

TOP 10 + 1 HAPPINESS TIPS By Maggie Wilde

www.wildlyhappy.com

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Happiness is a choice. You can choose to be happy today, no matter what circumstances you are currently dealing with. Simply by detaching from circumstance, we become the observer of the Game of Life. When we realise we are the energy that notices life, not the body in it, we can begin to choose a more balanced approach to the game, we can choose happiness instead. We can choose to laugh out loud at the game, listen to its lessons for growth and let go of negativity from the past.

When we do this we learn to live in this exact moment, the only moment that will ever exist. As the 'noticer' rather than the thing being 'noticed' we can begin the journey to bliss and beyond.

Become the observer in the Game called Life and choose to Be Wildly Happy®



Here are my Top 10 + 1 Tips to Be Wildly Happy®

I ask that you make them part of your daily life for the next 33 days.

You will notice immediate differences in your life, how you feel and of course the profound changes in the behaviour of people toward you.



One: Create a mind-space of happiness

Your thoughts become things. One of the first Universal Principles is the Law of Attraction. If you put out negative thoughts you will receive negative answers in return. Whatever you focus your energy (thoughts & feelings) on you will get back without prejudice. The universe doesn't judge bad or good, it simply gives you what you ask for in an equal exchange of energy.

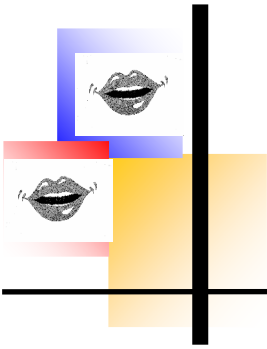
If you put out energy with expectations of negativity, failure, anger, hatred, depression, resentment or fear – you will draw the things to you that match those thoughts and feelings. Your thoughts and feelings are the method by which you communicate with the Universe. When you feel bad or have a pessimistic doom and gloom approach, the Universe responds by giving you an equal exchange of energy (bad stuff happens). When you communicate with good feelings, the Universe again provides an equal exchange of energy (good stuff happens)!

The Universal force is here to do your bidding like the genie in the lamp. Whatever communication you send to the universe through your thoughts and feelings, the Universe will always respond. Think like a happy person, fake it till you make it if you have to. Be spontaneous, do stuff that makes you feel good. Change your mind-space to radiate happiness, balance and peace.



Two: Visualise & Meditate daily

The visualisation process is the next important step to becoming Wildly Happy® It is vital to understand that your thoughts and feelings are the only method you have to 'ask' the Universe for 'stuff'. There's no 1800 number to the God Force! Your thoughts and feelings are your direct dial access to all your worldly needs.



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When you spend time each day visualising what it feels like to already have all that gorgeous stuff, when you feel the joy of what you want as though you already have it, the Universe hears the vibration of bliss and responds with an equal vibration of bliss.

Synchronicities begin to happen and you start to manifest your dreams. Yours is not to question 'how'. Your role is to ask (thoughts)...then feel (visualisation)...the Universe will do the rest. (Check out this site for more good stuff about meditation and visualisation).



Three: Avoid negativity like the plague

Avoid negative people, places and events. These all have negative or low vibrations that you need to wean yourself off. Initially, like an addict – you need to gain a little of your own power back before testing your courage. When around negative people you can unconsciously lower your vibration to match theirs. If someone is negative to you or around you, simply say, "I value your opinion on that, I shall ponder it." Then get your positive little butt out of there!



Four: Question old beliefs

As Buddha said 'Anicca, nothing is permanent'. The Universe is made up of energy; we are essentially that same energy vibrating at a lower speed than some other stuff. Energy needs to move. When there is stagnant energy, there is no life-force, no Chi. Sometimes our old belief system and perceptions of how 'life' works have been so deeply imbedded in our nature that we don't realise some beliefs have caused us to become stagnant.

When faced with moments where you feel 'stuck' or 'blocked' check if there are any old beliefs that no longer serve your best interests. Sometimes it's important to assess our beliefs about money, love, and happiness and let go of the ones that have stopped your growth. (For a sample list of old beliefs that could be affecting your life check out the Free Stuff page on this website).



