

The Basics  
of  
Human Happiness



by Blake  
Steele

# The Basics of Human Happiness

A Workbook for Personal Liberation

By  
Blake Steele

## GETTING CLEAR

A Workbook for Personal Liberation  
by Blake Steele  
Copyright © 2007 Beingloved Publications  
Møltrupvej 115, 7480 Vildbjerg, Denmark  
(0045) 97 132 662  
E-Mail: sol@beingloved.net  
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## **INTRODUCTION**

### **MY PURPOSE**

My purpose in this workbook is to share in simple ways principles, that when accepted and acted on, always, always, always lead to human happiness.

### **PRINCIPLES**

By principles I mean the basic way Life works: its real nature.

These principles never, ever reduce our experience of Life and cause mindless conformity—but just the opposite. They open us up so Life in all its variety, wonder and free happening nature can happen in our true uniqueness.

### **WRITTEN FOR YOUR HEART**

This Workbook is written for your heart: that part of you that recognizes what is real. It is impossible to write books for the mind that people of all cultures and beliefs will appreciate—but the heart is a different place. The deep heart of every human being has the same qualities: it recognizes what is real and is drawn to it. There is a deep, "*Yes, that's true,*" in every one of us. We call it our intuition.

### **INTUITION**

Intuition is the ability to know something instinctively. It is like your body itself whispers, *Yes!* when it recognizes what is real.

## **LISTEN**

As you read please LISTEN to this deep intuitive sense in you. It will arise naturally by itself. The more you are aware of this, the more quickly you will realize that Life itself, streaming from its luminous Source, is your teacher and that Life is who and what you are.

### **SIMPLE STYLE**

The style of this Workbook is simple, just so it can slip into your heart—but don't be fooled by its simplicity for the truths you will be working with hold the power to liberate your life into deep happiness, mental clarity and this wonder we call Love.

### **LOVE**

What do I mean by Love? Real Love is a liberating, sparkling, dancing discovery, not a definition. So let's discover it.

### **BE CLEAR IN YOUR PURPOSE**

I'm only asking you to simply hold in your mind a clear purpose to be free and grow in real Love. Having a clear intention is a key that can unlock whatever is stressed, or stuck within you as you move through this book.

## TO DO

This is a Workbook. This means it is a *To Do* rather than *To Read* book. When it is time to do something it will say: *TO DO*. Stop and do the little exercise if at all possible. If you can't do it immediately, come back to it when you have the time. Give it a try. Don't just run it through your mind. For example, if the *TO DO* is to look in a mirror and you only imagine yourself looking in a mirror, your experience will not have nearly the same power.

Do the exercises if you want to deepen your experience of growing free. The doing harmonizes you with what is real which will open you up like spring opens buds on a tree. Reality is happening completely independent of what our ideas of it may be. It is directly experiencing what is real that makes us astonishingly happy.

Much Love and happiness to you in your journey.

Blake Steele

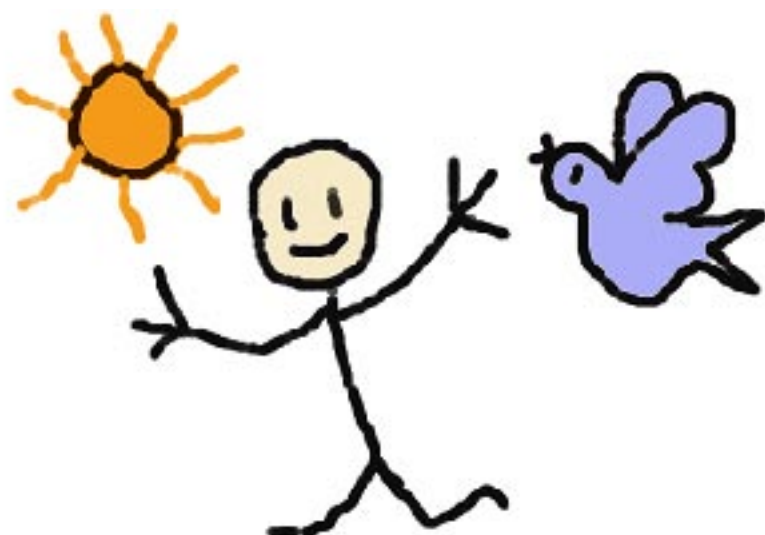
OK,  
LET'S GET  
GOING



# Getting Clear

This workbook is about the most basic and important aspects of Life, Love and Human Happiness. It is full of simple statements written as for a child about the journey of life.

You are that child, deep in your heart, a child who longs for life to be clear again. These are the basic truths I wish someone had taught me as I was growing up.



Of course, you don't have to believe anything I say. I only ask you be open, ask questions, and experiment.

Look on this side and that. Play with it. What is real can be expressed in billions of different ways. That is the beauty and wisdom of it. It is this rich diversity of expression that will one day lead us all to such an open, Life-filled, Love-shining place.

## GETTING A CLEAR FOCUS

Let's start by doing. We'll work on developing a clear and strong intention for it is essential to becoming truly happy. Here is the first TO DO.

## TO DO

1. Say this sentence to yourself and observe your inner response. You may have to say it a number of times to kind of wake up inside.

*I choose to be full of Love and free.*

It is normal not to feel anything, or even to sense some resistance or numbness regarding this intention. Don't be concerned: it's just these things that Love will undo completely. We will now work this intention into your heart. Let it go deep until it meets a place in you that is in total agreement with it. Then you will feel what the power of clear intention can do to open your heart.

## WORK IT IN

2. Take it deeper now by slowly repeating it over and over: thinking about the meaning of each word.

*I choose to be full of Love and free; I choose to be full of Love and free; I choose to be full of Love and free; I choose to be full of Love and free...*

Take time, perhaps a minute or even two. Do this until you realize that something in you really means it.

3. Now, get up and speak it as you move: Walk around saying it to the rhythm of your steps. Are you through?

4. Now sing it. Go ahead. Make up your own tune. Singing it takes it very deep. How is it going?

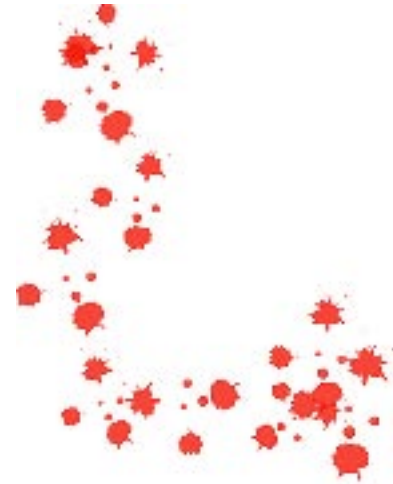
5. Now dance to it as you sing it. (If you are not able, then wave your arms, bob your head, wiggle your nose. If you are not able to do these things, then imagine yourself saying, walking, running, singing, dancing, "*I choose to be full of Love and free...*")

6. Ok, now, write it down and put it up where you will see it often. Are you done? Now stand before it and say Yes as you make some funny motion. Go ahead. You've got to be a little crazy if you want to be really happy. Whenever you notice it and read it, make this funny motion or noise. You'll be amazed how all this works on you.



### REALITY CHECK

Now is a good time to check: have you just read through the TO DO without doing any of it? Now, is this going to be a workbook or a read book? You need to decide. If it is only a read book you will hopefully be entertained by the "great art work" and get some inspiring insights, but it won't permanently liberate you into deeper happiness. Slow down. If you actually want to be full of Love and free, take it a step at a time. Put this book down. Do the intention exercise several times. Then come back and take the next step.



### FIRST THINGS:

Now let's start where life starts, at our beginning. We are born in innocence. Remember what you have seen in a baby's eyes. Innocence is the foundation of our existence. It is a pure and beautiful state. We may think we "outgrow it" but it remains forever in the very center of our hearts. Deep, true happiness actually comes from there.

### INNOCENCE

In innocence there is no guilt or blame. It is open, utterly harmless, tender, and full of wonder. This is the pure mystery of life revealed. It is utterly true that we all long for the freshness and freedom of the open and tender nature of Life to be flowing freely in us. We have a deep instinct for it.

