



7

SECRETS

FOR A HAPPY LIFE

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Orlando Florida, 34744

KEEP THEM SAFE. Keeping Our Children Safe in Dangerous Times.
Abuse Awareness and Protection

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7 Secrets for a Happy Life

Discover

how we can

Capture our past with joy
Invade the present with laughter
Release our future with optimism.

***Live Life with
No Regrets,
No Reserve and
No Retreat.***

Part One

5 Happiness Levels

How to Raise Your Level of Happiness.

- **Level One:** * Pleasure
- **Level Two:** * Wealth
- **Level Three:** * Contentment
- **Level Four:** * Meaning
- **Level Five:** * Fulfillment

Part Two

Opening Happiness Banks

Creating Deposits That Last

- **Relational Banks Of Happiness**
 - **Partner Accounts:** Communication, Intimacy, Financial
 - **Parental Accounts:** Awareness, Discovery, Release
- **Occupational Bank Of Happiness**
 - **Employment Accounts:** Paid and Voluntary
- **Recreation Bank Of Happiness:**
 - **Leisure Account:** Hobbies, Pastimes, Pleasures
- **Spiritual Banks of Happiness**
 - **Worship Account:** Focusing on a Higher Power
 - **Gratitude Account:** Releasing Your Highest and Best Life

Conclusion

- **Removing Roadblocks And Traffic Cones To Happiness**
-

Introduction

“The greatest happiness in life is to know that we are loved without condition and with no thought to what can be received in return.”

Les Hatton

This is my goal for all who read this book, that at the end you will know how to live in the greatest happiness of all

Happiness is the Holy Grail of human life. Men and women will sell their soul to achieve it. Some seek to climb the corporate ladder of success, using work associates as rungs of a ladder to step on, to get to the top.

Hollywood stars will spend millions on plastic surgery desperately trying to hang on to their self image of the glory years, convinced that money, fame and fortune hold the keys to our ultimate happiness. Michael Jackson, is one of the latest sad figures to come off the assembly line of fame and fortune, coming to the end of a journey that tragically took him further and further away from the Holy Grail of the happiness that he desperately craved.

If money, fame, sex, good looks, fortunes nor status bring us true happiness, what does?

Is happiness real, is it obtainable?

Is true happiness possible for you and I? Yes, yes yes!

Join me on the journey to find your true happiness

Part One

5 Happiness Levels

Happiness, like a diamond has many sides. The beauty of the diamond is created when light enters on one side and is spectacularly reflected through the others. It is the same with happiness, its rays of light enter at the center of our emotions and then can get spectacularly reflected through other aspects of our being, with awesome results.

To understand happiness we need to understand that there are five levels of happiness that we experience in life. The five are **pleasure, wealth, meaning, contentment and fulfillment.**

I see each as a stepping stone to the ultimate goal of total fulfillment. In this book you're going to find out how to apply each level to relationships in your life and bring greater levels of happiness into each one. Happiness in our relationships, marriages, employment and leisure activities can all move up to new levels of enjoyment as we apply the timeless but hidden principles.

Let's start our journey at the first level which is the basic need of all of humanity, pleasure in life. We seek it, need it and experience it to varying degrees every day. A journey that the The Dalai Lama summed up powerfully: **"I believe the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we are still seeking something better in life. So I think the very motion of our life is towards happiness."**

First Level of Happiness: Pleasure

Your immediate question may be, “Why is this Level One?” It is Level One because it is available to all but has no ability to create lasting happiness. It can only ever give temporary fulfillment. Yet the emotion of pleasure is of course the foundational starting point of happiness upon which we build our other levels of deeper happiness.

According to psychologist Nathaniel Branden pleasure for men is not a luxury but a profound psychological need. Of course pleasure is no respecter of persons, place or creed. For example, mother Theresa found pleasure in the slums of India looking after the needs of the destitute. The rock band finds pleasure in loud behaviors in the hotel room after the concert, activity that would have been unthinkable for Mother Teresa.

One family at Christmas will find pleasure in the unity and celebration of each other's company and love. Another family has grown apart and will be divided across the four corners of America yet still find pleasure in the company of friends.

Each finds pleasure in their different ways. The question isn't “Did they find pleasure?” but “What depth of joy and fulfillment did it create in their lives?”

The emotion of pleasure has no power to bring us fulfillment and lasting happiness because it is temporary. For Mother Teresa the pleasure she found in looking after the destitute in India created a lifetime of fulfillment. For the drug addict of the streets of Los Angeles pleasure for a moment is just another stepping stone to their destruction.

Second Level of Happiness: Wealth

Is it good to *have* wealth? **Absolutely.**

Is it good to live *for* wealth. **Absolutely not.**

Jesus illustrated this powerfully, telling us of a man who built many barns to hold his great wealth, with no thought to his eternal destiny. Then at the end of his life, having to give account for his eternal soul. The opinion of this folly was strong and to the point according to Jesus. “You fool!”

If the past has taught us anything recently it must be the folly of the rich fool. The pop world and Hollywood offer great riches and wealth for young and men and women that have no maturity to handle it. Surrounding themselves with “Yes!” men and hangers on, who disappear like cockroaches into the woodwork when times are bad, encouraged to build their barns of fame and fortune, ever bigger. Handling their ever growing egos and public persona, only to see them one day come crashing down to earth in trauma and tragedy (Jackson, Elvis, Monroe etc).

It is a proven fact men and women will win millions on the lottery convinced that lasting happiness has been found, only to end up with nothing out of it except broken dreams and hearts. Wealth is a higher level of happiness than pleasure, because wealth has the ability to touch the lives of many others and not just our own in a meaningful way. The rock band gains wealth from the rock concert giving temporary pleasure to thousands. The money that cures a disease in Africa can save the lives of hundreds of thousands. The question is not did both bring happiness? But which of the two has brought the greater or more lasting happiness?

Level Three of Happiness: Contentment

This level of happiness is where our personality is at rest; we have matured and discovered who we are. The problem is we are continually clashing with others who have a different makeup and creating situations of tension for us. So all can be well for a while but what is guaranteed is that eventually relational storms will come and rob us of our peace and contentment.

There are four personalities in life the idealist, activist, analyst and the realist. To illustrate the tensions between them I am going to use what I call my “Ducks in a Row” personality profile. Ducks are issues

- Idealist:** Only happy when shaping the present for the future ideal.
- Needs: All the ducks need to be in a row for a happy in life.
- Problem: Every time the ducks are in a row, they get knocked down again!
- Result: Happiness lost.
-
- Activist:** Only happy when doing things that make the future a better place.
- Needs: The ducks need to be free, scattered, random, to be happy with life.
- Problem: The ducks aren't always scattered, most of them are all in a row!
- Result: Happiness lost.
-
- Analyst:** Happy when all routes to the future have been fully examined, for safe implementation.
- Needs: To investigate the area to determine why the ducks keep ending up scattered before anything can be moved.

- Problem: Someone keeps organizing the ducks before his investigation is complete!
- Result: Happiness lost.
- Realist:** Only happy when all future planning is non-existent, because the only reality is the moment in which we live.
- Needs: To have everybody ignoring the ducks and getting on with their lives because the whole exercise is a waste of time.
- Problem: Everybody else won't leave the ducks alone!
- Result: Happiness completely lost has everybody constantly argues about how to deal with the ducks of life!!

This is the problem with contentment. It is only ever temporary and subject to constant change. Our personalities can be in a place of a happy contentment for while, as long as the ducks are lined up exactly where we want them. The problem is that very rarely are the ducks of life exactly where we want them to be all of the time. When it comes to our relationships at home work rest and play, someone or something is always messing up world!

At times, our relational and world environments can suffer such a level of trauma or natural disaster our happiness levels are sent plummeting to zero, where happiness, or pleasure of any kind can seem completely out of reach.

In 2004 we moved to the USA from England. Moving into a sub division in Orlando, Florida, well manicured lawns on every side. Every home had two cars in the driveway and a pool in every backyard to cool us down in the Florida heat. Everybody was friendly, the economy was good and everything was great in paradise.

Things had never been so good and then along came **Hurricane Charley!!** Charley was the first of four hurricanes that raged through Central Florida over the next two months. I asked my neighbors, what I had to do to prepare for my first hurricane? The response was simple, "Nothing, don't worry about it"! Curious to know why everybody seemed so unconcerned, I asked.

"Why are you guys not worried?"

"Don't worry, we are so far inland it doesn't affect us. The damage is all done on the coast; all we get is a bit of heavy wind and rain."

OK all my neighbors said the same thing so I figured I had nothing to worry about!! How wrong can you be! Charlie came in a Force 4 Hurricane; to understand its destructive power it is important to understand that a Force 5 hurricane obliterates everything in its path, no building left standing!

Charley was a direct hit over our subdivision and the surrounding area. So severe was the resulting damage and fall out our county along with many others was declared a national disaster zone.

By the time we got to the fourth hurricane every house was shuttered, had emergency generators and stocked with every conceivable emergency supply. I spent the next two months taking trees out of neighbor's bedrooms and nailing blue tarps to my friend's roofs. The only winners were the home repair stores, as desperate homeowner's tried to buy the last of the blue tarps and generators in the store.

Our peaceful, prosperous piece of paradise turned into a living hell with temperatures of 110 degrees and the power down for eight days. A community that had lived hurricane free for 40 years, became a community under siege. Men and women that had greeted

Hurricane Charlie with a shrug off the shoulders became nervous wrecks as three more hurricanes, Jeannie, Francis and Ivan followed hot on Charlie's heels!!

For the next three years in my area the most common sight was not the pristine cookie cutter four bedrooms, two bath homes with a pool, looking immaculate. The most common sights were the blue tarps covering the hurricane damaged still waiting for repair.

Is contentment a better level of happiness than wealth? **Absolutely**. Can contentment save you from the ravages of relational breakdown, or physical disaster? **Absolutely not**.

For 40 years the subdivision I had moved into had lived in a paradise of idyllic peace and financial security. Just eleven hours turned the area into a nightmare of natural and economic disaster over the last few years.

For constant happiness in life, we must come to the point of realization that chasing pleasure, wealth and contentment alone really is a pointless exercise. For lasting happiness we must move on to more meaningful activities in our lives, activities that will take us to higher levels of happiness than pleasure, wealth or contentment.

To live successfully in the third level of happiness we must understand who we are, how we tick, what drives us. Are you primarily an idealist, an activist a realist or an analyst? My wife and I have led many personality profile weekends over the years with great success. Helping hundreds of men and women discover the strengths of their personality to achieve consistent happiness in their relational environments. To find out your personality profile and where your strengths are in your personality, visit the link below.

www.freedomtocelebrate.com

Level Four of Happiness: Meaning

Life without meaning it is like a child chasing the pigeons in the city square. The objective is clearly seen, as the child stands just a few feet away from his prey. One quick lunge and the pigeons are in his grasp. But of course he never stands a chance of catching the elusive target of his fascination. But my, oh my how he tries, until finally his parents take him by the hand and explains that the pigeons, for now, are far brighter and quicker than he is.

Humanity is just like the little boy chasing the pigeons. For us the pigeons are pleasure, wealth and contentment, we go round in ever increasing circles. While they continually take flight from us, telling us that pleasure, wealth and contentment will never be attained, is like telling the little boy that the pigeons can never be caught.

Just like the little boy no matter how many times his parents tell him the pigeons cannot be caught. Every time he gets back to the square, he just can't resist chasing the pigeons once again. Finally there comes a day when he realizes Mum and Dad were right all the time. The pigeons really are too smart to be caught by his immature attempts. Wisdom eventually dawns, there really is no point to the chase.

The point here is that the wise road for happiness is to stop chasing the selfishness of pleasure, wealth and contentment and let them come to you. By finding the infinitely more rewarding pathway of meaning.

Where does Meaning begin?

Meaning can take many forms in life, but it begins with inspiration, we can be inspired by many things:

Inspiration

Inspiration comes from the love of our family, country, fellowman, music, sports, politics, and religion, the passion for a cause, truth, charismatic figure or our faith. My first two inspirations in life that gave my life meaning, were music and sport. My teenage years were filled with an intense passion for both.

