

Love, Happiness and Relationship

Shane Warren

It has been said that happiness is a journey not a destination; and that happiness is something we remember rather than experience. Others tell me happiness is having something to look forward to; I've even been told that happiness is having someone to love. But then Mother Theresa tells me for love to be true it must hurt!

So now I'm really confused – to be happy I need to go on a journey to find the love I am looking for that in the end I will know is true because it will hurt!? (Not sure if I want that happiness...)

To be frank, my issue with the modern day strive to find happiness is that it is caught up with a feeling or belief of dissatisfaction with the present moment; and that the journey forward will be a happier one. To use the words of a much greater mind than my own, that being Petrea King, we have a happiness limitation because “our minds have been marinating in the mantra I will be happy when...”

- I will be happy when I get a pay rise.
- I will be happy when I buy a bigger house.
- I will be happy when we get a better car.
- I will be happy when you remember to take out the rubbish.
- I will be happy when we go on holidays.
- I will be happy when you leave the toilet seat down.
- I will be happy when I retire.
- I will be happy when I find the perfect partner.
- I will be happy when he leaves the toothpaste cap on.
- I will be happy when I can get married.
- I will be happy when I can sleep with the bedroom window open.
- I will be happy when I get children. (And I have three let me tell you I will be happy when they leave home.)
- I will be happy when the divorce comes through.

These beliefs limit us to experience life in a dream – a dream that happiness is something of a distant future. Something we must chase, not something we can experience in this moment.

But the void is too great and happiness is something we need right here right now... So we then chase happiness in the moment by reaching for instant gratification fulfilments. We are bored

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so kill time by 'chatting' on Grindr or other chat mediums – and we all know that bored plus sex dot com inevitably equals oops why did I do that!?

As a means to help comfort ourselves in that moment of disappointment, so that we can survive until we find happiness, 'when the perfect person comes into my world...' we fall into the welcoming hands of marketers and retailers; who will have us believe we will be happy when we have the sexist outfit, and the latest gadget. And we know marketing people are smart; they build in strategies to make sure even when we have the latest stuff, "we need more stuff, and of course the chords from the old stuff no longer fit the new stuff and the cycle continues until the planet is more or less stuffed!" [Petrea King, Quest for Life Foundation]

The message is clear that it becomes second nature to seek happiness outside of ourselves. It is as if some new product, a newer model of the old, a new job, a new lover, a new body – something new in our lives will bring us happiness; which I will support in many cases this can be true. These moments of insight can be empowering and can bring happiness. But true only when we have the inner strength to manage the inevitable confrontation we will have with one of the "D's" in life...

- A disappointment;
- A drama;
- A disaster;
- A divorce;
- A diagnosis;
- A death
- A disfigurement;
- A disability;
- A debt;
- A drought;
- A depression;
- A dementia;

["D's" sourced from Quest for Life Foundation]

When we confront a "D" we find that all which is second nature to us no longer works. It might be second nature to blame someone else for our "D" – it might be second nature to run away from our "D" – it might be second nature to go deep within ourselves and resent the fact that others are happier than we are and more able to manage their "D's".

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But we need our “D’s” – it is the “D’s” that confront us to think more about ourselves; more about what is our first nature and not to act within our second nature.

It is easy to work within the second nature for the second nature lends itself comfortably to judgement, blame, impulsiveness, guilt, shame and embarrassment. But it is within our first nature that we can experience love, joy and compassion; which are all the seeds to happiness.

It is these seeds we need to nurture and enjoy in the moment; rather than constantly seeking happiness outside of ourselves. To quote Petrea King once again “happiness is an inside job!”

Happiness is not found from outside measures; it lives within you. And as we confront these “D’s” we are forced to go quite within ourselves. And we can see that happiness is found in the present moment; it is there, where we are, if we allow it.

Be within yourself not within the noise of your mind, for it is the noise of the mind, which is chasing happiness in the future from attaining outside goods...

The secret to happiness is to embrace the moment. But how do we embrace those moments of disappointment, drama, disaster, divorce, diagnosis, death, disfigurement, disability, debt, drought, depression, dementia? The answer lies within the relationships we have with ourselves. Happiness is here and now, it is in this room, it is in your current job, it is possible within your existing relationships, it’s amongst us tonight in our darkness right here, right now...

Self-Meditation:

Blueprint for Personal Success

[Adaptation of the script of Joanne Golding]

Welcome to the Blue Print for life's choices. You are taking steps to embrace a self-empowering process of change to develop your own Blue Print for Life. Your mind management tool for personal success. It's your choice, your thinking, your responses, your attitudes and your emotions. It's your choice.

Your choices allow love and harmony, happiness and freedom to become the foundation of your existence. Happiness is a state of mind, it's a state of mind that you are developing and learning. It's about being your self, it's also about and being non judgmental, the here and now. It's the little things, with expectations in check that become the Blueprint of YOUR life. Now. Today.