*Unless you become as a child... you can't enter the realm of heaven (full happiness). Jesus*

Of course, the innocence of a child is totally vulnerable and without knowledge, while the innocent heart of a wise person has gained knowledge through experience and understands things clearly. We will learn more about what this means.

As a baby we were completely dependant. Our mother's body was our link to life. If she was a good mother she nurtured and soothed us. Our love for the warm human body is a deep, natural instinct. If a mother rejects her child it causes a great wound. If you were wounded this way we will work on healing this in another workbook.

As we grow more independent we discover our own interests and desires and develop a sense of existence apart from our mammas.



**TO DO**

Pretend that you are a magical and innocent 3-year-old child: anything you wish for will come true. Let yourself wish upon a star. Pretend. Play. Be thankful. Follow your wishes deeper, past practical concerns, wounds, and all forms of cynicism. Go into your deeper longings that are so important to your soul.

If you've never done it, make a wish list. Write down all you wish was true, then take a look at it. It will reveal a lot about your heart.

If you pray, keep wishing to the hearer of wishes. Wish until you realize, "Everything I wish for really will come true, somewhere, sometime." Listen for the deep "yes, that's true". Be aware of any fears that resist this yes. Choose which you will trust. Change any wishes that don't find a deep response.

*(Have you done it? Don't cheat yourself. This takes time. Do you really want to be happy and free? Many people don't. If you don't, why not change your choice right now? You can choose to be full of Love, incredibly happy and completely free. You really can.)*

**CHILDHOOD**

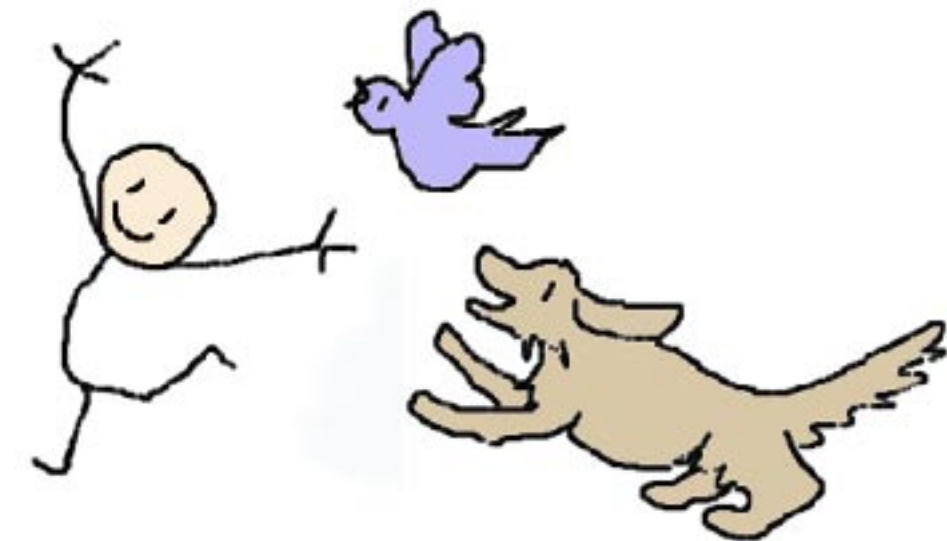
It cannot be stated how important a healthy childhood is. A child needs loving attention above all things. Little children cannot reason things, but they feel them and develop deep beliefs from their experiences. If you want a good child, give them lots of Love and protect their little hearts. Explore with them as they learn and help them develop beliefs about life that will make them happy and free. Then you will be happy with them as they grow.

A future workbook will be devoted completely to raising happy children—with lots of **To Dos** in it. But for now, if you have a child or children here is one thing.

**TO DO**

Get down on their eye level. Crawl around with them. Pretend you are the same age. Play with them. Watch them carefully. Feel their spirit or energy. Copy them. They have so much to teach us about how to be happy.

If you don't have a child, then be the child. Draw some people, houses, the sun, animals with the opposite hand you write with. Talk with the magical child in the center of your being. Ask its advice. See what wisdom it will give you about your life. Next time you have the opportunity, go play with a child.



*The little child will lead them...*

**PLAY**

Play is such an important part of development at all stages of life. Big people who have forgotten this think they know better than the Universe how to teach children, and they educate the playful joy out of discovery. Little children are miraculous learning geniuses. Their little brains are learning about time, space, language, color, otherness and sameness, quantities, on and on, all at the same time. They are perfectly designed to learn and are wide open and absorbing everything.

To rediscover this natural way of learning is to recover curiosity, a sense of adventure, Life's surprises, creativity, and that your mind loves to soak up and store new knowledge. Playfulness is the key to rapid and happy learning.

### **TO DO**

Next time you are stressed about learning or accomplishing something, start playing freely with it. It will move you right past your blocks.

### **SELF DEVELOPMENT**

We are meant to grow to fully become the unique person we have the potential to be. We are designed to grow from our foundation of open innocence to become knowledgeable, skillful and self-reliant. Healthy growth is like rings on a tree: there is an expansion from the rings at the center. When we try to grow by rejecting the innocent, vulnerable center of ourselves we cut ourselves off from the luminous depths within us. This has painful results.

### **GROWTH ITSELF**

We must understand that growth means change. A seed becomes a spout which becomes the tree—we are meant to change constantly. We are designed for this. This is frightening to our mind if we are trying to cling onto anything unchanging for security. But when we surrender to Life as it really is, we find that security is located in a wholly different part of us than our fearful mind. To try to stop change is like trying to stop the ocean's tides from turning. It is a form of madness we get used to.

### **TO DO**

Think about a relationship or something you are clinging onto, hoping it will never change. Can you feel the fear that is in this? Realize that what you cling to belongs to Life, not to the part of you that is trying to resist change. Surrender it back to the ever changing sea of existence. Just see this very clearly. Only then will your heart relax its fear, and you will become more fearlessly present to enjoy the relationship, place or thing right now—and thus increase your happiness.

(Don't worry, we never really lose what we truly Love. More about this later.)



### **RELATING**

Life is about sharing with others. This is so basic, yet selfishness fights it. If everyone freely shared there would be plenty for all. Sharing unites people and creates those warm, loving bonds that nurture our lives.

Selfishness is a form of fearful self-imprisonment. Selfish people are locked up in a self-created, isolated sense of self. They spend their lives trying to grasp onto whatever they can to decorate their prisons so they don't feel so bad about being locked up and alone. Generally, we wouldn't be so selfish if our hearts were not so hurt and we didn't feel such a powerful need to protect ourselves. We all need a lot of Love.

### **TO DO**

Share something you love with someone else for no other reason than just the joy of sharing. It can be a thing, a place, a gift, a talent, an idea, your full attention—anything. Keep it simple.

### **KINDNESS**

There is no happiness without kindness. Being kind to yourself and others is essential. To be kind is to have a generous, warm and caring nature. The light of kindness brings Life and hope to others. If you can't be kind to yourself you will find it difficult to be consistently kind to others. Our lives blossom in an atmosphere of kindness. The other choice is unkindness, harshness, nastiness and meanness: in other words, misery.

### **TENDERNESS**

Tenderness is not weakness. Just the opposite, it is a fearless thing to be tenderhearted for it means living with your heart open. The deep heart is sweetly tender. It is impossible to be genuinely happy



without being in touch with the tender sensitivity that makes you fully alive and fills your life with Love. The opposite is callousness, or a selfish "toughness" that is not real strength but dullness.

**TO DO**

Make the choice right now to be kind and tender with the parts of you you have been rejecting. Welcome everything within you into a new circle of kindness. You may be afraid that you'll strengthen parts of yourself you don't like, but it is the opposite. By offering everything within you kindness you allow kindness to fill you and things like self-criticism and shame start melting away.

Look into a mirror. See the light in your eyes. Look deeper than any hurt part you see. Don't be concerned about the pain in your soul right now. Just tell your deep, light-filled center you will be as kind and tender as it is. Tell you entire self you will bring it all into the circle of kindness.



Now, show some kindness to someone else, to a pet, to any living thing. Show kindness to things without life. Be kind to everything just for the next hour. See how it feels.

