

Lesson 1

We Can Move Energy

In this lesson we will learn about energy, how we move it, and how it affects us. Quantum physics will now become part of your life. We can move energy, it's our birthright, quite honestly you do it every day, you just may not know you're doing it. If you want to know what you are focused on then look at your life, you are a co-creator with the universe and that is why you need to take 100% responsibility for where you are in life, you created your circumstances. We spend our adulthood getting over our childhood, we actually recreate the same energetic environment we grew up in, the details are different but the energy of our environment is the same. And we do that so we can rise above circumstances that have held us back in the past.

We'll also be talking about the concept of "energy vampires" or "EV's, is how I like to refer to them, this alone will enhance your awareness regarding the importance of self-care. The major take-a-way of this lesson will point to the fact that the only thing we can ever be sure of is, atoms, space, and opinion. The fundamental concept being, that we are all co-creators with the universe, therefore we do have the ability to live by intention rather than reaction.

Our Planet

Let's discuss energy, and to do that we need to begin with the earth. The earth is a living planet that actually has a pulse. It pulsates. The earth also has energy vortexes as do we, although ours are called, chakras.

Energy

Energy vortexes of the earth can be found in Sedona, Arizona; Mt. Shasta and Mt. Shastina in Northern California; the Himalaya Mountains of Tibet; Lake Titicaca, Bolivia; and the Great Pyramids of Egypt.

The chakras of our body are the crown chakra, located at the top of our heads; third eye chakra located in the middle of our forehead; throat chakra located at our throat; heart chakra located at our heart; solar plexus chakra located by our solar plexus; sacral chakra located below our belly button; and our root chakra located at the base of our spine.

We Are Energy

Science tells us that energy can neither be created nor destroyed. When an infant is born it is alive by the energy that runs through its body. When a person dies, that energy leaves the body. We all know there is something missing when we look at a dead body. We actually feel like the person is gone, although we are still viewing the body. We are referring to the energy of that person. That “thing” that connects us all, and the world around us. It has also been called our life energy. We can feel energy emanating from others. We even refer to it when we say, “She has such good energy,” or “His energy is so strong.” I’m sure you have gone into a room and said, “The air in that room was so thick I could cut it with a knife.” We can feel other people’s energy and they can feel ours. So, if energy can neither be created nor destroyed, where is that energy coming from and going to? Hence, we get terms like, God, the force, the universe, the matrix, etc. All referring to something greater than ourselves that we truly don’t fully comprehend and is the source of

everything that is divine and contains life. In this course we will refer to that source as the “Universe.”

The relationship we have with energy is easy to visualize if you think about it this way: we are to energy as fish is to water. Fish swim in water, actually having water filter its system as it passes through its gills. So too, is energy to us. Energy is all around us and runs through us. As such we are capable of manipulating it with our thoughts. We can move it, and use it.

Everything is created twice, first in thought and then on the physical plane. The chair that you are sitting on was first someone’s thought, then they gathered the people and materials to build the chair and it came into existence. The car you drive and the house you live in were both first created in someone’s mind, then they gathered the people and materials and they were created. Your career was first your thought and then you moved one step at a time towards that visual until it manifested. We co-create with the power of thought. Thought is what we focus on, whatever you focus on will manifest, the good, the bad, and the ugly. And we focus on what we choose to look at. Energy gets its direction by what we choose to focus on. Operative word here is “choose”. It’s the power of choice. Our choice.

Quantum Physics

Reality is what you make it. Quantum mechanics says, reality is what you choose it to be. Physicists have long known that a quantum of light, or photon, will behave like a particle or a wave depending on how they measure it. Oct 27, 2017

- <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwihg4yXwHzAhUCPH0KHWvtAWwQFnoECAQQAQ&url=https%3A%2F%2Fwww.science.org%2Fcontent%2Farticle%2Fquantum-experiment->

space-confirms-reality-what-you-make-it-
0&usg=AOvVaw3kP0mGM4S7VUNso4p7CqsY

Primary Objective Of Eudaimonia Psychology

The primary objective of Eudaimonia Psychology is to learn how to remove negative emotional molecules from our bodies and replace them with positive emotional molecules. Our goal is to live in a state of constant well-being understanding that we have no control over anything in our lives other than the meaning we give to events that present themselves to us, and our reaction to those events. In other words, the only control we have are the thoughts we wish to focus on. Understanding that will lead you to living in a constant state of well-being understanding that we cannot change anyone or anything, but we can change ourselves and in doing so others will change. In other words, if you change the way you look at things, the things you look at change.