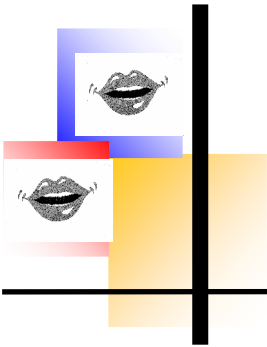
Five: Take the time to feel grateful for life

As mentioned in point one, thoughts create things. We communicate through thoughts and feelings. When we radiate feelings of gratitude to the Universe – it responds by sending us more things to be grateful for. Make a list today of all the things, people and places in your life that you are grateful for. Wake each morning and spend a few minutes *feeling* grateful for the sunshine, the birds, and nature. Stop each day and 'smell the roses'. When you put the kettle on for your morning coffee, be grateful for the kettle, the coffee, really smell it, let it linger on your nose as it awakens you to a brand new day of creation. Be grateful for your car as you drive to work, or if you take the bus, feel how lucky you are to be able to enjoy the view as someone else battles with traffic and drives you to work. An attitude of gratitude will get you a long way along the path to happiness!



Six: Do stuff that makes you feel good.

Do at least two things every day that make you feel happy! Sing out loud, listen to your favourite music, watch funny videos or DVDs, dance, play on the swings, look at photos of yourself or those you love and who love you in happy times. Watch children playing in the garden or park. Spend time with your pet. Have a bubble bath,



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fly a kite, swim, run, play and laugh. Share a wine with a friend. Cook your favourite meal. Take your shoes off and feel the grass between your toes. Pack your lunch in a kiddies lunch box. Go for a picnic. Plant a tree, eat fresh, wholesome foods and smile – always smile because you are gorgeous!



Exercise daily in the fresh air

Need I say more? This is a very obvious one. It only takes a few minutes in the fresh, vibrant air to change a mood. If you are feeling a little low, simply by going for a walk outdoors, in a park or by the beach you can instantly change the course of the day. As the fresh breeze blows your cares away, let the feeling of joy make its instinctual appearance. Never fails!



Create your Happy Project

Again this is part of the visualisation process. We're just taking it to the next stage. To create your happy project collage, grab some colourful magazines, scissors, a glue stick and your imagination. Cut and paste images of all the things, places and events you would like to manifest in your life. Put your energy (feelings) into each picture; imagine what it feels like to already have what it is that you want. Don't forget to hang it on the wall where you will see it every day.



Laugh for no reason – out loud

Laughter really is the best medicine. As Dr Madan Kataria (founder of Laughter Clubs International) tells us on his site www.laughteryoga.org "You can fake it till you make it". Your mind does not know the difference between real laughter and fake laughter. The same positive endorphins are released either way. So join a laughter club or hire some fabbo funny videos or DVD's. Go to a standup comedy show and laugh yourself to happiness. Be around people that make you laugh. (Check out the laughter benefits and facts elsewhere on this site. Get your copy of the D.I.Y happiness CD on this site with a laughter track and guided visualisations to tickle the tonsils whenever you like!).



Share your happiness around

When you radiate joy and happiness not only does the Universe respond by providing more for you in return, but everyone around you responds in the same way. When you smile at those in your path, they'll smile back. When you show compassion for someone in pain, you'll receive compassion in return. When you freely share your happiness throughout your day, you will feel even more happiness flow through you. Give and you shall receive... I think someone quite well-known said that!!

+ one



Recognise your greatest teachers

When faced with a challenging issue or person, thank the Universe for providing an opportunity for growth. Detach and observe your greatest teacher at work. Allow the lesson to unfold. When you stay balanced in the beauty of the Universal energy of Peace and Love, no matter what curve balls are thrown your way, then you will never have to experience that lesson again. Do not get caught in the 'story' or 'game'. Be the 'noticer' of that which you notice. Our greatest 'torments' are our greatest teachers.

GO ON...BE WILDLY HAPPY®!