

30 day
happiness
challenge

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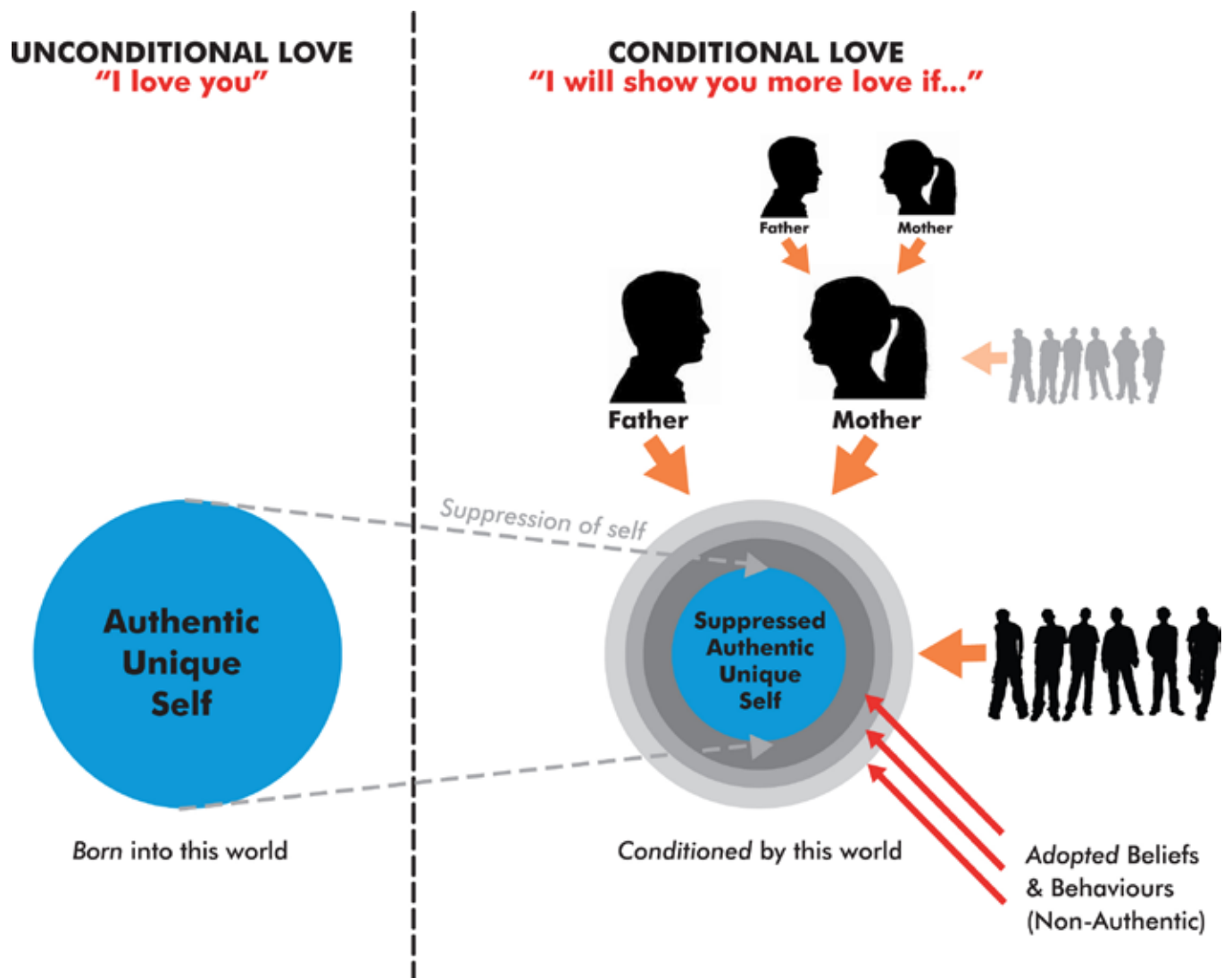
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Have you ever wondered how amazing it is that there are six billion people on the planet and every single person has a *unique* fingerprint? Not one person has *exactly* the same fingerprint as the next. In the very same way, every person comes into this world as a completely unique and authentic being. When you were first born you were also completely fearless, nonjudgmental, unconditionally loving, and with the limitless potential to be whatever you wanted to be. When you wanted something you just asked for it – albeit in the guise of fits if tears and crying. But even more importantly: **you expected to receive what you asked for.** Once upon a time, you, me and everyone else were destined for supreme greatness.