After inspiration has entered our lives we then formulate a process of activity to get happiness from it.

Formulation

As our inspiration takes form our **meaning** for life and therefore the happiness in it takes a stronger and stronger hold in and around our lives. The power of its ability to bring us permanent happiness is determined by its end result, not the pleasure, wealth or contentment it can bring temporarily.

Let me illustrate this principle with my own life. My childhood was a tragic mess, ritually abused by my father sexually and physically until the age of eight. My mother separated from him when I was 8 years old. The joy of having the monster out of my life cannot be expressed in words. But my joy was to prove short-lived as my mother went into a nervous breakdown after three months.

The burden of four children, two with special needs proved too much for her and she could not cope anymore, she needed someone to take care of her. She was forcibly hospitalized and I was taken into state foster care and separated from my brothers and

sisters. My young life once again went into crisis. For the next six months shunted from care home to care home, then at last once again a light dawned at the end of my dark tunnel.

My grandparents agreed to take me into their home. At last all was well. I remember how my young heart leapt with joy to be back in familiar surroundings. My Grandma at the stove with her dress lifted slightly at the back to let the warm oven air waft over her legs. The smell of home cooking filling my nostrils with anticipation. Granddad in the corner of the front room with his pint mug of hot tea and woodbine cigarette dangling from the side of his mouth. But most wonderful of all, my kid sister Susan waiting at the front door for my arrival. We hugged and hugged as the joy of seeing each other again engulfed our emotions.

At last some measure of safety and sanity to my world?

No it was not to be. Life had yet another twist of the knife in my young life. Within a few weeks I was sexually abused by two of my uncles in my grandparents home!!

Within a few short months, my young life and had lost its meaning. The confusion of being separated from my mother and brothers and sisters now began to claw deep into my life. I was like a meteor charging through space, a fiery ball of pain and confusion desperately seeking somewhere to land. You can read the full story in the book Freedom to Celebrate found at www.LesHatton.com or www.FreedomToCelebrate.com

By the time I had reached my teenage years I was utterly desperate to find some meaning to my life beyond my immediate family.

At the age of 14 I thought I had discovered my destiny! At high school I was introduced to the music of Cream, a heavy rock band in the fronted by the amazing guitarist Eric Clapton. Within a few short months heavy rock music completely took over my life. I became a hippy and completely embraced its ideology of make love and not war.

I got into the concerts, the drugs, the alcohol and the clothes. As soon as I had the money, I went with my best friend Stephen to get the gear. I brought a red tanktop with purple bell-bottom trousers. Stephen brought a yellow tanktop with bright green bell-bottom trousers, complete with beads and bangles galore! What a state! We looked like a couple of walking traffic lights and a definite danger to all passing traffic.

Oh, the innocence of youth, we were convinced that half the street was staring at us because we looked so incredible in our new gear!!

Where did my passion for heavy rock music lead me? A wasted education, alcoholic by the age of fourteen, hanging around with all the wrong crowd, doing all the wrong things. My problem with the meaning that I had found in my teenage life was that I didn't carry out the third step of discovering true meaning in your life.

I had the first step of **inspiration** and moved on to the second step of **formulation** but I did not move on to the third step of **examination**.

Examination

As I got deeper into the hippy ideology that had been so appealing at first I became increasingly disturbed. My high school friend who had introduced me to Cream and heavy rock music died of a drug overdose. Over the next few years I watched others go down the same route, through a mixture of alcohol, drugs and stupidity. This was a desperate wake-up call in my life, to examine what was happening around me. I never

listened and by the age of 27 I was taking my own over dose, to get out of the pain of my existence.

Although increasingly disturbed and nervous of the hippie ideology that I had embraced, I never truly examined it. True examination can never be subjective, it must always be objective. The tragedy for my life and teenage years was that I never had a mentor to take me aside and speak objectively into the garbage that I was involved in.

Would I have listened? Who knows, probably not? What is absolutely certain is that no one did speak into my life and give me the opportunity for a honest examination of where I was.

Once our results from our meaning for life have been examined we move on to the fourth stage. The need to have an **Evaluation** for change.

Evaluation

If you are truly seeking a greater level of lasting happiness in your life this will be the most difficult thing to do, because it takes serious intent and courage to do it. We all evaluate our lives every year, but it is the rare for any of it to be applied successfully. Every year we visit the New Year's Eve party, with every intention of living out our New Year's resolution! Yet how many have stuck to those intentions ast January 31st?

***A test of true evaluation is the amount of genuine application
and change it brings.***

By the age of 18 I had evaluated the hippy ideology and realized that it had no real answers to anything. It was just a drug and alcohol fuel of rebellion against the status quo, never getting higher than the first level of happiness. The saddest reality of all was

that it began determined to change society at all costs, but truly had nothing to put in its place.

Finally I had seen enough of the carnage around me from the hippie ideology to realize it was time to walk away. Where did I go? At the age of 18 I decided I wanted to see the world. I joined the British Army! Yes I know totally and utterly bizarre, but that's what I did!

I can still see the barbers face as I walked in to have my glossy, shoulder length, wavy hair cut, he practically salivated in anticipation. As I looked in the mirror, watching my golden locks falling to the barbers floor I began to ponder the sanity of my decision, as the barber carried on with a look of total bliss in his work.

You have an opportunity today to assess all meaning in your life. This process of assessment is powerful when we boldly apply what we need to change in our lives.

When we follow the process with no reserve and no retreat we will always return to fresh inspiration and continuing happiness in our lives with genuine meaning resonating throughout our existence.. When we do not, our happiness at this level is under threat.

**This is why meaning is not the highest level of happiness,
because it is always subject to influence and change.**

Sports illustrate this really well. Your team begins to win games consistently, the quarterback has a hot streak and suddenly you're in the playoffs. You make it to the Super Bowl and win it! The fans go crazy. The coach gets a pay rise, sticks around for a few years and suddenly you are on a roll, the team have an army of new fans, of life could not be better.

Then disaster strikes! The coach has to retire due to illness; the quarterback gets injured and can't play again, the owner is a crook and gets thrown in jail. You never see the pleasure of a Super bowl win again! All the new fans are gone and the club goes into liquidation and the stadium is sold to cover the debts. You are devastated, there is no-one to support anymore.

Meaning is valuable and important for our happiness but without fresh inspiration it clearly keeps us riding an emotional roller coaster of highs and lows, leading eventually to disappointment and frustration.

To give another example as to why Meaning is not the highest level of happiness look at two-different men that would insist that they have Meaning in their lives. The Islamic terrorist will defend his actions of destruction against capitalist ideology with the defense of his faith. totally convinced that he is in a Holy War and his life has absolute meaning.

His actions brings the American soldier to the streets of Baghdad also convinced that he is right to be there to protect the American people. He would equally insist that his life has total meaning.

I served for three years in the British army on the streets of Northern Ireland from 1970-1974. I saw up close how the evil of opposing and misinformed ideologies, that ripped apart a nation. A nation that still suffers today from the tragic consequences of meaning corrupted by political, religious and historical organizations fueling the psychopathic terrorists on both sides with a twisted hatred of each other.

My point is that although meaning brings a high level of internal pleasure and happiness it can never be capable of reaching the highest level of ultimate pleasure due to

humanities' manipulation of its passion. The passions of meaning can be used for the good or the bad. The key is to ensure that we keep it under continuous assessment.

Jesus said that all action is justified by the results it produces. Does it bring life, hope and liberty or death, despair and captivity? For Jesus this was the acid test of all activity in life. What are the consequences of finding Meaning in your life?

You have now seen that the first four levels of happiness, Pleasure, Wealth, Contentment and Meaning can only create temporal happiness reality. For positive life empowerment with an infusion of happiness, joy and laughter on a constant basis we must move into the fifth level of happiness, Constant Fulfillment.

Level Five of Happiness: Constant Fulfillment.

This is the highest form of happiness because when it is applied with passion and unswerving discipline it has the ability to revolutionize your life giving you positive empowerment in all and every circumstances:

- The power to remove all negativity from the past.
- The resolve to defeat all the challenges of the present
- The vision to stay always optimistic for the future.

Will our ability to remove the negativity from our past, our resolve to defeat the challenges of the present or the vision to stay ever optimistic for our future be threatened by our inner thoughts, world events or future fears?

The answer of course is yes!. The pressures of our human existence are something that will always be with us. This is the battle that we all face, but a battle we can all win.

How to stay in a place of constant happiness and fulfillment, despite the challenges that come against us.

I have known serious challenges on all fronts personally, in relational environments, finances and health.

When I was 33 I had an intracerebral brain hemorrhage that should have taken my life. The neuro surgeon told my wife, while she held our ten month old son in her arms, that if he operated I only had a 15% chance of coming off the operating table alive and even if I did survive I would be a vegetable for the rest of my life!

The surgeon also told my wife Wendy that a ten year old girl had been brought into the hospital from a road accident that morning with a smaller brain hemorrhage in critical condition. He could only operate on one of us at a time someone would have to wait and be left in great danger.

He finished by saying that he didn't know why but he was going to operate on me first, a thirty three year old man with an internal hemorrhage, four times larger than that of the little girl. He said he felt compelled, as if an outside force was telling him to operate on me first, even though my chances of survival were so slim, he felt that it was the right thing to do.

The operation was an incredible success, so successful that the surgeon burst into the waiting room where my precious wife Wendy was waiting anxiously for news saying.

“It’s a miracle! A miracle, he has just moved all his arms and legs. The operation has been a great success!”

.After the operation I was taken to intensive care. A miraculous recovery followed where I recovered in just days as opposed to years that completely humbled me. I watched a mother tend to her sixteen year old son with the tenderest love I had ever seen. A mother who watched her son transform from a vibrant and healthy young man, with top grades and a passion for sport into a vegetable who could do nothing for himself. His attempts to communicate ending in garbled groans, as he dribbled endlessly down his chin. I

marveled at his mother's inexhaustible patience to wipe away the dribble. Looking deep into his eyes and speaking words of encouragement and compassion. Always at his side, always ready to tend to her son's every need.

Had she been doing this for a few hours? A few days? A few weeks? No she had been doing it for six months. Ever since her precious son had an intracerebral brain hemorrhage, only one third the size of my own!

The doctors told us that we needed to be prepared for a possible relapse at any time and even if I did not, I was definitely looking at an eighteen month stay in the rehabilitation center.

I was out of hospital in ten days! No need for re-hab or any other special assistance. I look back now with great gratitude for a surgeon who operated when logic and procedure dictated he should not.

I look back at three days in intensive care, where I witnessed the self sacrifice of a mother for her son. When the doctors gave him no hope of recovery, she remained determined to pour her love into his life.

Was it a miracle? Let me give you one last piece of information and you decide.

Three months after leaving the hospital, I was called back for a final check up. Entering the scanning room with Wendy, I felt like an extra in a Star Wars movie.

The room had bare white walls, with the tube like scanning machine in the middle of it. Nothing else was in the room, creating a strangely surreal atmosphere. Not helped when the radiographer pushed a button and a table came sliding out from within the machine.

He asked me to lie on the table and relax. Not an easy task as I was expecting hostile aliens to burst through the door at any moment.

The two radiographers retreated to their booth followed by Wendy. They were not happy about her intrusion and told her firmly to leave and return outside. My wonderful wife told them equally firmly that there was no way that she would be leaving the room. She had every right to stay, she was a qualified nurse and knew how to stay out of their way.

By staying in the room Wendy was able to witness something totally **amazing!**

After my head disappeared into the scanning machine, that for all the world to me looked like the inside of a tumble dryer. The images of my brain began to appear in the radiographer's room. All was well until they arrived at the section where I had the 6cmx4cmx2cm bleed.

The entire area was completely dead!!

The radiographers checked the image again and again. They looked out at me, and then looked at the screen, looked out at me, then looked at the screen. What they saw on the screen told them that I had a whole section of my brain dead the section that controlled my left motor function.

The medical evidence told them that it was impossible to move the left side of my body and speak intelligently but they had seen me walk in the room without a problem and speak intelligently with them.