Only 1 Hour

**DIVERSITY**

Every child discovers that others are different than themselves. If their heart has been wounded this can cause negative comparisons in their development instead of a sense of newness and curiosity. Look at the Universe. Life is richly diverse in its expressions. We are all meant to be different. To be afraid of this is to create suspicion, fear, oppression and conflict.

Everyone has a different way of seeing Life. This is incredibly beautiful once you understand the unity of Reality beyond all the diversity of expression. It doesn't need to confuse our minds—rather it can be a source of inspiration.

**TO DO**

Think of someone who is very different than you. Why not send them a note, an email, give them a call and just tell them you appreciate that they are unique and different than you. Or just show them a little kindness. It may surprise you how they respond.



**OUR BODY**

Every child should be affirmed in the natural acceptance of their body. Your body is as innocent as sunshine, or grass. It is good and healthy to love your body. Every cell in your body loves Love, for Love is the great beauty and Yes of Life.

See how little children love to touch themselves, to feel things, to get down in the dirt, to leap and splash in the water. All their senses are naturally open unless someone makes them feel afraid or ashamed. When this happens a great shadow comes over their little souls.

Sensualness is wonderful. Enjoy your senses. To see, to hear, to smell, taste and feel—what gifts! If you are open, happy and learning how to live in Love, your body is not something to be afraid of. It won't cause you to do anything "wrong." All that stuff comes from lack of clear intention, shadows of fear and the selfishness they cause. Be open to your body for it is good, wise, and beautiful.

### TO DO

Make friends with your body. Run your hands very tenderly and lightly over your skin. Feel how your body loves this tender touch. Say, *yes, yes, yes* to its eager response. If you are in a relationship, you can do this to each other. How wonderful! The simplest things are the most essential. We are created to be loved through touch.

### LIFE EXPERIENCE

Life is about experience. You are here for this. A fully-lived life is a life full of a rich diversity of experience. There is an innocent, playful, naked freedom in the depth of you that is clothing itself in experience. Embrace your experience fully. Even though you will make choices that cause pain, or have painful things happen to you, if you fully embrace your experience it will teach you so many things and your pain will become your wisdom.

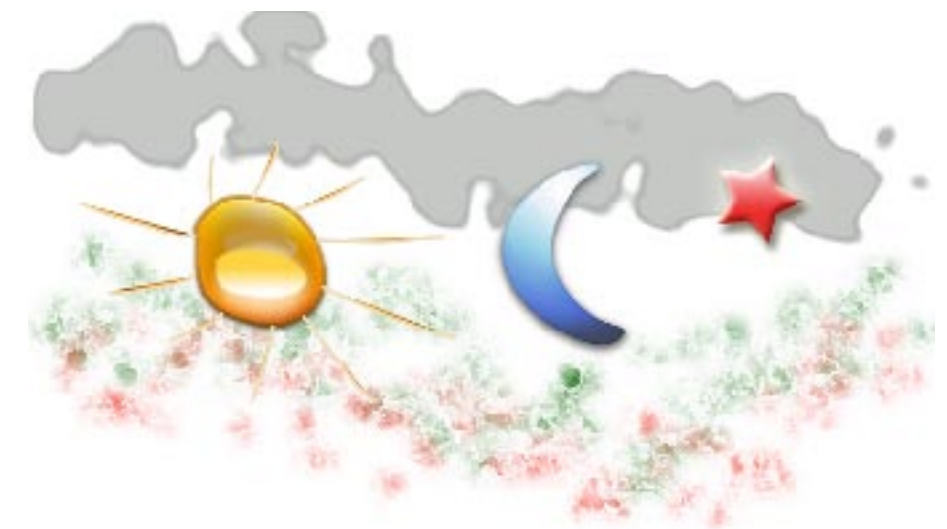
### KEEP IT SIMPLE

To the simple, everything appears as simple as it is. Keep a simple, uncluttered mind and life will remain clear. This is not the same as being naive, uneducated, or rigidly black and white. It is just the opposite. It means no matter how complex a subject is you see it with a basic simplicity. This was the secret of Einstein. It is a way your brain functions that is not self-limited. Love the clarity and spaciousness of true simplicity.

## Simplicity

### TO DO

Take steps to simplify your life. Do simple things, like cleaning up whatever is cluttered to create a simplified atmosphere around you. Open up space by getting rid of unnecessary things. A life too full of things has no room for the real source of happiness that is not found in things but the quality of feeling and experience that comes through being fully alive. Discover for yourself that less really is more.



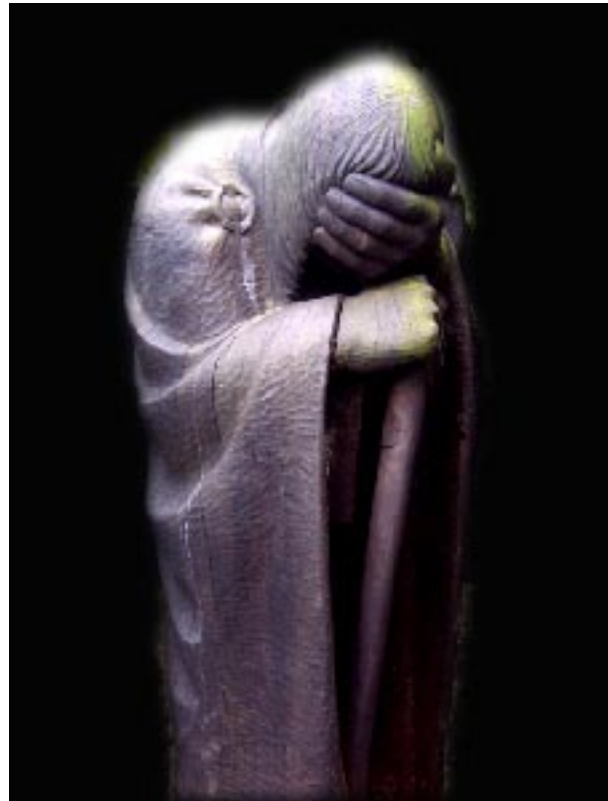
### IT'S ALL A GIFT

It is so wonderful to realize that all the most important things of Life are being given freely to us as a gift. The entire universe and existence itself is a gift. The sun is a gift. The moon, the stars, the earth, the mountains and seas, animals, birds, people, cultures, talents, each breath, each heartbeat are all being given to you. Just as you can't earn sunshine or wind, you can't earn Love, Life or Happiness. These things are given freely. We just need to learn how to more fully receive, appreciate and enjoy who we really are and all we really have.

### TO DO

Become that magical child again. Go outside. No matter what the weather is, celebrate it. Dance around just because the whole thing is a gift. Say, "thank you, thank you, thank you" to the sky." See if it doesn't make you feel more alive.





## SUFFERING

Suffering is part of life. Don't be afraid of it. It can work something beautiful in you, like sand in the oyster becomes a pearl. Do what you can to keep healthy and thus avoid self-inflicted suffering. Accept the suffering that comes as a teacher about what is really important.

### TO DO

If you have pain in your body welcome it as a teacher. Tell it you will not fight it. Take deep breaths and let your breath meet the pain. Relax, stretch, exercise—do what you can to get oxygen and blood into that area. It will help the body to heal. Be gentle with yourself.

## HONESTY

You will never be completely happy until you are completely honest. Honesty creates trust. Dishonesty destroys it. Without trust, there can be no openness in a relationship. Without openness there can be no Love. Without Love there can be no real happiness. See what dishonesty does: it eats away the very foundation of everything you really want in life. You do it to yourself through not having the courage to be honest. There are no harmless lies.