Now, before we go one step further (*and incur the wrath of countless mothers, fathers, sisters and brothers*); we want to say that this is not a witch-hunt. This is not about pointing the finger and saying, “you are the reason that I am not who I could potentially be”. It is not about pointing a finger at any parents, aunties, uncles, grandparents, school teachers, or anyone else that influenced you throughout your life – particularly in the formative years. This is about *education* and about accepting that one of the parts of the human workshop called ‘life’ is that you needed to have a number of experiences on this planet in order to become who you have the potential to become. If everyone was perfectly satisfied and complete at the age of 15, what the heck would you do for the next 85 or so years?!?

Therefore, our aim with this short eBook is provide relevant information and perspective so that you *understand* and therefore can snap out of any dream you may be in. So you can become fully aware of what is going on with your behaviour, your emotions and the final results that you are getting in life. Once you are aware, you can consciously choose to do something about it and reclaim your FULL potential!! If you remain unaware of how great it feels to be ridiculously happy, then you would never do anything about it. Fortunately you already have the awareness somewhere inside you, it is just a case of bringing it to the light of the day.

To explain the relationship between who you were born to be, and who you were moulded into; take a good look at the diagram below. We will be explaining it in detail and start to answer the question that may be on your lips right now...“so what does this mean to me now?”



In the Beginning

Now of course we will be making a few *generalisations* throughout this eBook, just to ensure that we cover the majority of circumstances; but know that there are always exceptions to any rule. Actually one of our most covenanted rules is that there are 'no (*immovable*) rules'. There are just a handful of Universal Laws (like the Law of Cause and Effect, which specifies that for every cause there is an equal and opposite reaction).

Studies have shown that when we are newly born, the mother has a significant increase in the hormone called *oxytocin*; which is considered to play a key role in cementing the bond between a mother and her child. At the same time there is immense emotional joy at the birth of a new child. Plus the newborn baby is unconditional in their love of the parents. All in all it is the perfect environment for loads and loads of *unconditional love* between parents and their child.

Then after a period of time, and then for the rest of our lives, we believe that a lot of the love that we receive – which is mostly *well meaning* – comes with a little, or a lot, of small print. This is what we will refer to as *conditional love*. Now there are probably none of us that want to openly admit or acknowledge that we occasionally give *conditional* love to our children, our family, our partners, and everyone else that comes into in our lives. But really there have only been a handful or two of individuals over the ages that have had the capacity for true unconditional love, 100% of the time. And therefore these enlightened beings have become the highest spiritual symbols of every major religion on the planet. So none of us are bad or lesser people, we just have not outgrown those *human imperfections*!!

Conditional Love

So if you are still with us, or loosely hanging on, you can acknowledge that perhaps on the very very odd occasion you may have been, accidentally, not entirely conscious of

being 'conditional' in your love. So we welcome you and the other 99.9999999999% of the rest of the population into our little workshop called 'life'.

For now, let's put any conditional love to the side that you may have given out over your lifetime and concentrate more on the conditional love that you may have received during your formative years. This is when you were too young to know any difference; you were sucking new information up like a sponge and you could not survive for more than a day by yourself. And like we said, this is not about a witch-hunt; this is about you connecting with your beautifully unique and unconditional self. In order for you to become your best self EVER!

Here are some specific examples where a parent may have given conditional love to their child (which also includes holding back love from a child). They include a potential message the child received:

- Showing more love to a child when they choose to play a sport, or take up dancing, or fishing, or any other thing that the parent really enjoys. *The Message Received: 'If I do what my parents like, they will love me more (even if I don't like it)'.*
- Telling the child that if they score 100% in an exam that they will get \$100. *The Message Received: 'Unless I get 100% I am not worthy of love'.*
- Ignoring a child because they spoke their mind to some adults at a social event (instead of just keeping quiet). *The Message Received: 'I cannot speak up / use my voice or I will not be loved'.*
- Making fun of a child because they would rather read a book than play a game of football. *The Message Received: 'I can't do what I love to do otherwise I will not be loved'.*

We are sure that you get the message. The thing is that the way it was delivered is a lot less relevant than *how it was received*. And we all received many different types of messages from our parents, our teachers, our relatives, religious leaders, schoolteachers, school friends and numerous others. All of them giving us messages about what we need to be, do, or have, in order to get the love from the people we cared most about.