The two radiographers now with a hint of panic flicking across their faces, called their supervisor. With some annoyance the head radiographer entered the room, set the

scanning machine into motion again and looked at the pictures. After three cycles of scanning my brain he barked interrogation questions at his two subordinates. “He walked into the room unaided? He could speak clearly?”

“Yes sir they replied each time.”

Now it was the senior radiographers turn to pick up the phone. He called the senior surgeon who was in the middle of giving a lecture. Ten minutes later he arrived, slamming the door behind him, muttering under his breath about imbecilic radiographers, looking at Wendy he said.

“What is she doing here?”

“She is his wife and a trained nurse sir.” replied the radiographer. Seeing the screen his muttering stopped immediately.

After a few moments of thought and a grunt of confusion, he set the scanning machine going round and round again. Like his colleagues before he desperately trying to make sense of the evidence on the screen before him.

Now remember I knew nothing about the events taking place in the viewing room. All I knew was that I was going in and out of the machine, like a jack rabbit in and out of his burrow by now I was convinced the aliens had taken control.

After several cycles of investigation, the senior surgeon had no choice but to end up with the same conclusion as everybody else. The medical evidence on the screen said that I should be totally devoid of movement on the left side of my body, unable to speak and partially blind. According to the medical evidence a vegetable, according to the reality laid on the table a fit and healthy young man!

The surgeon concluded by asking Wendy. “He walked in here today with no assistance; he has no problems with speech or mental faculties?”

“None at all.” Wendy replied

The surgeon shrugged his shoulders said. “There is no more to be done here gentleman” and walked out of the door.

So what is your conclusion? A walking miracle. Or bazaar twists of circumstance? I made my choice in 1987. A choice that has kept me in the place of permanent happiness ever since.

For a full account of the miracle of the walking dead man, that I believe a miracle has enabled me to become, please go to my website www.leshatton.com and click on The Freedom to Celebrate link.

Four Relational Environments of Life

There are four **relational environments** of life:

- **Home**
- **Work**
- **Rest**
- **Play**

My happiness has been severely tested by the pressure of the four **challenge points** of life. We all continually face issues and circumstances that seek to rob, steal, kill and destroy from our relational environments. These attacks come from four main areas

- **Physical.**

Natural disasters, illness and disease resulting in bodily harm to us or our loved ones.

- **Emotional**

Relational breakdowns and life achievement pressures.

- **Mental**

Fear, thoughts of negative consequences to the opportunity's and challenges of life's circumstances and experience.

- **Intellectual**

Constantly having to deal with the lack of integrity in politics, religion, education and the media, changing rules and laws, increasing of knowledge.

I deal with the four relational environments and challenge points of life in great detail in my book Freedom to Celebrate available through the web site mentioned above. The purpose here today is to give you the keys to happiness in your life.

Let me share with you the most important key that can radically change your life enabling you to live in the fifth level of happiness and reach the place of constant fulfillment in your life.

The Key:

I am a spiritual being;

who has a soul (emotions, will and intellect)

who lives in a body.

This is huge when it comes to living the life of constant fulfillment because only the acceptance of a being beyond our humanity can make sense of and bring balance to our world.

When we accept our spiritual reality we bring ourselves into the proper order of life and can receive the spiritual treasures that allow us to live life to the full and in an abundance of happiness.

This is the peace that pleasure, wealth, meaning and contentment can never continually attain.

When we accept our spiritual reality and put it foremost in our lives it not only brings us into a healthy place of accountability for our actions but also the world around us. We can then live with the faith that there will come the day when this temporary veneer of our existence will be washed away to reveal the eternal purpose and place of true happiness. When all the injustice of our human experience will be explained and those responsible held accountable, knowing beyond any doubt that these things are true.

There will come the day when:

- Injustice, suffering and selfishness will be weighed in the scales of accountability that is not in the control of human corruption.
- The innocent blood shed on the earth will have a voice and the voice of anger and hatred forever silenced.
- Corruption and selfish ambition must stand before purity and integrity for everyone to see it for what it truly is.
- When every parent who has lost their child to disaster, starvation and the evil actions of another will be re-united.

If none of this is true then all we can do is continue the status quo of our existence and remove all hope from the human heart for any lasting happiness on planet earth!

If none of this is true then what sense can we make of the fact that every snowflake is different. The balance of the universe, that goes on forever. The fact that the sun remains exactly the right distance from our earth. Two degrees closer and we are all toast! Two degrees further away and we all become icicles!

Your D.N.A, your fingerprint and your heartbeat are all unique to you.
No-one is born the same!

A Japanese research scientist, Dr Masaru Emoto made a remarkable discovery concerning the formation of water crystals and the affect of written words over them.

He labeled bottles of water with positive and negative words and allowed each to stand for a number of days. He then froze them and examined the water crystals of each one with special equipment.

The results were staggering. All the positive words, love, joy, life, happiness and many more, produced beautiful formed crystals, works of art on ice. All the negative words, death, hate, etc formed crystals that had varying degrees of ugliness and deformity!

Where do we go with the huge personal testimony of hundreds of thousands of people who have had a significant spiritual experience in their lives?

I personally believe the major gateway to a constant life of happiness is through the recognition that:

We are a spirit, who has a soul and lives in a body.

There is now a strong and growing body of research that those who recognize a spiritual reality beyond themselves live a much happier life than those who do not.

Nathaniel Branden a prominent psychologist wrote:

“In order to seek values, a man must consider himself worthy of enjoying them. In order to obtain happiness he must consider himself worthy of happiness. We must appreciate our core self, who we really are independent of our tangible accomplishments.”

We must believe that we deserve to be happy

We must believe that we are worthy by virtue of our existence, because we are born with the heart and mind to experience pleasure and meaning.”

Nathaniel Branden called it our **core self and heart**. I call it our spiritual reality that has an eternal destiny. The conclusion is the same for both interpretations.

Happiness and its attainment are received by activation of an inner reality that supersedes our outward experience.

The problem revealed

If we do not accept the need to adjust our minds to the reality of being first and foremost a spiritual being who has a soul and lives in a body, then we commit ourselves to a concentration only on the first four levels of happiness. This leaves our lives, desperately clutching at straws of hope when the hurricanes of lives challenges blow into town. Just like life in Florida, our human efforts are only sufficient when nature behaves itself. As soon as a hurricane gets to full strength, all human endeavor is seen for what it is a token gesture in the face of nature’s fury.

It is interesting to draw another parallel from the hurricanes. In a force five hurricane and tornadoes the only place of guaranteed safety is to go underground. This is the same with true and lasting happiness. We can only protect ourselves from the ravages of the challenges of life when we seek our strength from within our **spiritual reality** not our outward attributes.

Our human perception of our worth will always drag us down into introspection and judgment of ourselves, robbing us of our joy and happiness potential.

Recognition of our spiritual reality will always lift us up to fresh heights of enjoyment and happiness, when we realize that happiness is a gift, given to us all.

**The attitude should be not to question its reality within you, but
determine how to get it out of you!**

To constantly touch the world around you, with your joy.

In Part Two of the 7 Secrets for a Happy Life I am going to explain how you can bring constant laughter, happiness and joy into all your relational environments. So allowing you to live in the place of constant fulfillment, and those you love and care for in this world. Please join me and let happiness invade your home, work, leisure and rest.

Summary of Part One:

The 7 Secret Keys Of Happiness

- **Key One:**
Have no regrets from the past.
 - **Key Two:**
Have no retreat from the challenges of the present.
 - **Key Three:**
Have no reserve in releasing the riches of your future.
 - **Key Four:**
Know that pleasure is available to all, but gives no guarantees.
 - **Key Five:**
Know that true wealth is not judged by what is inside your wallet but by the contents of your heart
 - **Key Six:**
Know that meaning and purpose are essential.
 - **Key Seven:**
Know that you are a spirit who has a soul and lives in a body.
This is the most important of the seven keys because all the others are only possible when this key is in place.
-

As we journey along the road to happiness it is time to discover how to apply the wisdom that has given my life constant fulfillment. In the same way we must make deposits into financial bank accounts we are going to create great practical applications of happiness currency and how to deposit them into all relational environments of your life.

Discover how to

- build lifelong communication and intimacy skills with your partner.
- Develop skills that will give your children the best possible start in life
- Make employment a joy and not an existence.
- Handle toxic behavior and keep your head, when all around you are losing theirs!
- Look after your body, soul and mind to re-charge your batteries and take your life on a constant achievement curve of success and happiness.

Part Two

Opening Happiness Banks

We are going to look at our happiness currency, the currency we need to invest into the four relational Happiness Banks of Life.

The same applies to our Happiness banks as it does to our personal checking account. If we do not put cash into our personal accounts, there will come the day when we will not be able to take any more money out. This is exactly the same in the four environments, relational, occupational, recreational and spiritual arenas of life.

The Four Happiness Banks:

- **Relational:** Marriage, parenting, family and friends
- **Occupational** Employment paid and voluntary.
- **Recreational:** Leisure activities, hobby's, individual and co-operative.
- **Spiritual:** Spending time focusing on a higher power than our self.

To lead a balanced happy and successful life, we must make regular deposits of happiness currency into all four banks. During 25 years of successful counseling and ministry, I have found the same problem repeated over and over again. Individuals expecting the four Happiness banks to cough up endless streams of happiness into their lives without any deposits going in!

Off course life doesn't work like that there is a simple spiritual principle that can never be manipulated for an easy life by anyone.

What you put in, is what you get out.

Happiness Deposits

Just like the money we have in our pocket with its different components of dollars, cents, nickels and dimes, happiness currency also divides down into different components.

- **Love:** That is unconditional, never selfish and never seeks reward.
- **Peace:** That will not be moved by any circumstance or experience.
- **Joy:** To rejoice in your success, but more importantly of all around you in preference to yourself.
- **Kindness:** All you are, have and own are there for all to share when needed
- **Gentleness:** In word thought and deed to have no aggression toward another always have an open heart to give and ears to listen.
- **Goodness:** To have the integrity to treat all with equal respect and opportunity.
- **Faithfulness:** To never waiver in belief of spiritual reality of their God or potential of His people.
- **Patience:** To bear with all circumstance or people, whether small or great weak or strong, rich or poor, to treat all at all times and in all places with equal integrity and honor.
- **Self control:** To keep purity of thought, word and action in the face of anger, hatred and victimization however severe the test.

Each of these nine happiness deposits is operating in Level Five Happiness, when their definition is being fulfilled in all areas of your life. They are at their most powerful and valuable for you when no man sees you, and no man can praise you.

Once we activate the Seventh Key and choose to put our faith in the realities from above the happiness deposits will begin to activate in our lives and relationships, building up our deposits in the four Banks of Happiness.



Every time one of these nine currencies of happiness is mentioned or needs to be applied a dollar sign will appear.

The problem for banks is there are always thieves and crooks who want to steal from them. Jesus said that he came to bring life and live to the full (Constant Fulfillment) but the thief comes to rob kill and destroy. Whether you believe in the devil, spiritual forces of evil, negative energy, bad karma or down biorhythms, what is beyond doubt, is that there are forces that seek to rob, kill and destroy.

The most dangerous enemy you ever face is yourself, and the six inches between your ears!!



When negative forces are at work against you the see a whistle, for stop, think, turn around. This is a warning about the activity of the thief that wants to rob and destroy your happiness and will tell you what you need to do to put him under lock and key.

Read on and release your spiritual currency to fill your Happiness Banks in your marriage, parenting, employment, relationships, play and rest, with a wealth of happiness that can transform your life and the life's of those around you for the better.

The Relational Bank of Happiness

Today, marriages are under siege like never before. Divorce rates are rising, the economy is crippling financial well-being, computers and the Internet are disconnecting communication skills, the complexity of trying to multi-task life with both parents working and teenagers schedules running wild. All these things and many more are creating immense pressures in relationships today.

If you are in a relationship it is time to open your Happiness bank account, if you are not married then it's time to open the account NOW, so that when you get there, you are ahead of the game.