You have chosen the Blueprint for Happiness and Freedom, accept only that which is right for you.

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Sit in comfortably, focus calmly on your breathing... feel the air fill your lungs enriching your body with love as your exhale that which is not working for you – that's right – in with love, out with hate... breath now, relax...

From time-to-time I will use the word 'Alpha'. Each time Alpha is used, imagine becoming calm and peaceful, gentle quietness occurring, the mind and body commencing to relax, becoming calm, as if a rippling wave were gradually smoothing out within the mind, the Alpha wave of calmness.

During this relaxation, the sound of noises in the background, perhaps the traffic, perhaps people talking, perhaps the voices in your head – allow these sounds to be reminders that your are going into an alpha state of relaxation.

Close your eyes if you have not already done so, take some deep breaths. In and out... Imagine, breathing in health, harmony, peace and breathing out... Imagine, breathing out any stress and any tension, blow away the hurts of the day. Breathing in now on 1, breathing in, in, in, hold it. Note any tensions that are perhaps there and breath out... 2... 3... commence to relax. 1, breathing in... in... hold it... hold love and happiness. Breath out... 2... 3... goodbye hurt. Just breath easy for a moment... take the 3rd breath... Breathing in... in... in... hold it... and out... 2... 3... further relax.

Allow those eyes behind the closed eyelids to roll up into the centre of the mind. Imagine a window that those eyes are looking through. Become aware of the gently rays of the sun shining through the clouds as those eyes look through the window of the mind. The sun's not sharp. It's not bright, the clouds are filtering that bright light. See the sun starting to drift down towards the horizon now, behind those clouds, allow the eyes to follow that setting sun, watching that setting sun. Allow those eyes to drift gently down beyond the horizon, down behind those clouds, behind heavy closed shutters. Those eyes become so heavy now as they watch that setting sun, behind those heavily closed eyelids.

A feeling of Alpha commences to flow all through the body now, with the calmness of each breath, just drifting, deeper and deeper. And with each breath 'it's going all through the body. Deeper and deeper, just drifting now. Calmly alpha, alpha calm.

Imagine standing at the top of a stairway. A beautiful safe stairway, that curves slightly. The steps are shallow, wide and safe. It is only a short stairway, there is a deep comfortable knowing within the mind, that at the end of this wide, gentle curved stairway is a doorway leading to a private, special place. Your space.

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Stand at the top of the stairway. Hold the banister... very safe, very calm.

With me take the first step... there are ten very shallow steps... Now, move to the 9th step... and further again to the 8th... now the 7th. Each step, becoming more and more calm. The calmness of Alpha getting stronger and stronger, becoming deeper and deeper. Alpha calm, all the way down, moving along the stairway.

On 6... gently drift closer to that special place. On the 5th step... look ahead and see a gentle mist... the mist seems to be the same colour as the carpet. It's a healing, warm, colour. It feels safe, it's comforting, this deep rich piled carpet. Just slip the shoes off, allow the toes to feel the carpet beneath them. Become aware of the healing properties of this colour, it's the same colour as the mist at the end of the stairway. See the mist starting to flow gently towards the stairs. It's warm greeting, it's safe, as though it's a warm old friend as it gently rolls around the legs.

A deep sense of calmness and security surrounds the body now, drift further to the 4th step... the mist comes closer and on 3... it's as though it's wrapping around like a comfortable coat, warm and familiar. It's safe as you drift deeper and deeper along the stairway. Becoming aware now of the Alpha wave of calmness, throughout the entire body. Continuing to drift, 2... with each breath, it's as through breathing in calmness, Alpha calmness and breathing out any tensions of the day... 1... just drifting, the mist is all around, comforting, warming, a sense of feeling safe. A sense of deep alpha calmness, deeper and deeper, with each deep breath in... the calmness is increasing, with each breath out... allow the tensions and the stresses of life to disappear. In the quietness of the mind, watching the mist, it's as though it's guiding, drifting, closer and closer, deeper and deeper, alpha calm, deeper & deeper, safely drifting, drift towards the doorway and your special room, deeper and deeper, closer & closer, alpha calm, deeper and deeper, just drifting now, just drifting.

Move through the doorway, the mist gently leaves. It's a special place, a safety zone, a mind room of many functions, a sanctuary, a place to retreat to, it's safe, it's safe time out, no one else knows, no one can go there unless invited, a special mind room, a retreat, restore and recharge the batteries, time out.

In this deep level of alpha calmness, it's safe. There is peace and quiet, the mind is still, the body is therefore calm, in the midst there is love within this place, this mind room, this place of many functions, no disturbances only peace, only harmony. Calmly alpha, alpha calm.

A total and complete oneness. It's getting stronger and stronger with each breath. Getting

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stronger and stronger, as though going down to the very centre of your being, feel, see, remember... Imagine...