And these messages are what has shaped your most closely guarded beliefs about who and what you are and what you are capable of doing, being or having in this world. Those inputs created your '*Map of the World*' - your values, your beliefs and the rules that you live by. Your '*Map of the World*' has become the '*reality*' that you consciously and more importantly unconsciously, live your life by.

Let us share a great quote for Jerry & Esther Hicks in their book "Money and the Law of Attraction" which says: "*While your parents and teachers are, for the most part, well-meaning people, they are nevertheless more interested in your finding ways to please them than in your finding ways to please yourself. And so, in the process of socialization, almost all people in almost all societies lose their way because they are coaxed or coerced away from their own Guid-ance System.*"

You may be asking: "So what does this mean? So what? Where is this leading?" Great questions and we thank you for asking. ;-)

Our Greatness is Within Us

Remember how we said that each of us has a unique fingerprint. Well we believe - *along with countless others over the last few thousand years* - that you have within you, a gift that makes you uniquely special and able to do something better and easier than anyone else on the planet. That you have a greatness within you that dwarfs what you could possibly imagine. This is part of your '*Dharma*', which is an ancient *Sanskrit* word, meaning 'to follow or express your life's purpose'.

You have within you a part that we like to call our AUTHENTIC UNIQUE SELF. This is your birthright and internal birthmark – which has the potential to be externally expressed!

The challenge with life is how do you express this life purpose and unlock this vast inner oasis of potential greatness. If you go back to the diagram you can see how in a world of unconditional love, this uniqueness shines brightly and makes us our BEST selves. There is no inner and outer. No separateness. *But* when you enter into the world of *conditional* love, which is the human workshop, your inner gold gets covered in numerous layers of mud or what we have referred to as ‘adopted beliefs and behaviours’. Let us explain where that leads...

Our Conditioned Self

Now here is the hidden jewel. Where you are in this fractional moment - *the who and what you are as you take your very next breath* – is EXACTLY where you need to be, so that you can become the person that you need to become. It is the immense pressure and temperature subjected to a piece of carbon that creates a beautiful diamond. It was always a ‘potential’ diamond throughout the whole process. But it took a lot of pressure, applied to it over a period of time to create the end result. You are that diamond coming into formation, through the challenges and experiences of your life.

So let’s move forward into changing your emotions, your behaviour and ultimately your RESULTS by understanding where you are right now and letting that awareness flood through your body to every cell and fibre of your being.

You have greatness within. Incredible authenticity. A special and unique talent. It is the thing that you do so easily, that you lose time while you are doing it, and you would generally do regardless of whether you got paid for it. The only problem is that this talent is usually hidden under a pile of ‘mud’ or *adopted beliefs and behaviours*. Stuff

that you bought into over your life that has taken you off your authentic path, filled you with fears and doubts, and created behaviours in you that do not empower you.

Most of the 'things' that you believe, that determine the behaviours that you exhibit (*or the personality that you have bought into*), are not always in alignment with your inner self. That is why sometimes you don't feel entirely comfortable in your own skin. And not feeling good in your own skin, or not loving yourself '*warts and all*', can lead to negative emotions and at its worst, a desire to leave your body and mind because you are not happy living with it. Leaving your body can be facilitated by the use of drugs, alcohol, food, excessive work, television, or any other state changing behaviours that allow you to step outside of your mind and body, because you are not happy with who and what you are.

One of the best living examples we have of a person that is extremely comfortable in their own skin, and living an authentic existence, is his Holiness the Dalai Lama. He has an incredible lightness to him, which is completely unshakeable because he is so comfortable in his own body. One time when he was visiting Australia he was due to meet the Prime Minister of Australia. But under pressure from the Chinese Government, the Prime Minister cancelled the appointment. As a result of this cancellation, the press worked themselves into a frenzy and when he was leaving via the airport they bombarded the Dalai Lama with questions about how he felt about this rejection and his response was completely authentic and serene. He merely said, "It doesn't matter.'