Living In Well-Being

Living in a state of well-being means to flourish and find joy in your daily life. It's about developing yourself through meaningful activities and relationships. Activities and relationships that work for you. When I ask people who the most important person is in their lives, notoriously, they point to whoever they've been charged to take care of, whether it's their children, spouse, parent, or ill relative or friend. They never pick themselves, when the truth of the matter is, if you don't take care of yourself first, whoever you're taking care of will not survive, because you won't survive. More than likely, you will get sick. Ya' know that old saying, if one person is sick, two people need help. The second person is the caregiver. So, it makes sense to rethink this and put yourself first. Not only that, if you don't take

care of yourself who will do that? No one knows what you need but you, and I'll bet you don't even ask for what you need. A mistake right there. No one knows what you need unless you tell them, and most people will gladly give it to you, unless of course you have taught them that you don't matter. We teach people how to treat us, so ask yourself, how well have you taught the people in your life to give you what you need? If you are not getting what you need that's on you. Great change can happen the moment you say, " I need..." That's how you begin taking care of yourself, by asking for what you need, then and only then will you begin to feel the fullness of life on every level. Feeling part of, and connected to a greater whole, and most importantly, being there for others without resentment or regret.

Let's Move Energy

Let's focus on moving some energy. You do it all the time, you just don't realize you're doing it. And you do it by changing your focus. Your focus of thought.

Place your feet flat on the floor, open your hands, palms up or down flat on our lap. Take a deep breath, in through your nose, and slowly exhale out through your mouth and close your eyes. Again, breath in, relax your shoulders, and your whole body. Blow out slowly thru your mouth. Now take a third deep breath in and blow out slowly through your mouth. Now Imagine a person who has had your best interest at heart and radiates compassion to you. Feel their comforting energy. Stay in that energy. Now bring your thoughts back to you, focus on your heart beat. Again, think of that person and focus on the last wonderful thing they said to you, then bring your thoughts back to your heart beat, one more time think of the last

wonderful thing they did for you, or with you, and now focus back on you, the center of your body, your heartbeat.

Take a deep breath and open your eyes. Did you feel anything move from you to the other person when you thought of them? That shift in awareness was your movement of your energy, by the power of thought. It felt good, thinking of them calms you. We can find calm simply by focusing on the people that we know care about us, and we find comfort in thoughts about them. We do that all the time just by focusing our thoughts.

How We Give Our Energy Away

In kind, you can give away your energy. We're going to try that again, but with a different visual. Take three deep breaths, and on the third breath, close your eyes and relax your body. Breath in...and out, breath in...and out. Focus on a person who makes you out of your mind crazy in a bad way. Once you have that person in your mind's eye, focus on the last crazy thing they said to you. Turn your focus (thoughts) back onto yourself. Focus on the center of your body, your heartbeat. Once that is done, again focus your attention on the other person. Remember the last horrible thing they said to you. Then turn the focus to your heartbeat. One more time, focus your thoughts on the other person. Then focus back on yourself. Forget them, they are none of your business. You are totally focused on you. Focus on your heartbeat and the amazing you. Take a deep breath and open our eyes.

You can feel how your focused thought shifts something in your body, that something is energy. Energy moves back and forth just by what you are focusing on. That's how we give away our energy. If we want to keep our energy, we focus on ourselves.

You have just experienced how you move energy with thought. You have also learned how to keep your energy and not give it away, just with the power of thought.

Energy Vampires

Energy Vampires, or EV's , as I often will refer to them, may be a dramatic term, but when dealing with energy you must be aware. Most of us have an energy vampire in our lives. They moan and complain and yet, nothing we say or do seems to shift them out of their negative mindset. These kinds of people always have a problem they need help with and they blame everyone else for their situation. They can be self-pitying, negative and sometimes nasty. Energy vampires will do pretty much anything to get attention because this attention and energy is what feeds them. Unfortunately, EVs have not learned to take care of themselves, be responsible for their own actions and meet their own needs. This means they are constantly looking to others to make them feel better and fix their problems. Of course, no one can fix someone else's problems. We all have to learn to deal with our own responsibilities and issues. But the EV gets stuck in a negative cycle of needing the attention of others to feel better about themselves.