### TO DO

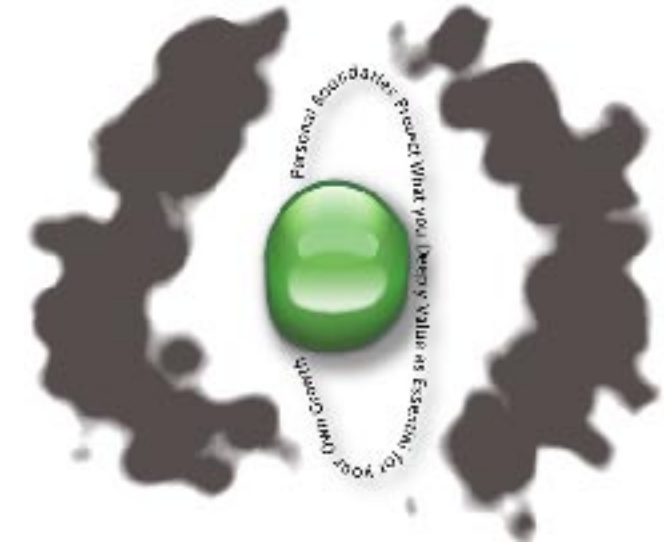
Come clear. Make a break with the disastrous habit of dishonesty. Admit completely your dishonest and hypocritical ways to those you have tried to deceive. Don't spare yourself. This is just the medicine you need to wake up from the spell of falsehood you have woven so you can start to be really happy and free. Do you want to be happy and free? Get serious about this honesty thing! If you don't, there is no hope of things getting much better until you do.

## PERSONAL BOUNDARIES

Be true to what you love and know is true. Live that with all your heart. This integrity gives you strength. Then you will be clear about your boundaries for they will not be built by fear but by Love and your sense of freedom. If you are clear your boundaries will be clear. Boundaries protect what is precious in your life.

### TO DO

Write down everything you love and know is true. Ask yourself how much you give to live these things. You may sense that the gap between what you know and what you do is filled with unhappiness. Listen to any excuses that come up in your mind. Challenge them. Ask them if they are really true. Turn them around. What is the opposite? See if that doesn't feel better.



## HONOR OTHERS

Allow others to be true to what they love. Don't make comparisons. Seek to know, to touch, to understand the mystery of other human beings. Be honest with them while giving them the freedom to be honest with you. Accept their decisions about what is best for their life. Simply seek their highest good at all times and in all ways. This is the Law of Life.

### TO DO

If you can think of someone you have manipulated to compromise their own values in order to do what you wanted, realize that in this act you have created unhappiness for both of you. You have weakened and distanced them from their own inner truth even as you strengthened selfishness within your soul. Selfishness is misery trying hard to be happy. It never works. Find the humility and courage in yourself to be utterly honest and real with them. Apologize and see if you both don't feel much, much happier right away.



### WORDS

Words are sound and written symbols that are very powerful as they can express both crippling and liberating ideas and feelings. Be super, duper, extra carefully aware of the words you use with children. You could be pouring a poison into their deep hearts that they will spend the rest of their lives trying to overcome. Use words with Love, wisdom and playfulness. Discover the music and delight of them. Dream good dreams and say them, sing them, write them, share them to inspire and encourage others. This will make you very happy.

### TO DO

For the next 1 hour be very aware of what you say to yourself in your thoughts and to others with words. If a negative thought comes in your mind, turn it around. Think the opposite. (Go ahead. You are free to do this.) If you say a negative word to someone, immediately say the opposite. Replace it with something that is encouraging and supportive.

Do this for sure if you are in a wounded relationship. See if it doesn't open things up. Review the parts about honesty and personal boundaries.

words  
can fly

### EMOTIONS

Emotions are very beautiful. Life is awareness expressed through feeling. Enjoy feeling, but don't let it run you. You can control emotions in your deep heart through imaginative images. Learn to work with your own heart (unconscious) to make it true and beautiful and it will be a great friend and faithful servant. You never, ever have to be a victim once you learn how to work with emotions instead of letting them work on you.



### TO DO

Get a hold of a negative emotion that bothers you and let yourself freely feel it without self-judgment. Take a few deep breaths just to calm yourself. Now imagine what this emotion looks like. Often an image will come all by itself. If nothing comes, it doesn't matter, just make up something: a black cloud will do.

Next connect the feeling and the image. In other words, let the image be the feeling. Now, very simply do something with the image—change it. This may “feel” totally impossible at first. Move right through that. It is an emotional illusion. The law of the heart is that emotions must **follow** images. Never try to change the emotion directly—just let it be—rather change the emotion by the image. Your imagination is free. It can do anything. For example, imagine the strongest vacuum cleaner in the universe sucking the black cloud right out of your mind. Come on. You can do it! You will be amazed at what happens.

If you have done this, CONGRATULATIONS. You just moved out of the victim mode forever. You now have the key to take control over your heart and to work with it for lasting change. Through repetition the structure of your heart will begin to change. More importantly, you are gaining power over your emotions instead of helplessly suffering them.

## BELIEFS

Beliefs cause emotions which then strengthen your beliefs. You act out what you feel and believe which builds many memories. All this creates your sense of what is real. Your familiarity with it also increases this sense of reality—but that doesn't mean your life is based on what is real. The whole world is lost in the illusions of false ideas about Life and the emotions and experiences that come from them. If this were not so, the world would be an unimaginable happy place. You can change the kind of feelings that rise up freely in you by changing the belief they come from. When your beliefs and quality of feelings change so does your entire experience of Life.

## TO DO

Look at your beliefs about yourself. Realize that just because they feel real and are familiar, this is absolutely no proof that they are true.

*Here is the Great Test*

If they have not made you happy, free and full of Love, there is something wrong here. Question every belief that supports fear, guilt, anger, superiority, self-hatred, feelings of self-righteousness,

feelings of inferiority and all other forms of misery. Just ask each belief, are you really true? If you are true, why haven't you set me free?

*What is true is Free!  
Therefore, what is true  
will make you Free*

## LOVE IS THE LAW OF LIFE

Love is the Law of Life. It is how Life works. It is how Life becomes good and beautiful. Love is about growth, waking up, healing, uniting with others, being free and whole, becoming fully alive. If Love were not the Law of Life it would not wake you up, heal you, unite you with others, harmonize your inner being, open you wide, bring you home, and make you fully alive. You must discover this for yourself. Belief isn't enough. It only opens the door.

Love has been doing miraculous, breathtaking things to people since the beginning of time.



## TO DO

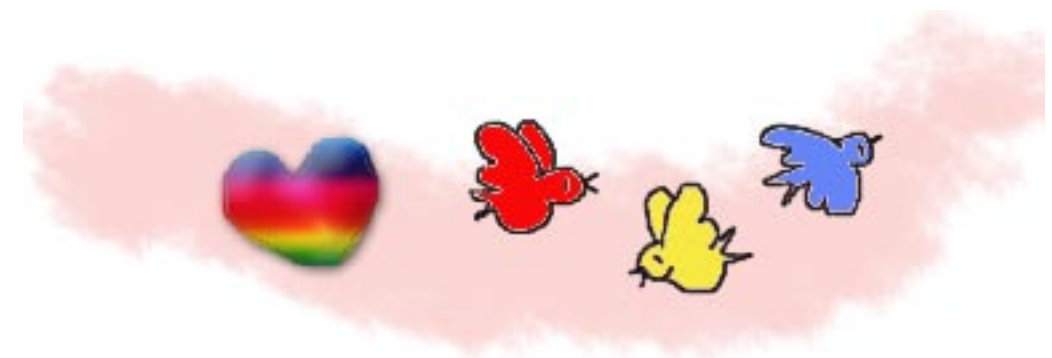
Repeat your intention: *I choose to be full of Love and free.* Now add to it, *More Love in the World (O God), through me.*

(If you love God you can add the *O God* part. But if you don't get really wonderful feelings from the name God then just leave it out.)

