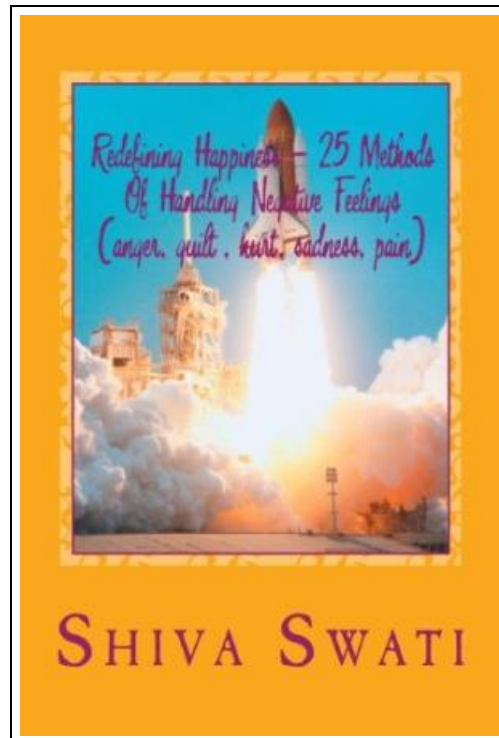


25 Methods of Overcoming Pain, Helplessness, Anger, Sadness, Guilt, Fear, Hurt Etc.to Be Happy: Redefining Happiness, a Soul's Perspective



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(Cristina Koepp)

25 METHODS OF OVERCOMING PAIN, HELPLESSNESS, ANGER, SADNESS, GUILT, FEAR, HURT ETC.TO BE HAPPY: REDEFINING HAPPINESS, A SOUL S PERSPECTIVE



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Happiness is a vibrational science which cannot be achieved by pursuing success. This book has 25 Methods of overcoming negative feelings so as t convert negative energy into positive energy within the body and mind. Happiness arises when there is more focus on positive vibrations than on negative feelings. . Every technique addresses a different kind of negative situation. The book combines information from several courses on self healing and downloads of meditation. The intention of the author is to spread the awareness of a need for redefining happiness in mass belief system for evolving consciousness in alignment with the NEW AGE. People focus on the problem to dissolve the negative energy but this method backfires often as the problem magnifies due to focus on its negative aspect. Focus multiplies energy and aggravates the spread of negativity in mass consciousness as a whole, without leading to happiness . You can go on finding problems with the world and your life but never find happiness. Focusing on negative aspects to bring a positive change is like trying to catch the nose from behind the head when it can be easily held from the front. The easiest route to good health, peace in the world and happiness in life is direct, not roundabout. Happiness requires that we learn skills of emotional management to stay positive through ups downs. World peace is affected by individual peace . Just accepting the negative does not help us defeat the energy of problems .Worry increases difficulties. Detachment helps but does not stop the flow of the negative current for long periods . Being neutral needs to be followed by being happy...

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