This is a wonderful final destination to work towards. The place and state where you can look yourself in the eyes as you look into a mirror and say, "I love you (*insert your name*). I really really love you", and feel complete integrity, comfort and completeness as you say it.

The Journey Back to Self

So we are sure that you get it now. As a result of what you experienced growing up with your parents – who were influenced by their imperfect parents – and the influences of society, religion, socialisation, education and culture you have built up *false* layers over your true self, which is at your core. A core that is authentic and great beyond measure.

We believe that one of our purposes in life is to *peel back* the layers of our conditioned self. So we can do with our lives what we were destined to do. To discard any beliefs and behaviours which are not useful for us anymore. Beliefs that no longer, or never did, apply to what we want to do with our lives. We will continue to peel back layers, to remove limiting beliefs, and will probably be doing so until we are very old and grey. But the closer we get to our core, the less false beliefs and behaviours we are exhibiting, the more we will shine through as our true selves. So this also applies to you.

And now the million dollar question...“HOW?”

Well, first of all, the ways to peel back false or limiting beliefs are numerous. It is just the case of finding the right method for you at the right time. We believe that when you are ready the right thing will present itself.

Now it is definitely a *challenge* doing it by yourself – but not impossible. Because you have been living in that body and mind of yours for so long you tend to be unaware of what is empowering, disempowering or somewhere in the middle. But you have definitely changed beliefs before (like you did with Santa Clause, or the tooth fairy, or the bogey man); so it is definitely POSSIBLE. It is just much easier for someone on the outside looking in (*if they know what they are looking for*).

The 30 Day Happiness Challenge has been designed to help you to have an expanded sense of awareness by increasing your knowledge, but also by giving you strategies, tools and support to help you identify, isolate and replace any disempowering beliefs

that you may have. A few of the general methods or parts of this process include:

1. Journaling – this is how you start to become aware of the way that you are thinking and the behaviours that you may be exhibiting. You may also become aware of what your inner greatness is. Like that immortal statement: ‘Know thyself’
2. Becoming more aware of how you think, how you behave, what emotions you experience on a consistent basis, what habits you have formed, what makes you happy, what grates on your nerves and what you get the greatest results from.
3. Writing down all your beliefs in relation to the big topics like: money, life, relationships, work, spirituality, self, etc and then seeing which ones of them are limiting your success or joy. *You will do this as the Beliefs Workout.*
4. Using affirmations, mantras or incantations to install a new belief statement.

Now we also want to mention at this stage that if you have had any serious trauma in your life you should definitely see a professional about it (of which there are numerous types of therapies available). One of the things with trauma is that if it is not dealt with, it actually uses energy (from your *daily* energy stores) to ‘keep the lid on it’ or to suppress it. Even while you suppress it unconsciously. Bringing something to the light of day, however painful, is the first step in seeing the event for what it was – a lesson designed to help you learn and grow.

Life only wants you to be better. It does not serve life, this universe, god or the planet for you to be less than you can be. Just like it does not serve an organ in your body to have a cell that does not function at its optimum potential. The world wants you to be at your best so that the whole planet benefits! Never forget for one moment how important you are to the harmony and greatness of the planet and universe.

The Last Word

There is a saying: “*All you need is within you now*”. Actually the Latin word for education is *e-ducere*, which means, “to lead out”. Socrates suggested that education was about drawing out what students already knew, from within themselves. So most change comes either by yourself, or through some form of intervention (like the *30-Day Challenge*), when the right phrase, word or experience unlocks a door to your inner world of vast knowledge. Sometimes by just changing one word, or one phrase, you start to process things and see things in a completely different light. In other words *you have changed*. And that is what life is all about. Peeling back the layers, and changing into the person that you are destined to become.

So we wish you well over the 30 Day Happiness Challenge and for the rest of your life. Know that you are not alone. Nor were you ever alone. We are *all* working on peeling back the layers to connect with our Authentic Unique Selves. And don't think that you have to do it on your own. There is plenty of support there just waiting to be of help to you.

Enjoy the journey and the destination to your greatest and unique self!



For more information on the 30-Day Happiness Challenge go to: <http://www.worldsbiggestgym.com>



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