Ideally, we would avoid these kinds of people at all costs. However, we can't always cut them out of our lives. When we have a family member, boss, or colleague who is an EV, we can't avoid spending time with them. There may also be people in our lives who have this trait but also have positive aspects that we love. In this case, we must learn to deal with the vampire energy without being sucked dry. Additionally, some people go through difficult times and become very needy and we would want to support them. So, the question becomes, "How can

we support these people without exhausting ourselves in the process?” The answer lies in knowing your limitations. If you are an empath, which is someone who is very empathetic and intuitive, most often a caregiver by nature, the EV can easily spot you and know you will give them the most attention. As a clinician they are the client who always pushes to go over their time, or who demands emergency sessions when there really isn't an emergency. They are manipulative, and excellent when exploiting your goodness.

Why Energy Vampires Target You?

Energy Vampires, are drawn to kind, compassionate, empathetic and generous people. If you are this kind of person, and most clinicians are, you may find that you have many EVs in your life. Because you are compassionate, you don't want to cut these people out of your life. You want to help them. But unfortunately, no amount of compassion will be enough for these kinds of people and if allowed, they will take all the energy you've got. They may try to make you feel sorry for them or they may try to guilt trip you into spending time with them. So, it is important to set up healthy boundaries to prevent EV's from taking all your time and energy. As a clinician you are by nature a healer and an empath. You may find it difficult to place boundaries with people who tend to take advantage, not only with you but with everyone. Remember, it is up to you to teach your clients how you want to be treated by them. Boundaries my friends, boundaries.

What To Do With Energy Vampires

Here are four ways to set up healthy boundaries so we can treat energy vampires with compassion, without getting drained by them:

1. Limit time spent with EVs – it's very obvious that we need to limit the amount of time we share with an EV. If you have a particularly needy friend or colleague, you might limit your interactions with them to one phone call or meeting a week. Also, it's worth having an end to the interaction planned, such as another meeting or activity that you have to leave to go to.

2. Choose activities carefully - Staying indoors with them watching a movie and sharing a bottle of wine might be a bad choice as they will have you captive. This means they can command your attention and there is little you can do to prevent them from stealing your energy dry. Choosing a more interactive activity, or meeting up in a group will make it less easy for them to monopolize your attention.

3. Practice Self-Care - after spending time with an EV you will need time to recoup your energy. If you know you will have to spend time with a draining person, plan a fun or relaxing activity afterward. Taking time to look after yourself and practicing self-compassion is especially important if you have to spend a lot of time with one, or many, energy vampires.

4. Protect your energy - you must be clear about how much energy you are prepared to share. As well as limiting time spent with them, be clear about your own worth and value. Often energy vampires target us because they are aware that we do not value ourselves as highly as we should.

Protecting your energy begins with thinking about things you want to do with your own energy, such as projects, hobbies, goals and dreams. You need to realize that you don't want to squander that energy on someone who is not going to make

good use of it. If your support isn't used wisely or appreciated, then it has been wasted.

You can also think of yourself surrounded by white light that protects you from the energy vampire. Refusing to give more energy is not selfish. In fact, giving an EV too much actually prevents them from learning to take care of themselves.

It is important to check that you are not becoming an energy vampire yourself. After spending time with an EV, you will be emotionally drained and may feel negative and cranky yourself. Be careful that the negative mood you have caught does not mean you slip into being an energy vampire yourself. You might notice that after you have spent time with a difficult colleague or client, you go home and snap at your partner or the people you live with. You can avoid this by taking some time to restore your energy by doing something fun or relaxing, or perhaps meditating or taking a walk in nature. This way, you won't need to steal energy from someone else.

We Are Co-Creators

Understanding that we are energy, leads us to the realization that we are co-creators. We manifest what we focus on, what we choose to look at. This course was first my thought, then I gathered people and resources to put it together, then it manifested into the course you are now taking.

We are the embodiment of thought. We are co-creating with universal energy that can neither be created nor destroyed. Energy is waiting for our direction. We manifest what we look at, what we focus on. Our direction comes from our desires. Our desire to experience all kinds of things, actually anything you can "think" of. What exists depends on what we choose to see. Physicists have long

known, as mentioned before, our observation of something and our expectation will determine what presents itself. What we choose to see manifests. Our assignment of expectation will appear. In other words, we see what we believe. That old saying, "I'll believe it when I see it," is actually wrong. The reality is, "You see it when you believe it." What does all this mean? We create our reality through thought. That's why it's so important to focus on what you want, not what you don't want. That is also why I consider words to be magic wands, and I emphasize that your reality exists in the conversations that you have all day long.