*I choose to be full of Love and free,  
more Love in the World (O God) through me.*

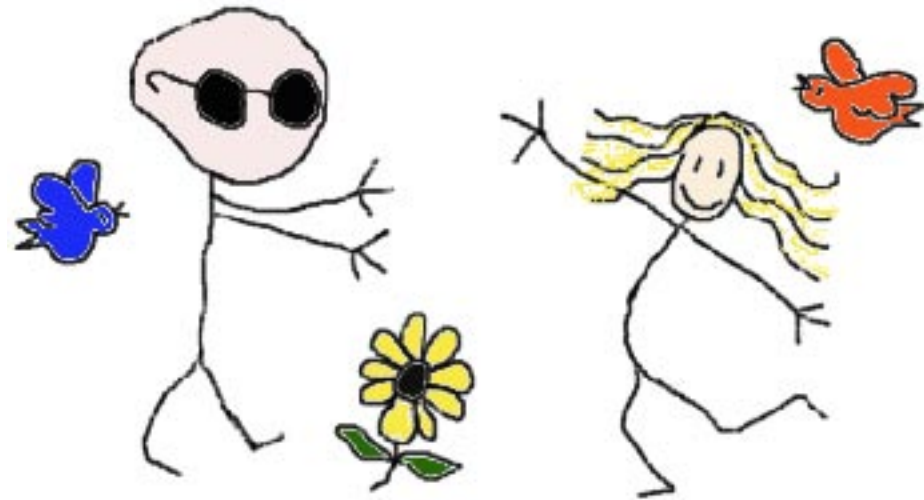
Say it until you feel the natural rhythm of the words, then allow this rhythm to give you a little melody. This is your own song. Sing it until you feel it in your heart, body and bones. If you live in a place where there are wild birds, sing it to the birds, sing it to the sky, sing it right to the sun, sing it to the trees, spin around with your arms wide open, sing it to the earth. I mean it. See what this does to you.

*(If you really want to get it even more, throw off all your clothes and dance around like a child while you sing. Yippee!)*



## HONOR

Real Love is about honor. Always respect and admire the mystery and wonder of others. People are never, ever mere objects to use for your own selfish pleasure. If you do this, you blind yourself more than you can imagine. Remember, when you are blind, you have no idea what you are missing.



## LIFE

Life is the Light in your eyes, mind and body. It is a great mystery. It is Awareness itself. We are in an infinite Ocean of sparkling, clear, delicious, luminous Life. Love Life—be aware of it always! If you become aware of naked Awareness itself—kaboomba. (That means abbazabba, zimbatooti, wazooti, Yes!)

## TO DO

For 1 hour simply be aware of the Light of Life in the eyes of each person you meet. Can you sense it is the very same Light shining through very unique souls?



## SAFETY

Honesty, Love and being courageously true are your protections, not fear. Fear constricts, closes you down, and blinds you. Love expands and opens your heart and soul.

## SECURITY

There is no security in this world. It is an illusion. Best to get over it as quickly as you can. Have you noticed, everything changes here? Everyone you love will die. That's how it is. But, you can be more secure than you ever dreamed of if you dare to give up your illusions that being secure comes from clinging onto what must change. The entire world economy may collapse. Then where is your security? You may get cancer or some rare disease. Then where is your security? The person you rely on the most may die—they are going to, absolutely, its only a matter of time—so where is your security?

There is only one thing that has remained the same in your life and will remain the same forever: it is the naked Light of Life you are. Discover this and you will be free of your fear of change and death. Who you actually are is your security.

## TO DO

Make a list of everyone and everything you secretly rely on for security. Now write down all the things that could happen to take this security away. Be powerfully honest with yourself. You are waking your soul up from a spell.

Now, take this list and renounce it: give up completely and totally the idea that whatever is on this list can make you deeply and permanently secure. Then burn it. Watch it burn and think about how fragile life really is.

Then, and only then, re-embrace with Love and deep appreciation all that was on that list—but refuse to cling to it out of fear. If it was money, start sharing it more. Create some happiness with it now. If it was a place, celebrate it, knowing for sure you will leave it one day. BE OK WITH THIS. If it is a person, tell them how much you love them, but that you made them your security and that you won't burden them with this idea any longer. They may be relieved or they may feel threatened by what you say. Assure them that this is about your freedom and lasting happiness. Share with them your intention and ask them if they can support you in this purpose of your heart.

## SELF

We have the ability to create a sense of self with our own minds, beliefs, emotions and imaginations. But always and forever your real self is simply Life itself in you which is harmonious, peaceful, without blame, and free. You can learn to listen to your real self through your heart, not your mind.

Your self-created self is rooted in a powerful fear of death because you have made it entirely out of nothing more substantial than thoughts, imaginations and feelings. Therefore, it really is going to die. Fear, pain and misery feed its illusions of being real. Many people cling to these things just so they can feel like they exist. Reality is their great enemy, for it will undo who they think they are.

Happiness does not come by clinging to anything, including happiness, but by allowing everything to be as it actually is. This is called complete surrender. Happiness then naturally arises within you, like water bubbling up out of the ground.



## SURRENDER

To be free is to surrender to only one thing: what is real. What is real is recognized by its free nature. It is because we have learned to accept and surrender to what is not real that we are stuck in unhappiness. It takes great personal strength to surrender only to what is real, because so few people around you are doing it. So, you must regain personal strength before you can surrender completely. Take it a step at a time. Be kind to your soul.

## TO DO

Strengthen your intention to be free. *I choose to be full of Love and free.* Don't try to understand what this really means, as full freedom is a quality of joy you must experience to understand. Let go of all your ideas of what this freedom is as they will only get in the way. Just have the naked intention to be free. Repeat the other methods for getting this intention deeper into your soul: repetition, singing, moving, writing it down, hanging it up, then making a funny movement and noise when you see it. This time, when you write it, write with your opposite hand. This takes it to a different part of your brain. I choose to be free, whatever that means. I choose to be free. Be child-like. Trust Life. Freedom knows exactly what you mean and hears your call.



## THE SOUL

There is a part of us that is like the fertile earth: you put a seed of an idea in it, water it and it grows. This ground in which experience grows I am calling the soul. It loves experience. It is capable of holding many opposite things in it. It is a weaving composed of the totality of our experience. When it is open and healthy it is capable of rich, passionate feeling and sublime sensitivity. It is an astonishing miracle and gift. It is like a womb that can hold and unite pure, Divine Life and full robust earthiness within it. It is meant to nourish and express a wondrous uniqueness of the very human you. It is where heaven and earth can mingle and kiss.

## THE HEART

Learn how to live with an open heart and Life will give you its greatest treasures.

*There is no happiness, no real Love that does not come through an open heart.*

An Open heart is like an window or passageway thrown open to the innocent, free presence of pure Life in the deepest you. Your most important job in life is to open your heart and keep it wide open. When your heart opens, you will know it: Life will start singing. Learn to open your heart at all costs! The opposite choice is dullness, defensiveness, fear, confusion, grief, self-pity, anger, hatred... You know—the list goes on and on.

If your heart is not yet open you always feel like something big is missing. It is.



### TO DO

Put your hands over your heart. Breathe in deeply. Feel the air entering your chest beneath your hands. Don't do anything else. Just keep feeling the empty, open space in your chest. Do it for at least 3 minutes.

Now, as you draw in breath very slowly and deeply let your attention rise up through your body from your heart to the top of your head. Put your attention there and just sense the soft spot on the top of your head. As you breathe out let your attention flow back down to your heart. Let your attention move up and down, up and down in a gentle rhythm with your breathing. Do this for at least 2 minutes.

This exercise is opening up an incredibly important energy flow in your body. Keep it really, really simple: do it for 5 minutes a day for 10 days and just see what happens. It will increase your peace of mind and give you a sense of being more fully alive. Wouldn't it be worth it? You will only know by trying it for yourself.

## FORGIVENES

Self-forgiveness is taking full responsibility for your actions, understanding the lesson clearly and completely letting go of all guilt and remorse. Stop thinking you should be perfect. If you are growing, that is perfect. If you are so hard on yourself that you are afraid of making mistakes you will be afraid of Life—for to be fully alive you must take risks.

Forgiving others is giving them a brand new beginning in how you see them. Trust their learning to Life. Stop demanding that things be fair. Until the whole human race lives awake in Love there is no hope of fairness. Every person who hurts others has been hurt by others. We all need Love to heal us. In the Light of real Love, mercy is fair, compassion is fair, and forgiveness is fair. This is called Grace. Nothing else is fair because it doesn't transform us.

Forgiveness is standing on the side of the hidden beauty in yourself and everyone else and letting go of everything that holds it back. To freely forgive is to live with an open heart. To refuse to forgive is to lock yourself up in a box of negative beliefs and emotions. It's not much fun and it robs everyone else of the beauty you can be.



### TO DO

Think of something you feel guilty about. Now ask yourself, is there anything I can do about it or should I just leave it in the hands of Life? If you want to be free, do what you sense you can, but either way, simply, by a clear choice and nothing else, forgive yourself completely for not being wiser and more loving than you were. Let it all go. You will know you have done this when you feel a weight roll off you.

