



Happy

INTRODUCTION

Being Who You Are: The Happiness Ritual

Raising your vibration, especially by doing something that lights you up, is likely to help you connect more easily and more often to your true self. In fact, you can stack the deck, so to speak, by choosing ALL the things.



How many “*lights you ups*” can you do each day? Challenge yourself to do as many as possible.



Happiness Ritual

Do something that lights you up

.....

Try to engage as many senses as you can

.....

Take a picture to make it more memorable

.....

Write about your joy in your journal

.....

Choose another love next time, like music

.....

Keep a running list of happy vibe activities

.....





Happiness Journal Prompts

What makes you happy every time you do it?
.....

What do you love to do that makes you LOL?
.....

Make a list of what you love to do.
.....

What does it tell you about who you are?
.....



MEDITATION

The Music Meditation

For this meditation, the intention is not to relax but to increase joy & frequency. So choose some music that makes you really happy every time you hear it.

As it plays in the background, take several deep breaths. Imagine your inner light filling you and then surrounding you.

Now begin to imagine doing something you love, from start to finish.

Set the scene. Where are you?



What do you see and feel?
Who is with you?

Add as much detail as you can, so it becomes more real to you. Then, when you feel ready, open your eyes.

Body Spray

INGREDIENTS

- Polished sunstone or citrine crystal
- 2 oz. of distilled water
- 1 1/2 oz of witch hazel or vodka
- 15-20 drops of essential oils
- 10 drops of lemon essential oil
- 9 drops of orange essential oil
- 9 drops of vanilla oleoresin

DIRECTIONS:

1. Add crystal to the bottom of the spray bottle
2. Combine ingredients until it's just right
3. Pour the combination into the bottle

NOTE - never use essential oils undiluted