The principles I'm about to share have kept me happily married for 25 years to a wonderfully talented lady whom I love dearly. The Happiness Bank of marriage has three accounts, when all three accounts have a regular deposits a threefold cord of security is woven that cannot be easily broken.

I have counseled many couples over the years and continually found the problems in the marriage are because three major areas are not properly understood prior to the wedding. They do not weave together as they should, therefore it is easy for the thief to pull relationship apart. This problem is highlighted by a Chinese proverb that all teenagers and adults should learn by heart to before they enter the world of serious relationships.

Before you are married have a thousand eyes, afterwards go blind!

In one sentence you have a wisdom that could have saved countless marriages from ever getting off first base and saving the years of heartache that followed.

How many couples have gone to the altar glossing over their problems in the foolish belief that all would change the other side of the altar! Only to find the truth of the old adage, that once you have made your bed you really do have to lay in it, for better or worse.

If you are not married please, please, please! Find a place of agreement or compromise about everything before you get to the altar. Money, sex, kids, car type, the neighborhood you want to live in, likes and dislikes, leave no stone unturned.

Don't make the mistake of thinking that you will have a magic wand after the altar and they will be changed by your miraculous persuasive powers. When marriage is entered into on these terms, the highest level of happiness it can reach is contentment. Normally this will only last for the honeymoon.

What are the three accounts of happiness that we can put in place to give and marriage longevity every chance of success?

First Account: Communication



The first essential is communication. If we are to enjoy constant happiness in the marriage we must learn to communicate effectively, committing ourselves to understand the opposite sex, how they work and what they need.

The man and woman have not just been given a different shape they have also been given a very different psyche.

- **Men** are positional, **women** of relational.
- **Men** are headliners, **women** are fine print.
- **Men** are physical, **women** are emotional.

Let me give you a typical scenario that powerfully illustrates the above points. Meet fictional characters Sam and Ester.

Sam, tired from a day of work arrives home. Ester asks him how his day has gone. Sam replies. “Fine honey”, gets a beer out of the fridge, sits down and. turns on the TV. for the big game.

This is like a red rag to a bull for Ester. Also tired after a day of childcare and starved of verbal contact. “What do you mean “Fine” We haven’t seen each other all day and all you can tell me about your day is “Fine honey!”

Ester, frustrated and feeling isolated will retreat and go to the bedroom to watch her favorite TV show.

Now let's reverse the scenario.

Ester comes home from work and immediately begins to give Sam a detailed account of her day. The drive to work, who she met on the way, what the boss did last night and every other worker in the place! After a couple of minutes Sam has lost attention due to overload and is longingly looking across at the T.V and the remote control

The result of these conversations? Frustration on both sides if Sam and Ester continue to follow the same pattern of conversation. Their frustration with each other is the seed bed for resentment to grow. If not dealt with resentment will turn to anger and they are sliding down the slippery slope towards divorce.

The time to act is **now** and put in some happiness deposits before it is too late. Agree together that there is a problem and purpose to do something about it.



Kindness: Sam needs to have the grace to think of his wife's needs for communication before he turns on ESPN and the Sports channel.

Patience: Sam needs to discipline himself to listen to the fine print of Ester's story. Ester must learn to wait for the right time to communicate with her man.

Self Control: Sam must train himself to be a communicator to meet the needs of his partner. Men don't panic this can be done! Ester must train herself not to parade every misdemeanor, every time her partner falls below her expected standards of communication. i.e. Ester must not become a nag, as this will only solidify his unwanted

behavior patterns. So effectively driving him inwards and creating resistance and not draw Sam outwards and into a place of change!



For communication skills to thrive, the partners should be the best of buddies. There must be nothing from the past hidden from one another. When we need to talk our first choice should always be our partners.

NOT WITH OUR FRIENDS AND AQUAINTENCES.

If our partner will not listen then we should talk with our family, then with a trusted friend. If still they do not listen seek professional help. Don't go on the telephone, texting or venting on the social network jungle. Like all jungles it's a place full of wild animals that bite!!!



Faithfulness: Both partners must believe the best for the other and look for the answers within themselves first and others only when necessary. Never losing sight of what brought them together in the first place. Seeing their union as a spiritual event, not an act of random chance.

Peace: Learn to quickly spot rising tensions in the air, refuse to allow the problems in communication to run out of control. We do this by having a **Clean Break Arrangement (CBA)**.

Clean Break Arrangement

How does it work.

The format is a very simple but an extremely powerful process and consists of six steps.

- **Step One:** Total agreement that each has the right to 'Clean Break' out at any point when they feel communication breakdown is in danger of taking place.
- **Step Two:** go to a separate parts of the house with pen and sheet of paper in hand.
- **Step Three:** Relax, or at least calm down. Take 10 deep breaths and then exhale slowly. Next write your partners name at the top of the paper. Then underneath it write ten things that you love about them. This is very important that you persist in concentrating on your partners positives regardless of your inner turmoil. When you have your ten things written down, underneath them, put down the reasons you came together in the first place.
- **Step Four:** Write down the reason for your breakdown in communication, underneath your list of 10. You will be amazed how many people struggle to remember clearly the reason they came into the room in the first place.
- **Step Five:** Now write out at least five solutions to your problem from the nine happiness deposits. Next to each one write at least one action point on how you are going to achieve it.
- **Step Six:** Now come back together and make the first words out of your mouth sorry. (**Don't play the Blame Game**) The man should take the led, go first, and read out his ten reasons for loving his wife, and then the wife then does the same. Then each reads out their solutions to the breakdown in communication. Together they then agree the actions necessary from the happiness deposits and put them into immediate operation.

Follow up with a bottle of wine and a cuddle in bed.

The Blame Game

This is the greatest barrier to a time out arrangement. If we enter into an attitude of accusation will find it incredibly difficult to activate a 'Clean Break Arrangement' effectively.

The Blame Game began in the Garden of Eden. When God found Adam-and-Eve eating from the one tree they were told not to touch. They were caught and totally guilty and had no defense for their actions! Yet look at their response when challenged by God when Adam is asked the question "Why did you eat the Apple?"

His response gives great insight to the blame game instead of owning up to his dismal failure. Adam blames Eve! Does Eve have the courage to own up to her failure? No incredibly she plays the Blame Game too and points at the serpent.

A huge problem entered the human race because of the actions of Adam and Eve, the Blame Game had begun. Ever since the Garden of Eden all of us have found it far easier to point to others rather than have the courage to put our hands in the air and take proper responsibility for our actions!

Don't follow that example. CBA is **not about** guilt and judgment and pointing the finger at each other, it's about being real, open and honest about ourselves and our mistakes. When time outs are done in proper order when tensions and disagreements arise in our relationships they will bring tremendous deposits of happiness into the Bank of Marriage.



Love: Because you have unconditionally affirmed the feelings you

have for each other and why you are together in the first place.

Joy: Because you have refused to enter deeper into the waters of negativity and work together on an agreed solution. Every time you use the time out arrangement process. Your resolve to work at your relationship together is strengthened and the happiness deposit of joy pours in.

Peace: The time out not only brings a peaceful atmosphere for each other. It also affects all who share the home with you. This is particularly true of children, who can suffer terribly when parents are at war in the home. Left in a world of emotional desperation they desperately want to fix things, but are powerless to act and most frustrating of all even to fully understand.

Once a relationship has children effective communication and its protection in the home should be of the highest priority for the couple. We have seen the consequences of communication breakdown for children over and over again in our world. Now let's look at the second essential for healthy relationships intimacy.

Second Account: Intimacy

To illustrate what intimacy is not let's go back to our couple Sam and Ester.

Ester asks Sam a question.

“Do you love me honey?”

Sam replies. “Off course I do! I'm still here aren't I?”



No! No! No, that is not intimacy. Our physical presence means nothing if we do not also engage our spirit and emotions in the relationship. True intimacy means finding the hot spots that make your partner tick and resonate emotionally, sexually and physically. Again it is essential to understand for a healthy relationship the different priorities that the male and female have in our make up.

Men's order of intimacy

1. **Sexual**

Apparently men spend 50% of their time thinking about sex a conservative estimate for some.

2. **Physical**

Another 30% Thinking about or taking part in or thinking about a leisure activity.

3. **Emotional**

Another 20% of their time thinking emotionally

Women's order of intimacy

Is the reverse of the men's, for women emotional intimacy is their priority. The physical is in second place and sexual in third.

1. **Emotional**
2. **Physical**
3. **Sexual**

So we see clearly that in the majority of relationships because of the ignorance of these realities in men and women. The achievement of true intimacy in the relationship becomes like pointing a shot gun at the sky and trying to shoot ducks. You may be lucky one day and have one fly over, but I wouldn't hold your breath!

For intimacy to stand the test of time and not just the honeymoon both partners must be pro active in meeting each others needs and priorities.



Sexual intimacy: Here the old adage, "Making love begins at the kitchen sink" still holds implicitly true today. If a man is to create sexual intimacy with his partner he must first be a giver and not a taker, sexually a servant of their partners needs above their own.

Treat your partner's body as something to be treasured and honored by you, not just a convenience for satisfaction. Men must make the woman's sexual fulfillment his priority.

- The woman must give her partner a sexual roadmap for her fulfillment and guidance along the route.

The happiness deposits of patience and self control will need to be made here by both partners as they navigate what will often be some new terrain in the relationship.

When faithfulness, patience and self control deposits are activated in response to your partners sexual needs, you are putting huge deposits into your relational happiness bank.

- Treat each others bodies as something to cherish and enjoy as things of beauty not just a convenience. Adam and Eve were naked when God brought them together, there was no shame. Sometimes a negative attitude toward the human body can be brought into a relationship because of past experiences and background. It is very important the couple talk these issues through and get professional help if needed.
- Be open to talk about sexual methodology together but never enter into anything that both partners are not completely comfortable with.

For more information on sexual fulfillment check out our study guides and seminars on this subject, please go to www.theartofsexualsatisfaction.com and or www.leshatton.com click on the link to sexual fulfillment.

Emotional Intimacy

This is a huge area for the female partner in a relationship because this is her primary need when it comes to intimacy. The woman needs to feel emotionally secure with her man to deal with the pressures that life is going to bring. Emotional security with your partner is created by verbal and visual affirmation.

Verbal affirmation: You will be able to complete a saying very easily for me. “Sticks and stones may break my bones but words will never _____ me.”

This is one of the biggest lies propagated on planet earth!!!

Words are extremely powerful, a reality I shared earlier from the book of Proverbs.

The power of life and death is in the **tongue**.

Also remember Dr Masaru Emoto and his amazing experiments with water crystals and the incredible effects of the written word over them.

Therefore our words in our relationship must build up, not tear down, bring comfort not despair, and create positive mental momentum not negative.

We must bring **positive affirmation** into our relationship continually; we do this in two ways with verbal and visual.

To enable us to give continual verbal affirmation to our partner we must keep the Chinese proverb in mind that I shared earlier. Before you are married have a thousand eyes once you are married go blind.



Verbal affirmation is not about fault finding and judgment of your partner. Once you enter into this territory you have created serious hurdles for your relationship to clear. Making constructive affirmation extremely difficult to give and receive.

Seven to One: Research has suggested that it takes seven positives to take away the effect of one negative, having been married for twenty five years and raised three children my experiences would agree with that ratio.



Patience for relationships to be effective each partner must understand that it is far more important to use your ears than your mouth! Always listen attentively and let your partner get it **all** of their chest. This is where personality profile understanding that I shared earlier becomes very important. The analyst and the idealist can talk forever. The realist and the activist just want to get out there and save the world.

Goodness: always focuses on the good things in your partner and leaves their maker to deal with the bad. It is amazing how quickly people can change when both parties in a relationship commit to focus on the positive and not the negative!

Faithfulness: make sure verbal affirmation becomes firmly established in your thoughts and words concerning you partner. Never dwell on the negative, only the positive.

Visual affirmation

For both partners this is important, but particularly for the women. Men need to show romance to their partner and not just leave it on the movie screen. Men need women to be visual with their sexuality and to give their man praise for their physical prowess and achievements however minimal they may seem.