Think of someone you have negative feelings about. Imagine them full of Love and beauty. Transform them in your heart. Wish all good and happiness and more Love in the world through them. You are setting yourself free as you set them free.



### EAT WELL

Eat well: don't poison your beautiful body. If you need to lose weight discover healthy foods you really enjoy and eat very slowly, savoring each bite. Experience the miracle of smell and taste more completely than you ever have. This way you will eat less. Let your body get used to it and it will adapt and work much more efficiently.

### EXERCISE

Exercise regularly in a way you enjoy. This burns up poisons and keeps you balanced. Physical stress builds up lactic acid in your muscles: this causes pain and depression. Work it out. You will feel so much better.

### DRINK LOTS OF WATER

Drink much more water than you think you need, (you'll be amazed what it does for your health. Almost everyone is dehydrated, which causes all kinds of health problems.)

### BREATHE

Breathe deeply. Expand your stomach when you breathe. This is what children do. You are drawing the freedom of the wind into your body with every breath. Gulp it down.

### STRETCH

Learn to stretch like a cat and never stop stretching. When you are old your body will still be limber and young.



### WASH OUTSIDE

Wash your good body. Be clean. Smell sweet. Women, children and animals will love you for it.

### WASH INSIDE

Wash in the breath of Life every day. You can actually learn how to take a bath in pure Love. Be refreshed in the clean freshness of Life itself.

### TO DO

As you breathe in slowly feel that you are breathing in nothing but empty space. Imagine a bright Light in your open heart. As you breathe out breathe out all tension as if it was a grey cloud until you feel more relaxed, then breathe out Love. In with empty space; out with Love. Wish more Love in the world as you breathe rhythmically.

Make it more powerful by using your hands. Put them over your heart. As you breathe in bring them in close to your heart; as you breathe out open them up slowly, wishing Love to flood into the world through you. You can do the same above your head: bring your hands close to your head as you breathe in, then open them up slowly as you breathe out, like you were opening doors for pure Life and Love to flood down through you. Imagine clear, sparkling water flowing through the top of your head down into your heart, then all through your body and out your feet. If you do this 5 minutes a day, within 2 weeks you will notice an incredible difference. You will have more energy, positive feelings, spontaneous joy, clarity and real Love flowing through you. Keep it very simple. That is the key. Remember, the experience is only in the doing.



## GOOD AND EVIL

Basically, what is good is what gives life, joy, freedom and peace to others. What is evil is what degrades, oppresses, deceives and robs the beautiful souls of mysterious people.

## COMMUNITY

A good community is where everyone is working together for the good of everyone. It is friendship. It is where others value your gifts and you can be inspired and nourished by the gifts of others. Almost everybody needs to be in a good community to be fulfilled.

## FRIENDSHIP

A friend is someone who knows and accepts you completely. They ask nothing of you other than your friendship. To be a friend is to always be there if the other person needs you, even if it is 2:00 in the morning. A true friend will let you be absolutely open and honest with them and will not judge you. You will recognize a true friend because you know they would do this for you. You will know you are a true friend when you know you would do it for them.

In friendship you share things you love with each other—you really just enjoy being together. You can learn friendship from a good dog.



## SEX

Sex is the creative energy of Life. It is everywhere: in the birds, in the grass, making flowers tremble... It is good to feel good. It is very good to feel very good. Never mix this up and think that it is good to feel bad and bad to feel good.

Sex is pure ecstatic joy. It strips you *bare* and makes you completely open and vulnerable. Sex is our body's most perfect expression of the unimaginable tenderness that lies deep within us. The instinct of sex is to obliterate our sense of self and unite us wildly and completely with another. This is Love. It is not possible to know the full, complete nature of Sex apart from real Love.

Because it is so powerful it should be honored with deep respect for its power to merge you with another human being.

## TO DO

Before you decide to have sex with someone else simply ask yourself if you want to welcome this person completely into your life. Ask them if they really want you to be deeply part of their being. If you don't honor this power of sex to open your real self to the each other you will dull your tender hearts. It just kind of works that way.

If you are in a committed relationship, get more tender. Slow way down. Relax. Go past all ideas of sex and put your attention fully on the presence of your lover. Feel with your whole body, not only your sexual glands. Move freely with what arises in your body. Talk to each other. Ask questions about what the other would like. Don't hold anything back. Let the woman lead.



### SELF PLEASURING

Ecstasy is forever young. God invented it. Take baths in it. Self-pleasuring is a beautiful celebration of the gifts of Life and your body. Your body loves it. It is vibrantly healthy. If you really open up, you can ride the innocent energy of ecstasy right into the Divine.

If you have a free and good relationship with your own body and its beautiful gifts of ecstasy you will not feel a compulsive need for someone else to touch and arouse you. You can then be much clearer about what is going on in sexual attraction.

### SEXUAL ATTRACTION

It is natural to have strong feelings of sexual attraction towards someone you don't know. You may think you love the person you feel attracted to but you really love to feel the freshness and freedom of your own sexual energy. Love what you love. Allow the feelings to flow freely through you. Wash in them, and be very clear that you don't have to act on these feelings.

Being sexually attracted to someone is beautiful, but it is only one part of a complete relationship. Friendship and real Love are the most important parts. Sexual attraction is icing on the cake. Don't mix this up. You'll save yourself a lot of suffering if you get this straight.



### MARRIAGE

Marriage is not merely a public ceremony. Marriage is the union of two souls on all levels of their being in a way that they don't easily separate. To say you are married and yet to hold yourself back from each other is a total contradiction of terms.

### LOYALTY

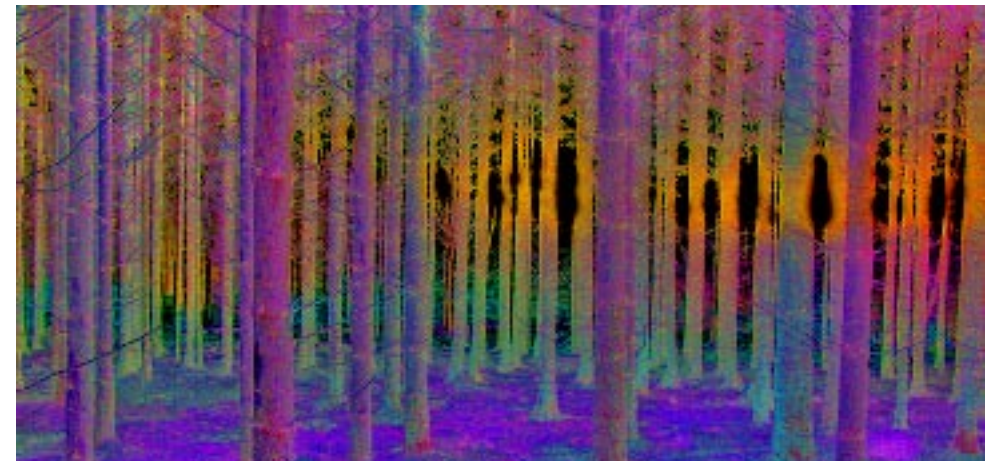
To be loyal is to be trustworthy. It is faithfulness, commitment and devotion to another human being. If you comprise this in your relationship you cut the throat of Love.

### REAL LOVE

Real Love involves a total commitment for the highest good of others and nothing short of that. It is also much more than this. You can't put it in a box. It is the infinite harmonious ground of everything. You will only know real Love through a complete surrender to it. Real Love cherishes you and is for your highest good. Real Love also cherishes the other person and is for their highest good. There is no partiality at all.

### **TO DO: (for couples)**

Renew and celebrate your union through ceremonies of complete honesty. Set time apart to deeply listen to each other. Listen just so you can know the other. Never try to change each other. Offer your partner safety to be honest. If they share that they have not been loyal, talk honestly about this. Work on forgiveness and healing wounds if it is possible. If you have lost your trust, tell them. If you have lost their trust ask what you can do to regain it. Without trust, your relationship is a slow-burning bonfire of misery.



