly wrong.

We all really know it is wrong but it is communicated to us subtly in a host of ways all the time. We can't always identify the subtlety in the message. Take the example of newspaper and television reporting of the unemployment situation. How many times have

you seen the following words used to identify the unemployed – ‘Lost Generation’ ... ‘Without a Future’ ‘Hopelessness’ ... ‘Youth Suicide’? The implication of these emotive terms is that if you are unemployed you are of no value and therefore can have no self esteem. Notice that I used the word ‘situation’ rather than ‘problem’ when I introduced the topic of unemployment. This is an example of the first level of distinction in the clash between society’s value system and what our own value system might be. Unemployment, by itself, is a neutral statement about a person’s role in the economic system of production and distribution of goods and services. Whenever the media tag this neutral word with the emotive word ‘problem’ the unemployed are told by society that they are a problem. Some of the unemployed will believe this and who can therefore be surprised when some unemployed people experience low self esteem. But true self esteem flows from knowing that you are following *your* Life’s Purpose – not the economic purpose that society has set upon you.

How does this situation arise? How do we become victims of this sad social fact? And what can we do about it?

As a quick mental exercise, give yourself this test. Please read through the following five life goals and decide which one is the single most important goal to you. It is quite natural to want something of all the things on the list, but the exercise is to select *the one* that is most important to you. If necessary, if you are having trouble deciding which is most important, work towards the goal by deleting the least important first. Then work with the items that are left and delete the one that is now the least important. Repeat the process until there is only one left.

- ***A wealthy life.*** Having an abundance of money and assets to enjoy the good life.

CREATING HAPPINESS INTENTIONALLY

- ***A family life.*** Gaining most pleasure from close interaction with your family.
- ***A life of achievement.*** Gaining respect and recognition through your achievements.
- ***A stable life.*** A life of stable expectations, knowing you have a secure source of all the basic needs of life.
- ***A stimulating life.*** An active life full of exciting and challenging situations.

Important consequences can follow from the goals in life you have chosen. The fact is that you may not have spent a lot of time consciously thinking about which goal in life you are pursuing. But, though you may not have been thinking about it consciously, your subconscious mind has always been yearning and working towards the main goal.

Once you have looked thoughtfully at the above matrix and decided which goal captures your imagination, think about your actions in the past. Have they been directed towards the main goal? Maybe the source of some of your past frustrations is the fact that you have been directing your conscious effort towards a goal which is not truly your subconscious goal. This type of situation has to result in tension, frustration and unhappiness as your conscious mind and your subconscious mind work against each other.

Thinking about this matrix might also explain quirky things that you have done in the past. It might help to explain actions which people thought were out of character. It might help to explain the behaviour of your friends or relatives who started acting in unaccustomed ways. We all know of people who, mid-career, have ditched a secure job with a guaranteed income to pursue something

where there was a high risk of failure and no certainty of success. It is a common reaction to think these people are crazy, but if you look more closely you might see that they are actually making an important lifestyle choice. They may have pursued the goal of a stable life for many years because that is what society expects. They went about getting qualified at something, working their way into a career, gaining promotions and accumulating the physical assets that go along with security and stability. But what they had wanted all the time was really a stimulating life or a life of achievement. If you look behind their actions you might see that, while they have incurred the risk of failure, they have also increased the chances of success. They may have also increased the chances of meeting interesting and exciting people who are *'doing things'*. The idiosyncratic thing they did, the thing that everyone else all thought was crazy, the thing that was out of character, was really the thing that they had wanted all the time. The struggle between their subconscious mind and their conscious mind had been won by the subconscious.

The use of this matrix can also be helpful when you are trying to resolve conflicts in relationships. Take the case of a marriage. At the start of the marriage the two partners were caught up in the wild excitement of their love for each other and the force of this emotion carried all before it. As the years go by the binding force of the love can come under pressure where, deep down, each partner is actually motivated towards a different goal in life. One may want security and the other may want excitement. Neither of them may have ever really recognised this aspect of their own personality. It is a subconscious thing and their mind is subtly directing their actions towards their dominant goal. As it seems common to believe that "everyone else thinks the way I do", each partner in the marriage assumes that what they want is automatically what the other wants also. What havoc this can produce where the goals are different! Taking time to identify differing goals in life can be important. The partners in this

CREATING HAPPINESS INTENTIONALLY

fictional marriage need not simply shrug their shoulders and dissolve the relationship because their goals are different. Rather, they can use the information to help resolve their conflict. Neither has to change, but the motivation of each person needs to be taken into account. The challenge for so many people in life is that they need to carry out this evaluation process consciously.