Men need to buy their partners chocolate and flowers spontaneously, on a regular basis. Open doors for your partner to walk through, treat her like a lady at all times. Take her out for a candlelit dinner and remind her how much you love her.

Ladies treat your man with respect and never talk him down or belittle him in public.

He will be your knight in shining armour when you treat him like one.

All he needs is the oil of affirmation from you to keep the armour shiny and all the joints moving freely.

Men treat your wife as a Queen and you will have the joy of fighting the dragons to rescue her from the tower of negativity and fear and be her hero.

Financial Accountability.

This is the third cord that must be woven in our partnerships. One that when woven with communication and intimacy creates a bond of great strength, that the challenges of life will have great difficulty in breaking.

Financial accountability begins with total financial transparency in the relationship. Anything less will give opportunity for the seeds of distrust to be sown. I have seen over and over again in the last 20 years, situations where one partner, normally the men will give their wives no financial information to all.

The transparency of relationships began in the Garden of Eden with Adam and Eve. When Eve was brought to Adam and she was completely naked. So it should be in all areas of relationships. There should be nothing hidden from each other. The apostle Paul said that if we love one another then we will put away all falsehood and lies! So that we may speak can the truth in love and grow up as Christ.

If we have to hide our financial situation from the other partner, where is the accountability in the relationship? The question must follow, 'What else is locked away in my partner's heart that is beyond my reach?'



To make deposits in our financial happiness account both partners must have full knowledge not only of what is coming in but total agreement on what is going out.

When it comes to how we spend our money is very important to have a budget and breakdown of where the finances are to go and how much. A scatter gun approach without discipline is a recipe for certain disaster.

Remember. Those who fail to plan are planning to fail!

I have used a system that we and many others have used with success, whether you use this system or another is of no relevance. What is **essential is that a system of order** is put in place for expenditure that is agreed upon and effective.

Living and Bills:	60%
Short term Savings	10%
Long term Savings	10%
Giving, Pay forward	10%
Mad Money, Play	10%

Bills are self explanatory. But if your living costs and bills are exceeding sixty per cent of your income then I highly recommend some specialist help in dealing with the situation to bring things back to a manageable situation.

Sort Term Savings are for the things you can see in the future, Christmas, holidays, a new (to you) car.

Long Term Savings are your Financial Freedom Fighting fund. . 10% of your income put away into interest bearing accounts added to monthly will soon, by the miracle of compound interest quickly mount up into a secure nest egg.

This takes discipline because you won't get bills through the door demanding that you pay up. It is entirely voluntary exercise. But an important discipline to master.

Giving or Pay forward this simply means setting part of your income aside to bless the work of love, charity and mercy around you through your church, temple or spiritual source.. It is a thank you to the source of your finance, a portion that can recirculate, creating blessing and gratitude for others. The secret off the tithe (10%) is known by the rich and hidden from most. Why? Because it works.

Mad Money or Play this is your finance to just go out and have fun with those you love and care about. Opportunity to build the bridges of intimacy and bonding that build your bridges into your future relational happiness. Use the money to create memorable experiences. If this element of your financial wellbeing is overlooked it will be at your peril!!

In today's world, with the economic melt down all around us, financial stability and freedom from debt has become even more important for our relationships.

My prayer for you is the hope that the three fold cord of relational success that I have shown you to day is one that you will embrace with all your heart. That you will work on communicating with your partner with new sensitivity and understanding. So building fresh intimacy in the sexual, emotional and physical areas and bringing new transparency to all financial information. Laying the foundations for healthy relationships that can see an avalanche of happiness deposits enter your lives.

For more information on the communication, intimacy and financial skills shared here and much more besides please go to www.leshatton.com and click on the appropriate link.

The Happiness Bank of Parenting

Please, please, please, if you are single do not assume that this chapter that is applicable to you. If anything this is actually more important for you than those that are in a relationship and already have children. Because what you will learn here can prepare you for the most important job in life, having responsibility for another human being, their safety, their future, their life.

It is extremely worrying at times the level of parenting skills that we all see on view at the local grocery store. We all can see that the parental control that is meant to bring love, correction and wisdom into the children's lives is just not happening, What we more commonly see are children ruling their parents, demanding items, products and attention. Mothers and fathers are exasperated, exhausted with the desperate battle and defeated as they give in to unreasonable demands in exchange for a quieter life.

Parenting can bring constant joy, fulfillment and happiness when done right. When done wrong can be a source of tragedy for all involved. to see this truth in action, just turn on the local TV news at night.

I believe that after marriage, parenting is next most important occupation in life. I say this because I've seen the results of a broken home, up close and personal. My parents relationship broke up when I was eight years old. My mother had a nervous breakdown and the family was split up to various orphanages and foster care homes. This fed my teenage years rebellion lifestyle of alcohol, crime and drugs.

By the age 27 I was empty of all optimism for life. I had spent three years in the British Army in Northern Ireland where I saw the irrational and bigoted behavior of Catholic and Protestant hatred against each other. I watched my friends die and had women holding their babies spitting in my face because of the uniform I wore.

At 27 I attempted to take my own life only a miracle saved me from my foolishness. I know that my life was in a large part the result of the breakdown of a father figure in my life. Devoid in my childhood of a father's unconditional love, to train, correct and guide me into a life of wisdom and confidence. I created my own role models with the music and drugs of the '60s and '70s. I mainly saw the bottom of several beer bottles on a Saturday night and the gambling at the dog track for the rest of the week. With nothing in my pocket and even less in my head I committed myself to an endless round of self seeking pleasure, leaving me with an hedonistic void that should have destroyed my life.

Would a father figure have saved me from my path of attempted destruction? Who knows? What I do know is that I desperately missed a father's wisdom and companionship, during those years and it could **only have helped.**

How important are parenting skills today? I believe more important today than they have ever been in our history.

A quote from the Jesuit priests from the 16th Century still has relevance for today.

“Give me the boy until he is seven and I will give you the man.”

This truth is as powerful today as it was then. Parenting has the power to put things into a child's life for the good or bad, from when they draw their first breath to their last parental input will never cease.

We live in an age when parenting skills are decreasing not increasing in their wisdom and understanding of what is necessary to bring up a child in today's world. The pressures on parents with economic recession and broken homes proliferating in our society today are immense.

The Parenting Happiness Bank has three accounts of wisdom to open.

Awareness:	Years 1-8	To know who they are
Discovery	Years 8-16	To know what they can do
Release	Years 16-25	To know where they should go

The Awareness Account

To know who they are

The awareness account is opened when we accept the reality that your child is a gift from above, on loan, not our property or plaything. We are in partnership with their creator to release their destiny and care for them.

This is so easy to say but at times can be so desperately hard to do. Even when we know the truth in our head, we will battle its reality constantly in our heart. But it is a battle we must win for the sake of our children. Let me give you a scenario with Sam and Ester and their son Joe that will help to illustrate this point.



Sam is talking to his son little Joe now 7 years old. Sam says “Joe what you want to do when you grow up?” Joe answers “I think I want to be a fireman Dad”.

Sams response “Well that's all very well and good son but I have always worked with numbers as an accountant, so did Granddad, and so did his dad. Don't you want to work in a clean, safe office Joe?”

And so Sam's manipulation of little Joe's life goes on and on to get him into the safe office. Sam is taking control and ownership of Joe's life. This scenario is subtly played out in many ways by parents over their children. Some parents knowingly manipulating the children to their purposes, other's in ignorance.

Whether in knowledge of what they are doing or in ignorance, the results are always the same, disillusionment and disappointment as their children increasingly battle their parent's limitations of them.

We are called to *unfold* our children and not mould them.



Whatever your child is called to be should be a journey of discovery for you both to enjoy. I can't emphasize how rich these deposits are in your children's lives, as you unfold the wonder of life with them and their creator. In later years you will have their respect and gratitude for a job well done.

Let me give you a personal example. From the age of two my son loved musical films and particularly 'Oliver'. He would watch it over and over again. We were wise enough to unfold our son and encouraged him in his love of music and dance. My son ended up dancing at national events in the U.K. and attending a top dance school during his teenage years. At the age of 10 expressed a keen interest in the drums. So we facilitated this desire and he became an expert drummer, even passing an audition for the Blue Man Group.

Today he is a professional musician leading worship at a church in California. I could easily have greatly hindered my son's progress when at the age of seven he declared he wanted to join the local ballet class! If I still had the mentality of my early years that would never have happened because I grew up with the ingrained believe that ballet was for the effeminate sons of the rich upper classes who had to indulge the wishes of doting mothers. Ballet was definitely not for real men. Thankfully I had broken the mould of my upbringing and refused to create one around my own children.

My children regularly thank me for their childhood and the input that I and my wonderful wife have put into their lives.

That impact was possible because we worked with our creator to unfold, not mould the gifts he had given us.

A revelation before I had children that has been very instrumental in our success is that one day I realized we have them for 18 to twenty years, but our God has care of them forever.

Follow His Blueprint, don't create your own, He has been at it a lot longer than we have!

Setting Boundaries

The second awareness that our children must be trained in for a happy life is their boundaries of behavior. Let me give you some insight into your child's frustration when boundaries are not clearly defined for them. Think back to the last time you had to use a road map to get around a new city! Was it fun? A wonderful bonding experience with your other half? Are you rushing out to do it all over again tomorrow? No I didn't think so; all can say is Thank God for GPS!

Those frustrations you felt when you went around the one way system for the hundredth time and still didn't find your way out, is exactly how your children feel when you do not give them clear boundaries for their behavior.



We have all been in the line at the supermarket watching little Joe who is in temptation heaven and touching everything he can get his

hands on until Ester barks at him.

“Joe leave it alone or else! Joe I have told you to leave it alone I won’t tell you again!”

Sam is reading the fishing magazine and pretends not to see a thing.

Ester’s voice has now turned shrill and panicked as she repeats

“Joe I have told you to leave that stuff alone, you touch it one more time I will give you such a good hiding”.

Off course Joe doesn’t take one bit of notice and continues merrily rearranging the shelves. Ester, frustrated and angry at her own lack of ability to control Joe or even have any influence over him completely loses it, shrieks at Joe and gives him an almighty wack on the back of the leg.

Result Joe is in floods of tears and mum is waiting for a miraculous escape plan.

Sam ambles over, gives Joey a clip around the ears for good measure and scolds Joey for not listening to his mother!

Results for Joe are confusion and anger; nothing has been explained to him why he shouldn’t touch or more importantly the consequences if he does. All he understands is the display looked good and it was time for play.

Make deposits into your children’s happiness bank by training them not to touch inside your home, not outside in the supermarket and clearly explain all the reasons why. Then when they get to the supermarket boundaries are already set.

I had reason to be very thankful for our, don’t touch training with our children when they were young.



In our home in downtown Leeds in the U.K we had a problem with rats so I put down rat poison overnight to cure the problem. One morning I missed picking up one of the bowls with the bright green rat poison in it! My son Nathan aged six was in the kitchen with my daughter Naomi who was three. I was busy fixing them some breakfast when I heard my son call “Dad! Dad!” my first reaction was to tell him to wait and not to be so impatient, breakfast was nearly done. Then for a second time Nathan called “Dad! Dad!” I turned around immediately to see Nathan suspending his sister over the bowl of rat poison she had found by one arm! She was determined to sample to attractive, bright colored substance, maybe it was candy?

Before I had put the rat poison down I had shown Nathan the packet and contents with a severe warning that under no circumstances was he to touch it.

That setting of boundaries saved my daughter from being a very ill little lady.

- Boundaries need to be set and agreed upon by both parents and **implemented** by **both** parents. I’m sorry guys reading the fishing magazine while the wife turns into a wailing banshee is not on.
- Never discipline a child in anger. Discipline should take place long before the parent loses control.
- Have an agreed and set sequence of discipline that the child is fully aware of.
- **Always** agree together in front of the children. All children understand a Biblical principle from their diapers. **A house divided against itself cannot stand.** Why is this so make enormous? Because once a child knows you do not follow through on your word, you loose control and give them the right to manipulate your world/ Parental authority will be systematically dismantled over the following years.