## FAMILY

Family is meant to be the warm nest in which life nurtures itself into wisdom, Love and beauty. Family should be a place where you are completely accepted and encouraged to discover your unique interests and become all you can be. You should be able to genuinely love and respect your parents for the Love and sacrifice they have given for your good, and your brothers and sisters should remain amongst your closest friends for life.

Hardly anyone at all grew up in such a family. Dysfunction is tragically normal.

You can create a better family than you grew up in through Love and forgiveness. No matter how wounded your family was, you are not a victim. A victim is someone who has not realized how to transform painful experiences into personal wisdom, compassion and strength.

### **TO DO**

Take full responsibility for your own life. Stop blaming others, especially your parents. It only cripples you. This is your life; this is your experience. Now create something good out of it. You can. Realize how powerful your intention and choices are.



## WORK

Work is a beautiful thing. It is the effort you put into making something happen. It changes things. This is an incredible gift. You will know you have found your true life's work because you will love it so much. Accept your present work, even if it obviously is not your heart's desire, for the curse of work is resenting it. Find Love in what you are doing, then, as soon as you can, move on to what you more deeply love.

## MONEY

Money represents the power to transform one thing into another. Transforming things is a great power. If you attach your security to it, it becomes a curse. See money clearly for what it is and what it isn't. Money can't buy happiness, but it can help nourish and support it. It can be a form of Love. Use it that way if you want to be happy.

## WEALTH

Wealth is storing up lots of potential power to change things. It is a great responsibility. It is tragic when people who have the most power to make changes for the good are locked up in fear and selfishness. It seems to happen all the time. Wealth does not create happiness. Releasing more Love and goodness in the world does.

### **TO DO**

If you have wealth and are unhappy, put some real effort into finding ways that you can make real people happier. Don't just give to a charity. Give personally so you can feel the impact of your sharing. Don't seek anything in return more than knowing you are releasing more happiness in the world.

## CREATIVITY

Life is a creative act. We are all creative. Together we are creating the world as it is through ideas we believe are true. We can recreate the world the same way. To be your true self you must stand as a creatively free being and take responsibility to think, speak and act according to what you know is real and important. Love does this to you. If you do this others will be inspired by your life and you will know a happiness that is greater than trying to be like everyone else could every give you.

## ART

Art is one way to celebrate the beauty and wonder of existence. It is a way to explore life and to express what is deep within you. It is your true creative being freely flowing in the creative nature of Life itself. The closer Art gets to what is real, the more power it has—and the more it is resisted by what isn't real. The farther Art gets away from the real, the more powerful it gets as well—and it casts a great shadow. Art in the middle is pabulum. Pabulum is ok for children. Children are beautiful. When art serves what is real, zebango! What a festival. What meaning. What fulfillment. What visionary wonder. What communicative power. What freedom. What strength. What good.

## TO DO

Be creatively wild in Love. Let go completely. Be a child. Play with color, words, form, sound, movement. In Love there are no mistakes.



## THE UNIVERSE

The Universe is real and has no end. It is filled with astonishing beauty. No one actually understands the most basic things about it, like how everything could be so delicately balanced to create life, or what awareness really is, or the will, or how a fly can move so fast and be in complete control of what it is doing.

The more we become aware of the Universe, the more mystery and beauty we discover.

## TO DO

Make more time to develop your awareness and sensitivity to Nature: for Nature is simply the expression of Life. You are a human expression of Nature. This means what is really part of you is not all the toys and technologies, but fire, wind, earth, water and open, infinite space. Feel into Life. Let the wonder of the sky and earth start popping you open. Go outside, lay down and just look up into the sky for 10 minutes. Feel its presence. That's all.



## THE UNREAL

The unreal is created through ideas, emotions, imaginations and experiences that are not grounded in what is real. We humans have such great creative gifts that we are capable of creating an entire world out of harmony with reality. The greater the degree of disharmony the more intense the stress and suffering. To be lost in the unreal is a frustrating and painful thing.

### TO DO

Be completely serious about being a fully alive, loving and free person. Don't let your own mind that is so full of the unreal stop you. Move through by the power of your focused intention and your seriousness about it. Now take your intention deeper. Repeat the exercises again: you know—say it until you feel it, walk and move, sing it, dance it, write it down, shout it to the sky: *I choose to be full of Love and Free! More Love in the world through me! No matter what! I'm not saying this because I ran out of new TO DO things, but because this is the all important key to overcoming your own inner resistance to the freedom of what is real.*



## WAKING UP

Life in this world is a circular journey into the pain of the unreal and back into the real that heals us. Not everyone completes the circle. If we fail to understand this journey and its meaning we cannot rightly interpret our experiences and gain wisdom from them nor understand one of the main purposes of relationships which is to pressure us to wake up from the unreal.

### TO DO

If you are in a relationship share with each other your intention. Talk about how your relationship may be just perfectly designed to wake you both up from selfishness and bring you to a deeper kind of Love. Ask each other questions instead of trying to teach each other. Listen carefully.

If you really want to wake up, do all the TO DOS in this workbook over and over again. Waking up is a process.

## THE REAL

What is real flows freely and is constantly happening. You do not have to make even the slightest mental effort to help the sun shine or the wind blow. So our minds cannot in anyway help the real to be what it already is. The real is beyond our minds and the anxiety our self-created sense of self creates so it can feel real. The One source of all this freely flowing happening is No-thing. It can't be a thing. This is just the way it is. But, this is the great discovery: the infinite and limitless Nothing is packed with Life, luminous and utterly free. All our happiness comes from there. When you want Nothing and need Nothing with all your heart, you will be completely happy with all that is.

### TO DO

Go outside. Feel the sun shine or wind blow on your body. Relax your mind until you sense the freedom of Creation. Realize the deepest part of you is just this relaxed, playful and free. Let this inspire your commitment to grow more open and free.

Also, watch the birds carefully. If there are no birds, go look for some.

## GOD

God is the Ultimate Real—beyond all ideas of God. Only God could possibly realize God as God is. As one cell in our body cannot grasp our entire body, so our minds cannot grasp the wholeness of infinite beauty. Though our minds cannot grasp God we can taste God just as we can taste the sea and know it's salty. To taste God is to taste complete freedom and perfect Love.

There are countless human expressions of God as there should be. Out of the fountain of the One comes an infinite variety of forms and expressions, so should not the Oneness be expressed in billions of ways?

There are two basic types of expression, mental or beyond mind. God exists beyond mind, so that must be the right expression. Beyond mind is so child-like it is utterly laughable.

God is best expressed in poetry, song, dance, loving actions and looks. Worship is passionately adoring the infinite mystery and goodness of Limitless Love. God alone can inspire real worship.

No one owns God. God is completely free. God is only known through Love, for only Love can realize Love. The mind can either celebrate limitless Love or put God in a mind-created box. That's not God in the box. The box can be recognized because what's in it easily becomes dull, deadening, divisive and dangerous.



## TO DO

If you want to know God just open the door. God likes to come in. You open the door by being child-like simple and direct. Say something like, *Thank you for hearing me. I want to know you. I take full responsibility for my life. No more denial and running. Release me from my self-created blocks and blindness. I mean it.*

God is Limitless Love loving you. You just have to allow yourself to be loved. It all comes through trust—just like in human relationships. Trust is like a tight fist opening. You relax into God's arms.

Imagine you are five years old. Feel what that is like. Now imagine an open door in front of you. Imagine someone who represents perfect Love walking through that door and hugging you. Imagine arms around you holding you. Feel what comes through this inner embrace. Just let yourself come home and be accepted. Love burns away the shadows.



## RELIGION

Religion has the potential for the highest good or greatest evil. Religion can inspire real Love, celebration, compassion and loving community. And only religion has the power to make basically good people do evil to others in the name of truth. Religion is either an open door you walk through into pure Love, or a trap in which you hide from the Love that will destroy your illusions. Do you know that Jesus was powerfully against the trap of religion? So was Buddha. It is important to remember, God is way bigger than all religions and works through open hearts everywhere and loves us all.

### TO DO

Take God out of your boxes and let freedom play with you.

## ENLIGHTENMENT

Enlightenment is being fully awake to what is real and accepting what is real with all your heart and mind. What is real is Life itself which is the Pure Light of Awareness. Therefore Life itself is always perfectly "enlightened."