If in fact, we live in the conversation about our circumstances, then we actually co-create our lives with the energy around us, the energy that I refer to in this course as the "universe." We are co-creators with the universe. All we need to do is focus on what we want, and voila, into existence it will appear! Right?!

Not exactly. The process is a little more involved than that and for good reason. Let's look at it this way. The average person has between 50,000 and 70,000 thoughts per day. If all those thoughts manifested as we had them it would get very confusing, and scary. If you were thinking of a red Ferrari and it immediately appeared, first you would be shocked, and in your second thought it may not be what you wanted. You could change your mind, think of a black Mercedes and that would immediately appear, and so on and so forth. It could get pretty crazy. Manifesting is a process with an inbuilt delay system. It doesn't just happen with your every second of thought, it's what you focus on. And focusing takes time. Focusing allows for clarity of vision, and it is that vision that actually starts the process. If you add feelings to that new vision, you will move energy even faster. Now the question is, "How long do you need to focus on what you want before it

will manifest?” Well, that all depends on your inner process, and how often you change your mind.

Plan A Only!

Many people go through life with a plan A and a plan B. Some even have plan C. If you're one of those people it may take you longer than others for things to manifest. Remember, it's what you focus on. So, if you have a Plan A, B, and C, the universe doesn't know what to begin working on. Things have to be lined up in the unseen before it can manifest onto the physical plane. I say you go through life with only Plan A. You could modify Plan A, or even change it, but only for a new Plan A. In other words, if you want to be a teacher and all of a sudden you decide to be a restaurant owner, the universe has to change course. And if you keep vacillating back and forth the universe will stall till you pick. This is why many people don't get what they want because they keep changing their minds and don't allow the process to complete.

Moving energy is about clarity of vision. If you don't know what you want, the universe will manifest nothing because you haven't given it direction. Think of it this way, the universe is like your own personal team of workers. Every morning when you open your eyes after a good night of sleep, your team waits for instruction of what you want. Your team does not judge whether your thoughts will serve you or not, its job is to bring to you what you would like to experience. So, it waits for desires to be imagined in your mind's eye and then it begins the process of aligning things that will bring your vision into reality. Good or bad, it does not judge. It takes its direction from what you focus on.

Becoming A Master Manifester

If you want to be a master manifester you need to understand how to stay in the flow of energy, allowing it to do its thing. You need to have a clear vision of what you want, while every day you do one small thing toward your goal. In this way, you are moving the energy a little at a time toward your desire. Feeling excited knowing that your dream will come true allows the process to move faster. You need to believe in the process with every cell of your being, understanding that staying in the flow of energy and directing it is your only job in manifesting. Your job is to focus on the end game, how the game is played is none of your business. Don't get caught up in the cursed "how's." It's the expectation that, of course, your dream will come true. You deserve it, simply because you exist.

Everyone on this earth is here for an adventure. You are here to learn, grow and return to the source. You choose the parents and situation you needed to grow up in so that you would develop the skills needed in order to complete your mission. I can't tell you how many people look at me after I say that and respond with, "There's no way I would have picked those two people to be my parents." And I say, "That's because you don't understand your mission." When your mission becomes clear, you will see how it all lines up. You will understand all that happened to you happened for you to learn about yourself. And then, their follow up question is, "What is my mission?" The answer: to allow the universal consciousness to experience a physical existence by working through you. That is why we are not perfect beings. That is why nothing on this earth is perfect.

Perfection is a set up for failure. A bouquet of flowers is beautiful, but if you look at each of the flowers separately you will notice that each of them are

imperfect. We, and all that inhabits this earth is perfectly imperfect. But when put everything together it all becomes a perfect plan. If each of us were perfect and all we do is perfect, what would be the point? Where is the challenge? Where is the growth, the knowledge? There would be no pain, and quite honestly, where there is no pain, there is no glory. It has been proven over and over again that when things come easy to us, we become bored. Look at your own life and the lives of those around you. Doesn't everyone love a challenge? People celebrate when there is a victory. We feel great, accomplished and proud. That is the human experience. You need to experience what you don't want in order to know and appreciate what you do want. It's a process.