- Attend every public event that your children participate in. This validates your love for them in a powerful way because it is a public expression of it. For the child it creates tremendous affirmation of their worth.

During the raising of my three children I unavoidably missed a couple of events. Even today my children are who are in their twenties and late teens will remind me without fail of the date time and place of the event that I missed!!

I am very thankful for our disciplined and focused attention to the points I have just shared with you. I pray and hope for the sake of the children you have or those to come, that you will find great inspiration and help in the wisdom.

Just like the latest ‘overnight’ sensation in Hollywood who perfected his skills, where no man gave him a second glance and a job that has more dead ends than the one way city traffic system. Parenting is the unseen price of sacrifice that we pay, so that our children can become that overnight success. We pay the price but they get the glory. Yet there is no greater joy than standing in the wings and watching your children perform on the stage of life with distinction and giving glory to our maker.

General Douglas MacArthur Echoed my sentiments perfectly in a prayer for his son.

“Build me a son, O Lord, who will be strong enough to know when he is weak, and brave enough to face himself when he is afraid; one who will be proud and unbending in honest defeat, and humble and gentle in victory. Give him humility, so that he may always remember the simplicity of true greatness, the open mind of true wisdom, and the meekness of true strength. Then I, his father, will dare to whisper, ‘I have not lived in vain’”

These words sum up what I have sought with all my heart to instill into my children's life's in the years of awareness. Now they are grown and I can look from the wings and take pleasure in what I see.

The play of life is not done for them yet and one day I will watch from the wings for the last time and dare to shout I have not lived in vain!

The Discovery Account

To know what they can do

The discovery years of age 8 to 16, these are the years when you can train a warrior or a wimp. To help understand the statement let me explain what I don't mean by a warrior. I am not talking about the guy who has got the hardest punch in the school, or can pump the most iron, or plays quarterback for the school team. They are capable of being a warrior but there are no guarantees.

The warrior I am talking about is the one I spoke of at the very beginning of this book. Not the outer veneer, that so many foolishly revere, but the inner steel shaped by the fire of adversity. The young man and woman that live without regret from their past face the challenges of the day without retreat and face their future with unquenchable optimism and excitement. This is the warrior that you want to develop.



As a parent we need to understand and develop the 'Tough and Tender Principle' in our children, for balanced and productive development our children will need both.

There is a time to sympathize with our children's battles and another time to stand aside and watch. Ever ready to get involved if needed, but only when **absolutely necessary**.

There is a time when we must not pander to the immaturity of youth and we must be tough. There is another time when life has hit them with a broadside and we must be the

first one to give them tender comfort and wisdom so they can rise back up and get back in the game of life.

Jesus made a simple statement that powerfully illustrates why we need to train warriors of integrity and not wimps of compromise in today's world.

“Let your yes be yes and your no be no because anything else comes from the evil one.” Matthew 5:36-38

If we want our children to have a confident and assured decision making process and keep themselves from the negativity of indecision and pontification we must train them to be ‘Yes! and No!’ people in their formative years.

Am I saying that there is no place for deliberating over a decision? Absolutely not, there are always times in all of our lives where we must do exactly that, when much depends on our decision.

Training our children in moral integrity and assured response will bring them great protection when their peers draw alongside to lead them into destructive practices and lifestyle.

My children grew up in a downtown area of a city in northern England where drunks, drug pushers and prostitutes were a common sight on the streets around our home. They saw up close as they grew up the wasted lives and terrible consequences of poor life choices.

We continually educated them in the right life choices to protect them from the same path. We did this in a number of ways.



Emotional Development

- If you are going to guide your children properly during their emotional development, you must stay intimate and close to them.
- Make sure that have regular family events where everybody can have fun, chill out and be themselves.
- Teach them to have balanced opinions, to listen with an open ear to every opinion that comes from a sober calm and temperate mind, until they prove themselves otherwise.
- Fathers must tell their daughters **often** how much they love them and how beautiful and precious they are. This solidifies genuine unconditional love in their hearts so that when the eighteen year old college student turns up with his single agenda she can spot the fake without giving it a second glance.
- Fathers for your sons wear your emotional heart on your sleeves. When something touches your heart let the tears water your eye and when necessary flow down your cheeks. There is a great nonsense in this life that says big boys don't cry. A major problem in many marriages comes because boys are taught the nonsense above. Crippling their emotional security and leaving their wife's banging their heads against the wall in frustration.

As Jesus entered Jerusalem He wept over it. At the tomb of Lazarus He wept because of empathy with the broken hearts of the family and friends of Lazarus around Him. If it was O.K for Jesus to publicly show His emotions, how much more, us mere mortals!

I have given you the principles being a warrior parent in a failing world. I believe I have the right to share the wisdom I have gained after 22 years of successfully raising three

awesome children. Over the years we have continually received praise from other parents and adults concerning our children for the maturity, wisdom and character they possess beyond their years.

I know that if you are consistent and persistent in applying the principles you have read here then you will continually be depositing tremendous happiness into the lives of your children in the years ahead.

What the future holds for the next generation is a glass that we can only look through darkly but as parents of this generation we must lay the foundations that will last under the future storms of life, whatever they may be.

We shall be talking about the power of projection in your children's lives later but let me leave you with a promise from the book of Proverbs that gives you great encouragement to apply what you have read today.

“Train the child in the way they should go and when they grow old, they will not depart from it.” Proverbs 22:5-7

Notice it says train them in the way they should go. Do your part as a parent on their journey of awareness and discovery and the right pathways for success will open up for them. All that you have read in this section on parenting is taken from our seminar materials on Raising Warriors for Success and The Total Parent Makeover. For more information go to www.LesHatton.com

The Releasing Account



Knowing where they are to go

When we get to the final stage of parenting the aim is to let them go so they do not come back. Is this the case in all circumstances, no. But as a parent the healthy attitude is to see them go with no plans for their permanent return except of course for holidays, special events, and extreme emergencies. Up to this point there has been more focus on the men's behavior than the ladies. In this section the emphasis will change, this is because the ladies normally have more challenges letting go than the men.

This is of course understandable after 20 plus years of being intricately weaved into the life of your child everything seems to be dismantled overnight.

There are some ways that can help considerably in making the process, a positive experience and not a negative one.



- Partners need to talk about the impending departure well before it takes place.
- Discuss and agree how you going to use your new-found freedom to benefit your relationship.
- Purpose to equip your children through the years of awareness and discovery with the practical skills of life. So that when they arrive at the campus for their new adventure, the chores of life are not a foreign task from another planet. **Please, please, please** mum and dad, don't let them bring their dirty laundry home.

This may seem a minimal problem but often is the tip of the iceberg.

- Do not manipulate your children, making them feel guilty for spreading their wings.
- Never expect continual phone calls and updates every moment of the day.
- Continually encourage your grown children to integrate and socialize in their new environment.

When it comes to letting go the American Eagle can give us some great lessons, their system is a wonderful example of parental cooperation in releasing their young into the world.

They begin by working together and forcing their young out of the nest and to the cliff edge. The male eagle then takes off, leaving the mother on the cliff edge with the young eaglet. The mother kicks the young eagle off the cliff edge and sends it plummeting to the ravine floor below! The young eaglet desperately flaps its wings in blind panic. With his heart pounding and is brain numbed with fear, he resigns himself to the inevitable. Then just as is about to be splattered all over the ravine floor, the male eagle swoops below him and carries him back up to safety.

The male and female eagles will continue to do this until their young eagle is flying the air currents with the same ease as they do.



Just like the eagles we must give our children a boot over the cliff occasionally in their teenage years to build confidence and maturity in their lives.

I am a great believer in organized trips for teenagers at home and particularly abroad, so that they can be stretched by having to adapt to strange cultures and learn to appreciate and the work with others out of their comfort zone. I and my wife Wendy have run many weekend trips away for youth in our churches and schools. It was a great privilege to watch the young people mature and overcome the challenges we set before them.

I know that one of the major reasons for my own children's maturity was the constant stretching of their characters and personality through the many trips we organized of for them in their formative years.

As parents we have a choice, we can train eagles that soar on the winds of life, with confidence and assurance. Or train chickens that peck at the ground, never lifting their eyes to the horizons above them. Their only attempt at flights of discovery when they are under stress!

I thank my God for the grace and wisdom He has given us as parents to release our eagles into this world. It truly is, His inspiration that has made it all possible.

We all have the ability as parents to deposit into our children's lives a great wealth of happiness, by following the principles I have briefly shared with you. A wealth of happiness can grow with interest over the years beyond price.

The Happiness Bank of Employment

The reality for all of us is that we are going to spend around seventy years on this spinning ball we call earth until we shuffle off to our next adventure of existence.

We will spend 5 years with our family, 11-15 years in education and five years in retirement. So that leaves us x number of years in employment. The mathematicians among you will probably have worked it out. Yes we are going to spend approx 54 years working for a living!

I find it strange that for something we are going to spend so much time doing in comparison to other events in our life there is so little information on how to be happy while doing it!

There are four areas from the seminar series 'Happiness @ Work' that will help you get a lot more joy and laughter in the workplace, see www.TheHappyPeoplePlanet.com.

To do this there are three accounts in the happiness bank of employment that you will need to open.

Happiness Account 1

Finding a Calling Not an Existence

What do I mean by a calling? To understand this we need to return to what I said earlier about our three part being, of spirit, soul and body. For happiness in the work place all three parts of our being must be actively involved and in a place of contentment.

If our employment is just in the physical, with no thought to the peace of our spirits or soul it is therefore not to a calling that we are involved in but an existence. This creates an environment where happiness is submerged under frustration and drudgery.

To find happiness in the work place we must realign our order of priority and see our workplace, as a place where we are called to be to serve others and train our characters for life. When these two things are in place we have a calling and not an existence.

As I shared earlier each of us has distinctive personalities, with primary and secondary combinations of the realist, idealist, analyst and activist. The expression of our distinctive personality profile comes through our SHAPE which will express our unique calling in life.

Spirit

Heart

Ability

Personality

Experience

How to Recognize Your Calling

First Principle:

Your calling will always be a result of the **SHAPE** God has given you. Not what the world around you as tried to force you to become.

Spirit: What God has put in you to serve other people?

Heart: The passion and empathy that God has put in you to touch people

Ability: The practical, physical, emotional and spiritual skills to achieve success

Personality: Your D.N.A to bring joy and laughter to others in the work place.

Experiences: The roads that you have traveled that can help others find an easier route.

When we understand our **SHAPE** and what drives and motivates our lives then we can look for our fit in the world of employment. Just like our fingerprints and D.N.A. All of us have been given a unique shape to fit into the world of employment.

It is so sad that so many are like the child with a choice of shapes to put into the right place in the shape box. Constantly getting it wrong and becoming increasingly frustrated and aggressive with the task! Finally in total anger at his failed attempts, he takes the hammer and tries to force the shape through the wrong hole.

In the Psalm 139 we are told that we are wonderfully and intricately made. It then follows that what we are called to do in this world is also an intricate and wonderful process. In the Parenting Warriors for Success section I spoke of unfolding your children and not molding them.

When we are young our parents have responsibility for oversight of the process. When we become adults and have responsibility for our careers. I personally believe our spiritual communication with our creator to transfer oversight is immensely important.

I have found it's the only way I can keep my sanity and the hammer in the tool box!!

In the book of Proverbs it says that the awe of God is the beginning of wisdom and that by wisdom the house (our life) is built. I purposed many years ago to let spiritual wisdom build and watch over my life.

Second Principle:

From your shape comes the passion to run the race of success

What is a definition of passion?

Passion is an all consuming desire for a set purpose with no thought of reserve or retreat from its achievement.



A note of caution needs to be sounded here. **Passion alone is not the guarantee of successful and happy employment.** A person can be totally passionate about something but if it is based on their emotions and not the heart then it can be extremely dangerous to their future happiness in employment.

A vivid example of this is the American Idol program. Every year we see on our TV screens, the wacky, wonderful, and the beautiful that truly cannot really sing a note!

