

Do You Really Want to BE HAPPY?

– A Quick Guide to *BEING HAPPY NO MATTER WHAT*

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INTRODUCTION

How soon will you realise that the only thing you don't have is the direct experience that there's nothing you need that you don't have?"

– Ken Keyes Jr

Hello, it's **Steve M Nash** here again. Y'know, the one that edits SelfHelpCollective.com, [SMNash.com](#) and [SteveMNash.com](#).



So now – after asking you about suffering – I want to ask you about happiness. Specifically, do you really want to be happy? Y'know, that unconditional kind of happy that doesn't depend on the weather or the circumstances or even on your mood. (*Can you imagine it?*)

1. WHAT SHOULD YOU 'DO' TO BE HAPPY?

Want To Be HAPPY?	REMEMBER THIS!	<i>"Inspirational Reminders"</i>**
1. UNDERSTAND	Understand how YOU create your experience of YOUR life. Meaning: happiness is an 'inside' job. (So is suffering.)	<i>"We create our own unhappiness. The purpose of suffering is to help us understand we are the ones who cause it."</i> – Willie Nelson
2. THINK LESS	Less thinking means more energy, deeper sleep, and more space for clarity & insights. And... you don't think your way into happiness, you think your way out of it.	<i>"The less we have on our mind, the better life gets."</i> – Michael Neill

1. WHAT SHOULD YOU 'DO' TO BE HAPPY? (Continued #1)

Want To Be HAPPY?	REMEMBER THIS!	"Inspirational Reminders"*
3. BE MORE GENTLE	<p>Be more gentle when... you make a mistake (or <i>they</i> do!), you're being self-critical (again!), you're judging others, or...</p> <p>All for a kinder, less urgent experience of life</p>	<p><i>"Notice – then stop looking – the job is done."</i> – Elsie Spittle</p>
4. LISTEN MORE DEEPLY	<p>We listen too much to our thoughts, and beliefs and fears. What else could we listen more deeply to?</p> <p>All for a better relationship – with ourselves and others.</p>	<p><i>"When you listen generously to people they can hear the truth in themselves, often for the first time."</i> – Rachel Naomi Remen</p>
5. LET GO (Let Be) MORE	<p>Letting go, and letting be is simply a matter of noticing how you hold on and how you resist.</p> <p>Spontaneity is... not always wanting to control, to manage and to plan.</p>	<p><i>"By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning."</i> – Lao Tzu</p>
6. NOTICE Ebb & Flow MORE	<p>Ebb and flow can look like a strange sadness, a generous joy or a frustrating fear...</p> <p>The 'bumpiness' of life, really, and that's all. Nothing personal.</p>	<p><i>"If the only thing people learned was not to be afraid of their experience that alone would change the world."</i> – Sydney Banks</p>

1. WHAT SHOULD YOU 'DO' TO BE HAPPY? (Continued #2)

Want To Be HAPPY?	REMEMBER THIS!	<i>"Inspirational Reminders"*</i>
7. SEE 'THROUGH' PROBLEMS	<p>To see 'thru' problems is to see that you're the one that creates the problem in the first place.</p> <p>Yes, the ONLY problem you're ever experiencing, really, is the MEANING that you're giving to what you're noticing!</p>	<p><i>"All problems are illusions of the mind."</i> – Eckhart Tolle</p>
8. TRUST MORE ==> <i>Be yourself more; enjoy your life more; be happier...</i>	<p><i>"There's <u>something inside so strong</u>."</i> So sang Labi Siffre. Was he talking about love, or faith, or even the force of life?</p> <p>Whatever he was talking about, trust it more.</p>	<p><i>"One is never afraid of the unknown; one is afraid of the known coming to an end."</i> – J Krishnamurti</p>

2. DO YOU WANT TO KNOW MORE?

Thanks for working through this free bonus. I hope it's been helpful. If you'd like to delve more deeply into "unconditional happiness" then you can. That's because **this bonus was based on my book called, *Happiness Now: How to Be Happy in a Sad, Mad World***. Available online Winter, 2022

Find out more here: [SteveMNash.com/books/](https://stevemnash.com/books/)

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(*) The inspirational reminders in this BONUS can be sent to you by email, as part of my Daily Delight newsletter. Get inspirational quotes sent to you at 6am, from Monday to Friday. **Subscribe here, free:** stevemnash.com/newsletter