That being said, there is a point in life when, we get tired, we look for the calm, and we become wise. That's usually when we are ready to return to the source and we cross over to the unseen. Until that point, we learn. Our society is moving away from blind faith into a world of questioning what we once accepted by people in authority, whether it was religion, government, even education.

Looking Inward For Comfort

We are not looking outside of ourselves for answers any more, we have begun to look inward for understanding and comfort. We talk about self-partnering and question why we do the things we do. Our knee jerk reactions are being personally studied as we seek counseling and therapy to better understand our motives and actions. Behavioral psychology has taken the place of traditional psychoanalysis, and positive psychology combined with energy work and coaching are what people are gravitating toward today as a way to achieve peace and harmony in their lives. And yes, all leading to this course, Eudaimonia Psychology.

This holistic approach to therapy is a program, not a once-a-week session that stands alone. The tools and methods are delivered over a five-week course with take-a-ways that need to be practiced during the week before the next session. After the five weeks, a coaching component comes into play, and more often than not, an additional five weeks of therapy is requested by the client. Then normally another five-week package is purchased with longer duration during sessions, until, very often on-going coaching continues on a monthly basis. That's why Eudaimonia Psychology is considered a program of individual discovery and personal renewal.

It's All About The Conversation

We think we live in the world, in a set of circumstances, but we don't. We actually live in the conversation about our set of circumstances, the meaning we give it. We assign meaning to everything. That is why everyone has a different perspective on things and events. When we see a car accident, all of us will have slightly different versions of the truth. When asked, "What is your truth?" the question is asking for your version of the truth because your truth may be different from mine. So, there is your truth, my truth, and then, the truth. All these versions are based on our individual belief systems that were formed before the age of eight. This system is based on subconscious, irrational beliefs that 95% of all our decisions are based on. Our decisions are based on lies we have been telling ourselves over the years.

Recovery Of Loss

Recovery from trauma and loss begins the instant we shift our conversation from loss to remaining assets. Let's use the Stock Market crisis of 2008. During this time in history not all people suffered. Although, a lot of people lost money, there

were some who made a lot of money. For some, when the stock market drops it's time to buy stock, and a lot of it. In 2008, when many people were losing their homes, there were many who were buying them up. To those people the conversation was different. They spoke about the big sale in real estate. How one could pick up foreclosures and flip the property. You might say that those were the people who had money, I say, not necessarily. There were people who were picking up foreclosures with whatever money or loans they could get their hands on. There were others who had money and didn't spend it out of fear they would lose it. Their fear paralyzed them from taking advantage of the so-called "sale." Those people talk about it today as a lost opportunity. There's that old saying, "You need to give it all, to get it all." Unfortunately, some remained stuck in the crisis and never recovered. They were held hostage by fear and worry. Over time those people were depleted not only of their financial reserves, but also their emotional and spiritual reserves as well. I thought for sure Louis Vuitton would finally put his handbags on sale. I was wrong, he made this statement, "I don't live in a recession." Very telling; in his matrix there was no financial problem. His product never went on sale and of course he is still in business today. Now some would say Louis is an optimist, that could be the case, so let's look at optimism.

Optimism

Optimism is 25% genetic, it's a person's natural view on life. This will either be strengthened or weakened by parental input. Optimism and pessimism can be taught. A parent's reaction to their child's success and failure will add a lot of weight to their child's view of the world. It's worth noting at this point that optimism contributes to quick recoveries from illness and contributes to an

enjoyable and meaningful life. Optimism is very dependent upon the conversation we have with others.

There Are Only Three Things In Life We Can Be Sure Of:

There are only three things we can be sure of: Atoms, Space, and Opinion. Reality is dependent upon the meaning we give it.

Our conversations begin with the meaning we assign to what we see. For example: When you walk into a conference room there are many tables to choose from. We all pick a table that we believe is the best table. Some will pick a table in the front of the room because they are close to the speaker and to them, that is the best table. Another will pick a table in the middle of the room as to not be too close to the front nor the back and to them, that is the best table. And then, there will be those who pick a seat in the back of the room so they can walk out and not be noticed, that being their best table. The truth of the matter is, a table is just a table, there truly is no best table. They have assigned meaning to what they see according to their personal experiences and what works for them.

