

YOUR LIFE MANUAL

PRACTICAL STEPS TO GENUINE HAPPINESS

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FOREWORD

What is genuine happiness? Could such a thing truly exist? If it does, dare we ask it to last more than a fleeting moment, an hour or a day? Are some people just lucky to have been born into a life where happiness can be found, or are some people fortunately born with a happiness gene, and as a result seemingly happier than others?

What about love, peace, freedom and harmony? Are they just hollow words only meaningful to poets, and dreamers? Are they ideals that we can truly work toward?

Or, are there things that a person can do to change how she feels? Are there steps that can be taken to change ones own experience in life that can bring much more of these wonderful things into ones own experience in a predictable way?

So many questions! You hold in your hand a step-by-step manual containing steps that you can really take to increase your own happiness, while increasing the amount of love, peace, freedom and harmony that you can experience in your life, while at the same time generating it out into the world.

In this book, *Your Life Manual: Practical Steps to Genuine Happiness*, David Ambrose does a beautiful job of giving you what you have always wanted, a roadmap to a more fulfilling and happy life. You deserve this gift! But don't just read this book; take the time to use it. Really go through the process that David provides for you, and you will find that these steps can really

make a difference in your life. You will also find that as you bring more happiness into your life you will also bring more happiness into the lives of those you love and care about.

In this book, you will not only learn how to become happier, and live a more fulfilling life, but you will learn how to be grateful for even those painful moments in your life, past, present and future. You will learn that all feelings are good and those emotions, be they pleasurable or painful, are really a God given (or nature given, if you prefer) internal guidance system, a system which reveals your own inner wisdom, so often ignored in modern society. Learn how anger, sadness, loneliness and other painful emotions are really signs on the roadway of your life, coming from deep within you, guiding you to genuine happiness.

As you read this book, you will learn about how certain principles are always working in your life, and as you learn about them you will learn that they are “laws” that once understood, place you into a natural flow toward a more fulfilling life.

I urge you to read and use this book as it was meant to be used, as a multi-phased approach to changing your life, through learning time-tested principles, and implementing them into your life, so that you can find genuine happiness.

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OUR LIVES ARE OUR OWN RESPONSIBILITY

Each life consists of the sum of all experiences. **E**Who and where you are today, is a direct result of everything that has happened to you since your birth—reincarnation advocates would say even prior to that. Many of these occurrences are of your own doing; some are because of other people's actions and decisions—your parents, teachers, and anyone else who has influenced your life.

Some of us have lived happy, contented, and privileged lives. Others have had to fight each day to survive. On average, we have lived a combination of the two. Whatever the case, what has happened has happened, and there is nothing that will undo it or change it. We should accept that we are the product of our past, but that past is now history. It need not negatively impact on our future.

Although we cannot change the past, we can reinterpret it to brighten our present and future.

Pop culture thrives upon stories of a pained, troubled past. These trials and tribulations are frequently offered as an excuse or justification of excesses in adulthood. Famous people wear their pain as a badge. Sometimes it seems that Hollywood scripts have a requirement for the hero to have a tortured past, with periodic flashbacks, to hinder their progress.

The reality is: we *all* have these experiences, which have negatively affected our development, usually dating from our early years. Hypnosis has been used effectively in both discovering these events, which we often do not consciously remember, and neutralizing the negative effect they exert on present day life.

Interestingly, these experiences generally occur at a pretty young age, some even whilst still in mother's womb. Because the baby or child is still immature, with limited vocabulary or experience to grasp nuances of speech and action, these painful memories can often be a result of a misunderstanding that would not have affected her if she had been a little older and more mature!

Often we are not aware that these situations from our youth are having an effect on our daily lives, but we *are* aware of other more recent events, which affect us. It is fairly common to hold onto negative feelings like hurt, resentment, and anger, whether we can identify the source or not.

Just as people use abusive childhood experiences to justify the way they turned out, it is tempting to use more recent sleights to justify actions that we would not be able to defend any other way.

The way in which a psychologist or hypnotherapist would help someone overcome either a traumatic past or a negative emotion that is limiting her ability to reach her goal is to analyze the event, and then offer a different perspective; to put a different light on it. There is *always* something positive to be learnt from any experience.

By reinterpreting the process, instead of having a negative, destructive effect, there can be a positive, constructive outcome.

As an individual, it may not be possible to achieve the same results for deeply buried pain, but knowing about the process can help to understand why we do what we do. We can also look at current emotional slings and arrows and dodge the effect they would otherwise have.

Rather than allow the past (particularly the pain) to dictate your present and future, you have the ability to take charge of your life from this very moment. You do this by accepting responsibility for all that happens to you and for all that you do.

Some things are outside your control, and you need to adapt to these, but if you shirk responsibility for yourself and for your actions, how can you expect anyone else to accept responsibility? Even though there are circumstances you cannot control, you *can* control your response to those circumstances.

It is easy to blame others for our misfortunes; however justified it may seem at the time. This is a trap from which it is difficult to escape. It becomes a habit. Anyone who tried to give up smoking will tell you how difficult it is to break a habit. And a habit that lets you off the hook is even more obstinate.

There was a phrase in real estate circles that goes something like this: “If you want to be more successful, buy a new car.”

The reasoning behind this being if you put yourself in debt and commit to covering the debt, you will be motivated to do what it takes to achieve additional sales. It may seem ridiculous, but the fact is, our performance in all areas of life is heavily influenced by our state of mind.

The purpose of advertising is to influence people to buy a particular product. This is achieved by motivating the consumer to desire the advertised product. Motivation is a state of mind.

By accepting responsibility for everything in our lives, we remove the inclination to pass blame for our misfortune onto other people or circumstances. With this approach, the focus shifts from a feeling of hopelessness to one of possibility. Now when faced with a setback, instead of complaining about forces outside our control, we turn to assessing the situation and devising a solution, either to turn the setback into a windfall, or minimize the negative effect and provide a valuable lesson.

This is a really significant shift in consciousness. It can completely overhaul lives. Like most changes we choose to make, a

small beginning quickly expands and becomes a normal part of life.

This is an involved concept that is closely linked to other areas, which we will address as well, especially the choices we make (in the next chapter), the effect of positivity, and forgiveness—so this is not the final word.

For this principle, the bottom line is that there are ways to let go of the pain from the past so that it will no longer pull you back. In Part Three, which deals with practical steps, we will take a closer look at this.

ABOUT THE AUTHOR

David Ambrose began asking questions about the inconsistencies that he saw around him as a teenager. A keen observer of human nature, he was fascinated by the process of motivation: why we do the things we do.

Having experience in fields as varied as accounting, information technology, design, counseling, alternative healing, hypnotherapy and philosophical study; David has found elements in each, to lead him closer to his understanding of the philosophy and practice of life.

With the publication of the first web site based on his philosophy for life in 1995, David discovered far greater interest in his beliefs and the reasons behind them than he expected. This philosophy now has supporters in over twenty countries.

This interest led David to being a guest on radio shows, having several articles published, speaking engagements and now writing this book.

After living through most of the apartheid era in South Africa, and witnessing the dawn of democracy there, David moved to Canada with his wife Melanie in 2004—the realization of a lifelong desire for them both. They now live in Calgary, Alberta with their two dogs, Egg and Kappy.