The calm alpha waves are traveling throughout this physical body to every single and individual cell. In this physical body, restoring health and harmony allowing the restorative nature. The healing energy of love, health, and happiness to gather strength. Imagine it, see it, feel it. Strength of body, strength of mind, alpha calmness, alpha strength, deeper and deeper. The harmony of the alpha wave, embracing the gift of love and self esteem within, embrace it, accept it, you deserve it, give yourself permission, now, in this deep state of alpha, embrace now the gift of self love, for life's experiences are for the betterment of the wonderful being that you are.

Every factor of life is a result of choice; happiness, confidence, freedom, abundance, success or failure. Choose life's menu consciously. Consciously take control. NOW become aware of your very deepest thoughts. Energy follows thinking. As we think, so we become. The mind is a creative instrument.

Life is about choices. As I believe, so it is. Think: from this moment on, I give my self-permission to succeed. To chart a course for self-empowerment, I choose to be happy. Think: I choose to be free. Freedom is a state of mind. Think: I'm aware of my options. I identify my priorities and develop tools to achieve the choices. Think: from this moment on, I forgive myself for the negative thoughts of the past. Think: I choose to be happy, I am happy, I choose to be positive. I am safe, I am in control, I choose freedom, I am free. Think: to-day is the 1st day of the rest of my life.

Choose now, repeat the words in your heart... I choose to allow it to be part of my life, it's my right.

Think: I choose to be happy, I am happy. I choose to be free. I am free, free of self-doubt. I am confident, I am self-assured. I choose to be happy. Think: I choose to be happy regardless of my life's circumstances. I am free to make my own choices. Repeat these words. I give permission to accept love and harmony... .. the joy of happiness and freedom... .. I accept happiness is a nature state and freedom is service to the spirit. My spirit of being... me...

(MUSIC - Short break)

In this deep state of alpha calm. Everything in this body that has not been as completely healthy as it should be, now is. This deep inner calmness is rectifying and renewing itself, restoring

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complete health within the whole body. Anything known or unknown that has not been functioning normal will commence now to be restored, replaced, revitalized and rectified. Everything throughout this physical body. Every individual cell is receiving this message of health and wellness: the heart, the lungs, the liver, the kidneys, pancreas, stomach, bowels and the bladder, all the internal organs, the bloodstream, the health of the skin, the growth of the hair, the entire physical and nervous systems. Indeed with each breath, everything in this body, every cell, now in this deep alpha state, restored and replenished automatically.

Drift now, facing each day with a calm and confident attitude, whatever this day may bring, it gets better and better, every day, in every way, it gets better and better.

(MUSIC - short break)

Now, bring awareness back to the special room. Confident of returning any time. Allow the mind to retain the feelings of calmness and security, health and vitality, a oneness with self acceptance and an attitude of confident self esteem. With each visit to the special room, life gets better and better. Gently moving back towards the doorway, the warm mist is comforting and safe. Once again move towards the stairs, knowing that at any time returning to this special private place is a simple process. Count 1, 2, 3 close the eyes and image this private sanctuary.

Tonight when ready to sleep, sleep will be of a learning, deep and restorative nature. Awakening at the time desired, with a sense of calm confidence, fresh, alert energies restored, knowing that whatever this day may bring, face it with a calmness of mind, with a knowing you will conduct the day to the best of your ability indeed, all the days, will be the first day of the rest of your life.

Day by day in every way 'it' gets better and better.

Now, return to full awareness. Begin to move up the stairway on 1, take the first step, gradually returning to full awareness as you journey up the stairs, moving to 2, with your hand firmly on the banister rail, you're safe. 3, the mist is slowly leaving, gently move upwards. 4, moving ever upwards, coming up, yet remaining calm and safe. 5, replacing the shoes you may have left behind, and on 6, coming up, coming up, and allowing that feeling of security and alpha calmness to remain with you. On 7 coming up, coming up. 8, gradually returning to full awareness, remaining calm and at peace with your world. 9, nearly there now, and on 10, standing at the top of the beautiful stairway, knowing you can return to your special place to that place which is safe for you.

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Eyes awakening now, crystal clarity coming back into the awareness. Eyes opening, eyes opening, just wiggle your toes and rub your hands, eyes opening, allowing the circulation to return to that which is healthy for you. Coming up, coming up, take some deep breaths now, eyes opening, wide awake, wide awake.

Fully aware yet calm and relaxed. Sit quietly for a moment, allow the physical body to re-adjust to its surroundings, yet retain the blue print of memory. You have chosen the gifts of love and self-esteem, happiness & freedom. Remember, as you believe in, so do you see out, as you think so you are.

This is YOUR Blueprint for Change, embrace the energy, practice the procedures and the life you were born to live with all its choices, happiness, freedom and abundance will be yours. Your gift to yourself - you deserve it...

And day-by-day, in every way, 'It' gets better and better.

References:

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