We Assign Meaning To What We See

Our insecurities also feed into the meaning we give to objects, people, places and things. For example, going to a concert is exciting for some and anxiety provoking for others, yet a concert is just a concert. This is all based on our experiences. If we were at an outdoor concert and it turned into a mass shooting, we would be anxiety stricken going to future outdoor concerts. And also, be anxiety stricken for our loved ones going to outdoor concerts. Others who did not have that experience would not assign the same meaning and would look forward to going to outdoor concerts for themselves and their loved ones. Both individuals assign

different meanings to outdoor concerts when, in reality, a concert is just a concert. It's the meaning we give anything and everything that sets the stage for our thoughts, conversations, behaviors, and the manifestation of our future. We've just given meaning to the nautilus shell. Every time you see that symbol you will be reminded of this course, and your experience with this course will determine your feelings when viewing it.

Why Are Some Unhappy?

Whether people are happy or unhappy is also dependent upon the meaning they assign to the lives they are living. Either you are a victim of your circumstances, or you understand that you are one-hundred percent responsible for the circumstances you find yourself in now, regardless of the circumstances you were born into or the type of childhood you experienced. One either believes people are out to get them, or there is good in everyone they meet. One either believes the world is a safe place, or they believe it is a dangerous place. All who are unhappy experience the feeling of a loss of control, when in reality we never lose control, we give it away. All these meanings are dependent upon the stories we tell ourselves, stories that have been told to us, and conversations we partake in on a regular basis.

Now, that being said, I have met many people who have claimed they grew up in a very negative household, yet they themselves have not bought into the negative mind set. That is proven over and over again with the reality that the younger generation is pulling away from organized religion and tapping into a different philosophy, one that infers we are part of a bigger whole and is more spiritual in nature rather than religious. The conversations are different for them,

translating into different behaviors, understandings, and worship. All of this is dependent upon conversations they engage in and what feels right to them. All of us have free will to choose our thoughts. Our thoughts reinforce our beliefs, and our beliefs set the groundwork for the stage we wish to act out our lives on.

Is It Luck?

We can even look at the concept of luck. Luck has nothing to do with the way our lives turn out or the experiences we have. Yet many people will attribute good things in their lives to the concept of luck. When it comes to Eudaimonia Psychology and staying in a state of well-being, luck has nothing to do with it. Our reality has to do with our thoughts and the free will we have in choosing those thoughts. It has to do with what one focuses on and their belief system. Your attitude toward life is what brings you good fortune, health, a fulfilling career, and great relationships. If you are a person who gets up every day and counts your blessings and all good things you have in your life you are vibrating in positive energy, and that energy will attract more positive energy in the way of positive people, positive opportunities and positive outcomes. It's about attitude, and the understanding that like attracts like. If you have a positive attitude, you will attract all that is positive. Luck isn't anything real and carries no energy, it has nothing to do with good fortune and happiness.

Researchers across various disciplines have attempted to decode whether there's an actual measurable aspect to what we understand as "luck." Many of these studies have found that what a person might perceive as "luck" has more to do with psychology than probability. What one may refer to as luck, is actually a

positive attitude that keeps a person open to new opportunities that show themselves in what appears to be random acts of chance.

People have used the term “luck” in the context of being in the right place at the right time. A better term is “synchronicity,” which Carl Jung gave meaning to and described as “a meaningful coincidence.” Some people will swear they have a lucky piece of clothing. It is pure superstition when a person says, “If I wear my lucky shirt to the job interview, I will definitely get the job.” It has nothing to do with luck. It has to do with the state of mind that particular shirt puts that person in when they wear it. It may cause them to feel more confident and present themselves in a more professional manner, answering the interviewer’s questions more proficiently, thus getting the job because of their presentation and confidence, nothing to do with the shirt. It has to do with the mindset and attitude that particular shirt evokes when worn.

Synchronicity

Synchronicity is a different concept. A meaningful chance meeting has more to do with a person’s power of thought. Visualizing the perfect person entering your life to effect the change desired is about energy putting you in the right place at the right time in order to achieve your goal which is all orchestrated by universal consciousness. We “will” things into existence, it has nothing to do with the randomness of luck. Rather, it has to do with the energy of preparation meeting the energy of opportunity.

Happiness vs. Eudaimonia

So, how does one give meaning to what we see and make it work for us? The first question is, “What kind of life do you want to live?” Most people answer, “I

want to be happy.” It sounds like a great answer but happiness can be temporary and dependent on so many things. As opposed to “living in Eudaimonia” which is a continual state of well-being and dependent on one’s mindset rather than situational outcomes. Happiness is actually a set up for failure.