Are they passion about a singing career? Absolutely!! In fact some of the most spectacular failures are more passionate about their talent than the majority of those that make it through to the finals. Have they any chance of success? Only on Venus and Mars. They are in a place of passionate delusion.



We must test our passion to ensure that it is not polluted with emotional delusion.

- It cannot be shaken by our relational storms, we know that we know.
- Others around us recognize our talents and abilities and our passion for it.
Please, please, please **don't rely on your parents or best friend affirmation.**
Often they will not want to hurt your feelings and leave you in ignorance of your true level of ability.
- You are humble, teachable and willing to learn. You have never arrived and always hungry to sharpen your skills to greater levels of excellence.
- You are willing to pay the price and do whatever it takes for success.

Remember the overnight success has, nearly every time, been achieved by a lifetime of effort!!

With our passion tested for true ability it can now produce the motivation to take us into the place of achievement in our careers of happiness.

Third Principle:

From **directed passion** comes **lasting motivation**

This is the third phase of our calling and creating happiness in it. What does my passion motivate me to do? What do I want to achieve with its drive within my heart? Why do I

want to do what I am so passionate about? Just like our passion for success, motivation must also be tested and understood for lasting happiness in the workplace.

Testing of Motivation

- Never becomes arrogant or boastful.
- Shares true respect to all around them from the tea boy to the chairman of the board.
- Trusts the SHAPE they been given and the gifts within them knowing that they cannot be denied, over the process of time.
- Will always seek help from people of integrity that have gone higher, deeper and further on their chosen road than they have.
- Will always congratulate and rejoice with those who have gone down the road of achievement further than they have.
- Will refuse to allow the cancer of envy and jealousy to invade their thought life.

Fourth Principle:

Motivation needs constant **evaluation**.

When we constantly evaluate our happiness in the workplace it will protect not only our own happiness, but the happiness of those around us. Some people will stay in the same calling all of their lives and be completely happy making the need for constant evaluation very minimal.

Others will find themselves regularly in transition, in this situation evaluation of the motives and passions within us become essential in keeping our happiness active in the work place. When we follow these principles it allows us to be at peace with who we are, what we're doing and confident that we are in the right place at the right time.

And most important of all, doing the right thing!

Happiness Account 2

Conflict in the Work Place.

It is the subject that's filled TV soaps with most of their material for generations. Conflict in the workplace has the power to make eight hours a day a living hell. People are people and as some ministers say "Church would be great without the congregation!" This of course is impossible. Unfortunately it is equally impossible to live without conflict in the workplace. It will always happen sooner or later and seek to rob us of our happiness.

We will never be able to always stop it taking place **but** we can know how to deal with it so that its effect is as minimal as possible.



Things not to do.

- Never express an opinion or judgment when you have only heard one side of the story.
- Never say anything behind a person's back that you haven't said to their face.
- Never fight fire with fire, all you are doing is giving the fire engines twice as much work.
- Learn from the book of Proverbs that tells us that a wise person keeps a constant guard over their mouth.

In every work place you will have **toxic** workers. Whose predominant focus is a negative mindset towards their employers, fellow workers and life. Try to have as little to do with

them as possible or their negative cancer will seep into your attitudes and behavior patterns also.

Researchers estimate that we are the product of the five people we spend most of our time with! Who are you spending the most time with?

Understanding aggression will help us to spot the toxic workers around us. There are two types of aggression in the work place.

1. Achievement driven.
2. Combat driven

Achievement driven: Competitive, goal orientated, direct, single minded and self absorbed.

Combat driven: Confrontational, impatient, dictatorial, intense, opinionated and self centered.

Both are toxic to your happiness in the workplace, but the combative is highly dangerous. The combative worker will drag all they can into their toxic world of confrontation. The achievement based workers will look for friendship and allies but only for their own self absorbed purposes.



I learnt an important principle many years ago that as helped me considerably when it comes to associates in the workplace.

Wherever I work I have three categories that I place all my work associates into, the Sheep the Goats and the Wolves.

Sheep: Those that have a positive and respectful attitude to their fellow workers and the work environment.

Goats: Those that have achievement toxins, but at other times can be pleasant companions.

Wolves: Those that have combative toxins and have no other motivation in life but to tear down everything around them. Nothing is ever good enough, nothing is ever done right and no-one deserves praise except them!

In the work place I will spend all available time with the **sheep**. Who will support and help me with positive input and increase my happiness levels.

The **goats** I will spend time with only when necessary. But always be available if they come to me for advice and help.

The **wolves** I have nothing to do with unless forced to by work with them because of procedures or protocol. But I am always courteous and respectful of their positions of authority, however toxic their behavior. I refuse to be drawn into an attitude of anger.

As time has gone by over the years I have continued to deposit my happiness currency into the situations of conflict. Every time it has been a choice and sometimes it has been extremely hard to make but I know that those difficult decisions have shaped and sharpened my character in a very positive way over the years.

Happiness deposits

Love: Remember that very few people are toxic by choice. Their life experiences from the past and circumstances in the present are often irresponsible for their toxic behavior patterns.

Proverbs tells us that a kiss turns away much anger. In other words keep a loving and positive attitude in thought word and deed regardless (never easy but always essential). Keeping emotions under control, take 10 deep breaths and take great care with your next 10 words. The restroom is or is a good place to go and recover your composure, if you feel the conflict situation is getting out of hand. Take a time out even if they won't or can't.

Peace: If things don't improve, to keep your peace and walk away.

Control: Be careful not allow the skirmish to turn into a war by telling all who will listen of your terrible treatment. The only people you should be talking to are your boss and those you can trust implicitly with information.

N.B If anyone in management needs to know, let them know immediately. It is highly desirable to take a witness with you who can verify your account of the events.

Happiness Account 3

Aim for Excellence

This is the greatest key of all to our happiness. Especially for happiness in the workplace, Millions of people will go to work every day giving no thought to producing the standard of excellence.

When we see the workplace as an opportunity to serve others and challenge our character to greater levels of excellence in our attitudes and actions. The rewards in the long term are huge because this allows the spiritual forces that watch over us, to open more and more doors for accounts for our success. Knowing that with your attitude of excellence, they can trust you to appreciate all the favor they bring.

What does an attitude of excellence look like?

- Shows respect to employers and superiors at all times regardless of their ability (let God move them on, not your whining).
- Is a team player and will help wherever help is needed
- Is always punctual and dressed to impress.
- Does not cut corners because of pressure from the boss, convenience or to please fellow workers.
- Always has an ear to listen, a heart open to care and wisdom available for all to receive.
- Continually seeks education and to improve personal performance.

The individual desire for excellence is exactly that. An inner desire that no man can pass to another, it is **caught not taught**.

The heavy weight boxer Mike Tyson became, for a brief period, an unstoppable boxing machine of excellence, fueled by a deep desperation, to escape the ghetto of his childhood.

Nelson Mandela developed excellent skills of diplomacy to unite a nation, previously torn apart by hatred and inhumanity. Coming out of prison to shake the hand of his captors and lead his nation into a brave new world of racial unity.

Thomas Edison toiled for years in anonymity, before the lights came on and his intellectual excellence could light up the world. Excellence can be seen in all walks and of life from the ghettos, sports fields, and university's, politics, religion, to the brilliant mind locked away in his garage for years with a dream to change the world.

Winston Churchill famously said of the air force pilots that fought of the hordes of Nazi bombers that were turning the cities of Britain to dust during the Second World War. "Never has so much been owed by so many to so few".

When it comes to the spirit of excellence it is a gift that few will pay the price to attain on a permanent basis. The allied pilots that turned the tide of the Second World War paid the ultimate price for their excellence with their lives. Thankfully that is the exception and not the rule. But there is a price to pay for all excellence. For some it is their time, for others their finance, for a few their blood. Wherever excellence is found the rest of us should be eternally grateful for the price that was paid so that their brilliance could touch the world in which we live for the better.

The Happiness Bank of Rest

Let me ask you a question?

If I had a brand new luxury car, then I drove it for mile after mile with no maintenance. What is going to be the inevitable consequences? That's right. Eventually it is going to break down and cease to function.

Let me ask you another question?

Will the beautiful body work, luxurious leather interior of the highest quality, the powerful engine that can accelerate from 0-60mph in 3 seconds, stop the car breaking down? If routine maintenance is not carried out? Off course not!!

The routine maintenance for the human life, the pinnacle of Gods creative work is the **Happiness Bank of Rest.**

If we do not put regular deposits into our Bank of Rest, everything else will one day come to a grinding halt.

In some ways although I have left this bank to last it is without doubt the most important of the four. Because we are a three part being, we have to open three accounts in the Happiness Bank of Rest, the accounts of our spiritual, emotional and physical being.

Happiness Account 1

The Spiritual Account

This needs to be a place of worship, where we can be at peace and give respect to the higher forces who watch over our lives. As I said earlier from my Spiritual account I attend a place of Christian worship. Each individual must come to a place of peace of where they need to attend. I attend a place of Christian worship because I believe in the life of Jesus, I see my ultimate role model of a life that lived in Level Five happiness, the place of constant fulfillment. He reached the highest level of happiness and stayed there. Even the 6 inch nails of the most gruesome death imaginable could not deny Him permanently. Eventually even that challenge was overcome.

Where you open your spiritual account is your choice. For me there is one clear criterion that should help you considerably in your search.

Wherever you go for your worship of a higher force than your humanity you should always come out of your participation happier and more fulfilled than when you went in.

My **personal** hallmarks of a good spiritual home.

- A place of spiritual worship
- Treating male and female with equal respect and honor.
- Activity in the local community with compassion and mercy ministries.
- Are far more interested in the visitors' than the attendees.

- Follow the Biblical teachings of Jesus sharing love, life and liberty for all.
- They never teach anger and animosity toward any area of humanity.
- Consider all property and possessions a privilege not a right.
- Actively seek to meet the global needs of the orphans and widows in our world.
- Brings practical guidance and wisdom to all age groups who attend.
- Expect all to give from their abundance in time, ability and finance.

I believe that God has given us a spiritual DNA. That we have been given that we can touch lives and make this world a better place. Our spiritual DNA to do this is activated when we are in a spiritual environment. This is why our spiritual home is so important and great care should be taken to find it. Happy hunting.

Happiness Account 2

Emotional Account of Happiness

Our emotions or soul need to have emotional and intellectual stimulation, with friends and social interaction outside of our family, workplace and place of worship.

This could be through voluntary participation in a community project, the arts, a hobby, a pastime or leisure activity.

The important thing is that we develop true and trusted friends and are in an environment of fresh contacts.

The importance of friends that can support and impact our lives is emphasized again and again in the books of Proverbs and Ecclesiastes

- A friend loves at all times and a brother is born for adversity.
- A man, who has friends, must himself be a friend.
- But there is a friend who sticks closer than a brother.
- Two are better than one
- For if they fall, one will lift up the other.
- Although one may be overpowered by another but two can withstand him. A threefold cord is not easily broken.



Dale Carnegie the author of the must read book "How to Win Friends and Influence People" said

“You can make more friends in two weeks by being interested in other people than you can in two years by trying to get people interested in you.”

This is a **huge** truth that is very important for our emotional well being. Our focus must not be, Me, myself and I only. We must be genuinely interested in others and their experiences. When our focus is on them this allows our compatible experiences skill sets and personality to bless and impact their lives for the better.

When it comes to friends and our emotional connections with them, I put them into three categories, the mentors who feed, the spongers who soak and the takers who suck life.

The Mentors

These are people with a positive input and a lifestyle that want to feed positive, vibrant and uplifting things into your life. These can be close personal friends, but most within your close circle of mentors should be people have gone further than you have in your chosen skills sets, life experiences and wisdom.

It is not only important to be mentored person to person but also to take advantage of the media age in which we live. Read books, listen to CD's and research the internet on the personalities in your field of passion that are the leaders and visionaries in it.

This will put great deposits into your emotional account of happiness.

N.B Remember this is not a one way street. We must pour back into our personal friend's lives that mentor us in the same measure that we receive.

Who can you mentor, a new employee, a new family, a young person beginning their life choices?