The last thing I want to say about this matrix is the fact that your goals in life can change over time. Even if you are aware in one stage of your life, that you are motivated towards one thing, you should also be aware that as the years go by your motivation may change. Your priorities can alter. I'll give you an example from my life.

When I was just a young boy, probably 14 or 15, my parents went to the Tax Office to clear up some sort of a problem and to hand in their tax returns. On this particular day I happened to be with them. We took the lift in the city building to the third or fourth floor and, when the door opened, it opened directly into the reception area of a vast tax office. There were other people waiting around, sitting listlessly on the seats in the foyer. Across one full length of the foyer was a formidable reception counter with various clerks on one side talking with various tax payers on the other. Spread out on the counter between each couple were the gigantic sheets, almost the size of a tabloid newspaper, on which people filled out their tax details in those days.

It wasn't long before my parents' turn came. They stepped up to the counter and started talking. I went with them and looked idly about but I was shocked by what I saw next when I looked over the counter. Before me was a vast open room occupying that entire level of the building. It was filled with row upon row of desks. And at the desks sat row upon row of government employees all working on these large taxation spreadsheets. Remember, this was in the days before computers. I knew it was secure to have a

government job ... but at what price did this security have to be bought? I couldn't believe the mind numbing, boring and repetitive work experience I was watching. I was horrified.

This experience was one of the things propelling me, *at that stage in my life*, to apply for entry to Duntroon, the Royal Military College. My main goal in my life then, was excitement. I imagined the glamour and excitement of being a student at Duntroon and how exciting life would be in the army as an officer, after that. When I entered Duntroon all I wanted was the exciting things, to throw grenades at the range, to fire rifles and machine guns, to ride in tanks and trucks, to repel from helicopters and do all the other things associated with army life.

I achieved all those things and also experienced it all for real in the Vietnam War. Some years later, however, I found that the excitement and glamour that had motivated me so much as a young man were now further down on the list of my priorities. The reasons why a young boy had decided to go to Duntroon were no longer the reasons why a grown man approaching thirty, now holding a much higher rank, should want to stay in the army. Fortunately, at the time, I made the change I needed to make in my life. I transferred to the Army Reserve where I continued to serve my country and to be promoted. However, now the weight of my effort was directed to my civilian career in management. My position on the matrix would have been either to achieve a prosperous life or a secure life.

Still later, another change was forced upon me. This was when my three daughters were murdered savagely and senselessly in Sydney in 1987. On the matrix we have been using this shift has brought me back more towards the things that motivated me when I was younger. Now, I would say that my position in the matrix is to lead an important life. It's not so much the *importance* I want in the way of having status or being well known, it's rather the fact of being

CREATING HAPPINESS INTENTIONALLY

able to *do* something important. To help other people face trauma and help them get through it. To contribute in a meaningful way to the successful lives of others and to see the results of my work in the friendships that I have formed. To mix with people who are also *doing* things.

Having now opened your mind to these thoughts, this might be a good time to do Mind Exercise No.1 which involves active meditation. This exercise is entitled “What is Your Life’s Purpose?” The aim of doing this exercise at the start of this book is not to get you to decide on the definitive statement of what your life’s purpose may be, but rather to start the mind thinking about the issue. You don’t have to stick with this statement of purpose all the way through the book because you may have to amend it if you find that it is in conflict with your value system.

We use the processes of active meditation throughout this book. You need to learn about Peaceful Place (PP), and then be introduced to meditation before you can actually do the first exercise. To this end, the next chapter is from my book ‘*Switch on to Your Inner Strength*’, followed by Mind Exercise No. 1.