Happiness is temporary and conditional. You’re happy when others around you are happy too. You’re happy when all your bills are paid. You’re happy when everyone you know and love are healthy. Or, you’ll be happy when you get your dream job; you’ll be happy when your vacation starts; you’ll be happy when you get your dream house...car...dog...etc. Happiness is conditional and appears to be connected to luck.

Eudaimonia is long lasting. Living in a state of well-being is a state of mind and only dependent on thought and a belief system. I love my life today and am grateful for everything and everyone in it. The only thing Eudaimonia depends on is what is happening in the “now.” Right now, everything is exactly as it should be, and I stand grateful for it all. If circumstances change, it doesn’t change my feelings, I adjust knowing that everything is happening *for* me, not *to* me. And with each modification of life, I learn more about myself, growing emotionally, intellectually, and spiritually, as a result. I understand that I have control over nothing except my reaction to events that present themselves to me. When challenges present themselves, I understand that the moment the lesson associated to this experience becomes clear to me the pain of it all will begin to disappear, as well as the experience . If I get triggered, I understand that my wounded inner child needs to be attended to, and after I do that, I will return to a state of well-being. Rather than having fear and worry hold me emotionally hostage, I understand how to walk

alongside those scary thoughts knowing that fear is *false-evidence-appearing-real*. No matter what my experience is, I remain calm, in control of my feelings, and forever grateful to be having this adventure we call “life.”

You Are 100% Responsible

Your life didn't happen willy nilly, you need to take 100% responsibility for it. You are a co-creator of it. You need to focus on what you want, not what you don't want. We have all been taught to look at what is going wrong and fix it, rather than looking at what's going right and enjoy it. We need to take a breath and relax and train ourselves to focus on what we can enjoy. All that happens to you, you bring about, the good, the bad, and the ugly. And this all happens by the meaning you have assigned yourself and everyone and everything around you. When you are experiencing something negative, ask yourself, “What am I learning about myself?” This experience is all about you and your thoughts. In the moment of clarity, you will know the answer to the question, “Why Me?” and the experience will move out of your way. When I have a client who asks me, Dr. Donna, why is this happening to me?” I answer, “Why not you?” In that moment they don't respond because in that moment they begin to understand.

Take-a-ways For Lesson One

So, let's talk about the take-aways for Lesson One. The power of thought matters, as everything is created twice, first in thought, and then on the physical plane. How do you make what you're doing work for you? You assign meaning to it, that will keep you in a state of well-being. You don't take yourself seriously. You understand that the only thing you can count on in this life is change. And you believe with every cell of your body that it all works out in the end. That's assigning

meaning to what you see. You may not like where you are today, but know that you need to be here right now in order to get there, wherever that may be. Focus on what you want, not what you don't want. Look for the lesson. Apply that lesson to your current circumstances and watch how your experience becomes tolerable and moves to enjoyable, knowing that change is inevitable. There is nothing in life we can count on except change. That is the mindset that you need to be in to experience "Eudaimonia."

Be Here Now

We all talk about living in the now, which is a complex idea if you have upper limiting beliefs. Meaning your success has a ceiling, which you will find out from this course that it has to do with not believing your good enough. The imposter syndrome is another falsity based on irrational beliefs of not being good enough, the list can go on and on. Living in the now is bringing "knowing" into every relationship especially the one you have with yourself. Being conscious of what you are feeling and why, is the cornerstone of Eudaimonia. When you bring a negative emotion into your consciousness you lessen its strength and you are no longer held hostage by the insecurities of your past, thus leading us into our next lesson, the "Wounded Inner Child."

Let's Add A Chamber:

Congratulations, you have just completed lesson one and you are now ready to add a chamber to your life. So, what I want you to think about is what you spend most of your time focused on and the meaning you have assigned it. Practice moving energy with your thoughts and feel how the energy shifts in your body. Program

into your weekly calendar activities that recharge you, so that you don't become an energy vampire due to having been ravished by one.

Here are some take-a-ways to practice before Lesson Two:

- What are you focused on?
- What meaning have you given it?
- Practice moving energy consciously, with intent.
- Program into your weekly calendar activities that recharge you, so that you don't become an energy vampire due to the ravishing of an EV.