How to recognize the mentor

- They will speak into your life the things that need to be said without fear or favor. But will always give you encouragement in a larger measure to change for the better.
- They primarily want to listen to what you have to say, not what they have to say.
- They have open ears and a listening heart
- They are the same field of skill sets but never have an attitude of superiority.
- They treat all information with confidentiality
- Have a wisdom and insight into your life that has a spiritual quality.



The Spongers

We could also call these the yes men. The yes men or spongers are drawn to success and seek to live off the success of others rather than create it for themselves. If you are egotistical or self-centered you will have serious problems with the spongers of this world. Because they will seem to hang on your every word and give you constant praise for your attributes.

I call them the spongers who soak because just like the sponge taking in water, as long as you keep pouring it, the sponge will take it in until its saturated. Then until you ring it out it will continue to just sit there and soak.

The people around you who are spongers become an exercise in constant frustration, because they will listen to the same information over and over again and never act upon it. They will just sit and soak while you keep pouring out. After a period of time, its length depending on your patience you will become totally frustrated with the whole situation.

How to Recognize the Spongers.

- Every time they listen they will agree with everything is being said and then do absolutely nothing about it!
- They go completely deaf when anything applies to them, or calls for action.
- They live a life of constant excuses that get more fanciful and absurd with the passage of time.
- They live constantly in emergency mode of 911 and seem incapable of existing in normal service like everybody else.
- They play the blame game I talked about earlier with ease.

The Takers Who Suck Life

These are the parasites of life who have absolutely no interest in your or anyone else's well being. They are like the Mosquito's who swarm the Florida night only looking for blood. They live in a 'me, mine, myself and I' mentality. That is extremely selfish and dangerous to all.

Jesus had the same type of people in his day they were called the Pharisee's. They welcomed Him into the city on a donkey as a king (Palm Sunday). Then just a few days later were screaming "Crucify Him, crucify Him!"

How to recognize the takers

- All of life revolves around them.
- They complain bitterly about everybody in their past who let them down.
- Whatever is done for them is never eventually good enough; no attitude of gratitude.
- They are always tearing you down behind your back when it suits their needs.
- They have a lack of compassion for any need or suffering around them.
- Whatever you did they always did it bigger and better.



The great first president of the United States George Washington gave wisdom into the process of finding mentors and not takers when he said:

“Be courteous to all, but intimate with a few and let those few be well tried before you give them your confidence.”

It is never an easy process sifting through the many and varied personalities that life’s rich pattern will flow past your life. But if we are to put substantial deposits into our emotional account in the Happiness Bank of Rest, we must wade into the waters of life with rod and bait in hand to fish for the mentors that are going to enrich and guide our lives into the fifth level of happiness.

Just be ready to throw a few fish back into the sea and beware the ones with teeth!!

Please, please, please don’t let a few bad experiences with what you catch get you to throw down your rod in hissy fit of frustration. It truly is worth the process when the right ones come along and enrich your life with their wisdom and skill set.

The Physical Happiness Bank

I have had the wonderful privilege of living in central Florida for the past few years. I love the sunshine the beaches and the people, but paradise of course does have its downside! Because we live in a rural area I have to deal with fire ants two snakes, rats and a black widow spider in my home, an alligator in my pool and four hurricanes since I have lived here!!

If I do not protect my home every year during the summer season and take the necessary precautions against the myriad of bugs and natural disasters that can invade my home, I would soon be in very serious trouble as its condition deteriorated .

This is exactly the same with our physical bodies' well-being. We have to protect it and make sure that it is well looked after. Otherwise just like my home in Florida if I do not protect it, we are putting our bodies in serious danger of invasion and decay.

Our physical Happiness Bank has three accounts, diet, exercise and meditation.

Happiness Account 1

Deposit Account of Diet



America we have a problem! Alarming obesity, diabetes, high blood pressure, cholesterol and heart disease are still rising and creating serious problems in the nation. What is the result? Great unhappiness in millions of families across the country, as they lose loved ones early, are crippled financially by medical bills, suffer low self-esteem and poor quality of life.

This book it is not a place to talk about the governmental and corporate conspiracy of America, a conspiracy to keep the nation sick and addicted to fast food junk and easy options. There are many books on bookshop shelves that expose the greed of the fast food corporations and pharmaceutical world, far more eloquently than I.



Action points for dietary happiness

- Stop eating fast food on a regular basis. (all of us eat there occasionally)
- Cook regular meals at home with healthy ingredients and all the family involved.
- Stop drinking sodas.
- Don't eat foods with added colorings, flavoring and preservatives.
- Plan meals in advance with daily fruit and vegetable content. The more colorful your plate, the better for you.
- Reduce portion size

- Increase water intake significantly, most people are permanently dehydrated.
- Make an honest assessment of your dietary lifestyle and commit to change. Not only for your personal happiness, respect and well being. But for the happiness for those around you who love you and care about your future.

Some of these action points may seem quite scary, when thinking about putting them into practice. They may seem a radical shift from the present lifestyle and eating habits.

Let me ease your fears and give you the courage to take heart and implement the action plan above.

If a sail boat needs to change direction it is a fairly easy task. It is small and has a very little equipment to handle, to change its direction. A tanker on the other hand just to change slightly in its course, this is a huge undertaking in comparison to a sail boat.

This is like change in our lives from a negative habitual lifestyle. If we are already doing some of the action points above then we are like the sailboat. Very little effort is needed to change our direction and lifestyle to implement the changes necessary for dietary health and happiness. But if we have had bad dietary habits for years then we are like the tanker. It can be a large and time consuming operation to turn it around and head in the opposite direction!

Invest in the currency of happiness to turn the tanker around.

Faithfulness

To believe that you are capable of change because you are loved by God and if He is for you, who can be against you?

Let your family and mentors stand by your side and feed positive momentum into your life.

Patience

Remember the tanker principle and know that all change for the better is a journey of patience, not instant gratification. Old negative habits can have long talons and reach deep, at times they don't let go easy.

Self control

This is often the hardest happiness currency to deposit because throughout the whole process of habitual change it will be nagging at you with negativity and a defeat mentality, such as:

- You have always been a pathetic failure so what's going to change?
- How many times have you tried this before and failed?
- Don't be a fool it really is much too hard to change you know?

These are just a few lines from the books in your personal library of failure!

Shut the door on its negative discouragement and refuse to attend the seminar!

The problem of course isn't just that we have to throw our negative library of failure out of the window. We must also watch out for our family, friends and colleagues who haven't thrown theirs away yet, dragging us into their dark and dingy corners to pontificate on stern warnings of disaster. Throw theirs out as well, to join the trash pile of evil negativity spewed out by life and the media every day. Remember the words of our great first president, George Washington

“Be courteous to all but intimate with a few and let those few be well tested before you draw them into your confidence.”

Second Happiness Account

Deposit Account of Physical Exercise

We now have a great wealth of research in that shows the link between physical activity and happiness in our personal lives. A life without exercise can become a destructive force that spreads itself through all the Happiness Banks of life, leading to the breakdown of happiness in our relationships, employment and leisure activities.

N.B Don't confuse exercise with the routine daily chores of life! Such as housework mowing the lawn or washing the car.



Physical exercise is meant to work up a sweat and engage all parts of our body to keep everything ticking over nicely. If you left the car in the garage for six months without giving it a run out nine times out of ten you would be very fortunate to fire it up straight away.

Action points

- Go to the gym
- Power walk (brisk pace) for two miles a day.
- Jogging
- Aerobics
- Sports activity

- You can exercise with bikes, treadmills and videos in the comfort of your own home. The meganormous problem with this is the discipline to follow through consistently enough to turn it into a lifestyle and not a five minute wonder of good intention.

The best way to exercise is with friends outside the home, so that you can keep each other accountable with an agreed plan of action. The power of agreement with others is a very useful and should not be underestimated.

Third Happiness Account

Deposit Account of Meditation

Please don't let the word meditation scare you with false perceptions. I am not talking about some spooky religious exercise. Or giving your mind over to astral planeing and chanting mantras for 10 hours a day! You can replace the word meditation with prayer; if that is a word you are more comfortable with because for the process I am sharing with you today both words are equally accurate.

I am talking about a simple process of de-stressing your mind and emotions, then filling them with a happiness flood of positive momentum. I recommend you do this simple exercise in the morning and evening. Each session will only take 10 to 15 minutes maximum. As you become practiced you can extend the sessions or make them more frequent.



The Happy Flood

Prepare your spirit, heart, mind and soul to connect

1. Sit in a comfortable position. I personally sit with my palms on my knees which helps give me a sense of ease and peace. You can also have your palms crossed on your lap or facing upward. The key issue here is your comfort **not** position

2. Gently close your eyes and focus on something of creative beauty on the earth. Keeping distractions down to a minimum playing suitable music quietly in the background may help.
3. Breathe in through your nose, concentrating on a long slow intake of breath. Exhale long and slow, while focusing on creative beauty.

Morning meditation.

As you inhale slowly, concentrate on positive declarations for your coming day. As you breathe out slowly, speak them out in your mind. Then having exhaled completely, verbally with your voice. To begin with just focus on yourself until you become confident and practiced and then begin to meditate for those you love and care for.

Evening meditation

When breathing in slowly think of the negative things that have taken place that day, the things that have taken place against you and the things that you have done to others. As you breathe out slowly declare that these things are no longer part of your life. Refuse to accept the pain and negativity that is seeking to come your way. Determine to say sorry to anyone that you have hurt and upset the following day without cause.

When first beginning daily meditations it is very helpful to write down your positive declarations in a journal and in the evening write down the positive results you experienced. Also a journal is helpful at the end of your evening meditation to write down necessary action points for the following day.

There are three constant attitudes that **must pervade** our daily meditations.

- Attitude of respect for your God and all people.
 - Make the choice to rejoice, every day and in every way that you can for the good things in your life.
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- Attitude of expectation, for all good things that are to come. For you, yours and all that you love.

The simple principles of meditation that I have shared have been part of my life for the past 28 years. I know that all the wonderful happiness that I have had the privilege to experience during that time can be directly attributed to activation of these simple meditation disciplines in my life.

As you become more practiced in the process you will get to a stage where you can exercise a happiness flood of meditation during your daytime activities, creating an atmosphere of positive momentum around your relational environments.

I hope and pray that whatever your spiritual experiences have been in the past, either for the good or bad. That you will not allow them to sour your thoughts and attitudes toward developing a life of prayer and meditation, giving respect to the higher force that is looking to bless and enrich your life.

Conclusion

Road Blocks and Traffic Cones

If you drive a car in a modern city, roadblocks and traffic cones will be everywhere. For most of us and yes I hold my hand up, they are an extremely frustrating hindrance to our journeys.

We boomerang between anger and frustration as perfectly normal journeys that we have been taking for months hit the detour sign that sends us on a magical mystery tour the Beatles would of have been proud of!

But just for a moment think of the reasons why they are there. The main reason is because a city is expanding and needs new infrastructure to cope with the growth in population. So as a motorist we should look upon the roadblocks and traffic cones as a blessing and not a curse to our existence! A sign of growth, change and progress.

Just like the motorist in the city who has complications on his journey, those who are on the pursuit of happiness will also find occasional roadblocks and traffic cones appearing to block his pursuit of happiness.

For a while relational environments are on a high. The new relationship is really hot, you have just got a big pay raise at work, brought that new car you always wanted and your football team has made it to the super bowl.

Just when everything seemed so cool on your journey of happiness the road blocks and traffic cones appear. You have to work eighty hours a week for your new pay rise, the car spends more time in the garage than on the road, and your team loses at the super bowl!

So the challenge for you, just like long-suffering motorist in the city, is to not let frustration stop your pursuit of happiness. Know that everything you experience on your journey of happiness however frustrating, is working to improve your situation not make it worse.

Your capacity for happiness, joy and fulfillment is growing every time life places a potential roadblock in your way. It's another opportunity to grow in wisdom, not deflate in despair.

Remember a journey up a mountain will rarely go in a straight line but the view from the top is always worth the effort.