You are Life in a body. You are already enlightened in the depth of your being where there is nothing but the innocent, open, spacious peace of pure Life giving you existence. When the shadows of what is not real pass from a mind, the mind simply reflects and then creatively expresses the pure Life in it. This simple, childlike, and astonishingly wise state is called enlightenment. It is the most natural and free state possible.

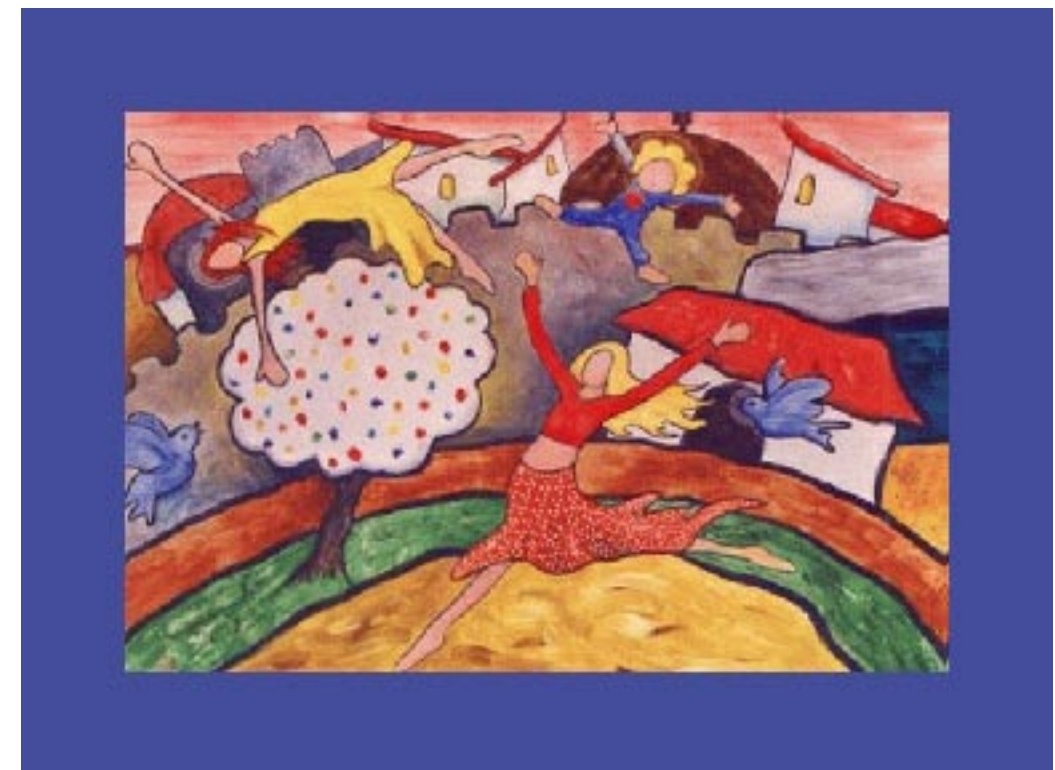


## THANKFULNESS

To be awake and full of Light is to be completely thankful for everyone and everything: including stress, pain and sickness—just because the gift of Life is an unfolding miracle that is so precious and mysterious that gratitude is the only sane response. This complete thankfulness is... you guessed it: complete happiness.

### TO DO

For 5 minutes give thanks for the sun, moon, earth, life, breath, everyone you love, everything you love. Now, see if you don't feel happier right away. Imagine living thankfully instead of in the pain of constant need. Neediness is the illusion of a self that feels separate from the miracle of existence. Thankfulness is a door straight into the real.



## LIFE AS CELEBRATION

To celebrate Life is to honor its real nature. To take limitless joy in it is to express its profuse richness and mind-boggling beauty. Celebration is extremely healthy and inspiring to yourself and others. It unites people in deep feelings. It opens our senses of wonder and amazement. It is true worship. It is a playful and utterly happy thing. Do it for happiness. Do it for others. Do it for the world. Expand your capacity for Life and Love.



## OLD AGE

Don't believe other people's ideas of limitation. You are never too old to learn to juggle. Keep learning, it will keep you young. If you have stretched your whole life your body will still be limber. Life is a great adventure, an unfolding story. When you are old your story will be long and rich with memories. If you have lived life truly you will have resolved your regrets. Your most painful experiences will be your greatest strengths.

### TO DO

Savor your life experiences. Celebrate them. Write memories. Make stories. Paint, especially if you never have. Share your wisdom with others who want to learn. Slow way down. Savor the mystery and beauty of it all. Live every day as if it were your last, as if today were a good day to live or die.



We should always honor old people. To consider them irrelevant is an astonishing arrogance that comes from not understanding the meaning and value of Life-experience at all.

### TO DO

Visit someone who is old. Ask them lots of questions. Listen to their stories. It's that simple. You will give and receive a wondrous gift.

## DEATH

Death is an end. It is a permanent and radical change. The biological fire goes out and pure Life leaves our body. Death is a part of Life in this world. Make friends with death. Death can serve you when you give it what is not real in you. Death kills the false, self-created, needy self that feels separate from the wonder and Oneness of Life. This false self is deathly afraid of death. Your real self laughs at the whole thing, for Life cannot die. Only the untrue is afraid of death. What is real dances with it.

### TO DO

Face death. Stop running. Go visit someone in the hospital or hospice who is dying. Take them flowers. Sing to them. Listen. Be utterly open. The dying have so much to teach about living.



## GRIEF

When someone you are deeply united with leaves or dies there is a tearing away of a familiar presence in the soul. This is a shock. Be very gentle with yourself. Allow the tears to freely flow. They are sane and healing. The pain will pass. Allow this pain to deepen your Love for others, your own soul, for Life itself, and the fragility and mystery of our very human journey.

## LIFE AFTER DEATH

To enter the eternal is to enter great mystery, a creative happening, and unimaginable freedom. It is Love to the billionth power, celebration, a warm homecoming and beauty beyond human telling.



## THE GREAT QUESTION

When you arrive where you are going, the great Question you will be asked by radiant, beautiful beings will be: Did you learn how to Love and be Happy in the world?

How do I know this is so? Love and Happiness told me so.

*I choose to be  
full of Love  
and Free!*



**Blake Steele** is a: writer, poet, photographer, painter and workshop leader. He has written over 2,400 poems, 2 novels, children's poetry and stories, created children's picture books, produced 12 CD's of poetry and music, written lyrics for choral pieces and is the creator of the following internet resources for spiritual growth:

**Blake Steele Index of Sites:** a complete index of all Blake's on-line resources as well as information on his concerts and personal healing work. Blake has more on-line creative work than any other artist in the world: [www.blakesteele.com](http://www.blakesteele.com).

**The Inner Healing Center:** an unique on-line spiritual festival with abundant resources to help you grow free in real Love: [www.interhealing.net](http://www.interhealing.net).

**Being Loved:** a personal web site dedicated to expressing truth and beauty through the arts with writing excerpts, poetry for adults and children, many audio recordings, photography and paintings: [www.beingloved.net](http://www.beingloved.net).



**One Fresh Minute:** free one minute audio vacations to relieve stress at home or office: [www.onefreshminute.com](http://www.onefreshminute.com)

**The Wild Christ:** a celebration of the expansive mysticism of the Aramaic Jesus with articles, audio, poetry, images and near death experiences: [www.wildchrist.org](http://www.wildchrist.org).

**Seeds of Love:** free audio visual productions that express Divine Love and beauty you can send to encourage those you care about: [www.seedsoflove.us](http://www.seedsoflove.us).

#### **Books in print by Blake Steele:**

**Wild Sanity:** a poetry book that shatters spiritual stereotypes in order to release the beauty and freedom of the Spirit.

**The Spiritual Vision Series:** A four book series of Blake's color photography, poetry and prose that leads you through a liberating journey in Christ: A God to Desire; Being Loved; Radical Forgiveness; Creative Compassion.

**How Clouds Show God's Love; How Angels Show God's Love:** two picture books for the very young that show how clouds and angels show God's Love in the Bible and Creation.

## The Basics of Human Happiness

**Creating Love and Happiness in Your Life**

