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Opening Extract from...

I Can Make You Happy

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CHAPTER ONE

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Introduction

INTRODUCTION

You are about to have a life-changing experience. It doesn't matter whether you are sad, bored, down, depressed, doing all right or quite happy – the system in this book will help you become a whole lot happier very soon.

The scientific research shows that happiness levels are not fixed. To increase your happiness levels takes a small amount of regular effort over a few days. Following simple instructions and using some powerful psychological techniques, you can transform your life. You will create a strong underlying feeling of happiness every day and have more and more times of realizing rich, deep, fulfilling happiness throughout your life.

This is a factual, practical book. I suggest you test everything to see how it works. Please don't just take it on trust. Make sure that everything you do works for you.

My techniques draw on the most recent scientific and psychological advances and I have tested every technique in this system personally over and over again. In the last twenty-five years I have worked with people who are totally and utterly depressed and people who are happy, and I have figured out the difference between the two. Surprisingly it comes down to just a few small but important differences in the way they think and act. Those differences have a massive effect on the quality of your life.

To make yourself happier, all you have to do is to follow some simple instructions every day.

Cut out the middleman

In the West lots of people spend time and effort getting things they believe will make them happy, like new clothes or a new car. Sometimes it works for a while, but the good feeling fades quickly and they need another new thing to make them happy. So they spend more time and effort and money to buy the next thing.

The system in this book and CD takes a different route. This book increases your happiness directly. Think of all the things you'd like to have right now. Take a moment to list the top ten things you really want. Now think of them all and ask yourself, when I have these, how will I feel? When you get them, you will feel good. Ultimately, when you buy anything you are buying good feelings. As you use the system in this book, you can cut out all those middlemen and increase your happiness right now.

There are lots of different techniques in the book and, depending on your psychology, some will work more quickly than others. So, even if at first you feel just one or two have an immediate impact, surely it is worth reading the whole book and using all the exercises to find which ones work best in the long term.

Happiness is natural

Happiness is a natural human state, like hunger, anger, excitement, boredom, neutrality and alertness. Absolutely everyone can be happy. Happiness is how the mind and body guide you towards what is most rewarding for you. Happiness is not just a pleasurable sensation. When you are on a path that brings you happiness, it will guide you, perhaps in surprising ways, to more happiness.

We are all born with the ability to be happy, and however happy or unhappy you are now, you can be happier. I've worked with people who thought they were happy enough but were amazed to discover there is no upper limit to happiness.

I've worked with people who have everything – a great job, a family and good health – but they were still not happy. They felt guilty and angry with themselves for not enjoying their good fortune. They said they were so depressed they couldn't see any point in their lives. I took them through this system and they began changing. They didn't believe it would work at first, and when they started to feel happier they weren't sure it would last, but their lives did change, and when you look back in a few weeks, your life will be different.

I've seen people who believed they had never really been happy, and people who had been given every negative label under the sun. Some people came to see me when they were exhausted by the emotional rollercoaster of their life. They

achieved a real shift and started to experience a richer and brighter life.

I've seen scientists amazed at how people who were supposedly permanently depressed, shifted the neurological activity in their brain by repeatedly using the simple psychological techniques in this book. They became happier than they ever thought possible. In just a short time they noticed the changes in their feelings and they began to see themselves differently.

It is wonderful to see people who have been depressed for twenty-five years find the heavy black cloud of depression starting to disappear and begin to experience lightness entering their life.

Fear of happiness

It might seem strange, but a few of the people with whom I have worked were actually frightened of being happy. They worried that they would feel good, but that after a time the feeling would fade and they would feel worse than before because they would know too much about what they were missing. So every time they get happy, they stop. That is like driving down the road with your foot on the accelerator and then slamming on the brakes. You don't have to do that. If you have been let down in the past, use this system very slowly. Do one exercise at a time and take as long as you need to get used to it before moving on. That way you will be sure that

you know how to feel happy and keep that happiness before you move to the next stage.

Other people were frightened that if they felt happy they would relax too much. If they were not dissatisfied, they would not be hungry for achievement so they'd lose their edge. If they saw the whole world through rose-tinted spectacles, they wouldn't be able to reason or judge things rationally. But even the frightened ones found they could be happier, and they didn't lose their drive.

As they used this system, each person experienced more and more moments and waves of happiness. Some were sceptical. Although they were changing a bit more each day, they didn't even know it was happening until they noticed how far they had come.

Everyone has slightly different experiences but as you have more and more happy times, you begin to build a richer, deeper feeling of lasting happiness and contentment that becomes the background of your life.

I can make you happy

Just in case you think this is all too good to be true, let's also get clear what this means. Increasing your happiness does not mean we can get rid of all the pain, difficulty, irritation and suffering in your life. It does not mean I can make you permanently ecstatic all day long every day. Also, it doesn't mean being up all the time.

It does mean that happiness will play a larger part in your life. You will notice being happy more often. You will find that you don't need particular things or events to trigger happiness – it just comes over you. You will notice that the background mood of your life is happier. You will experience more frequent episodes of joy and happiness, love and gratitude. But it also means having and appreciating a full dynamic range of emotions. As we shall see later, all your emotions, even the uncomfortable ones, are valuable. This range means that you don't just enjoy life, you build a sense of fulfilment.

If you have been feeling depressed or seriously down or bored or sad, you will find that this system begins to change your life, and one day you will notice that you have begun to think of yourself as a happy person. Even when bad things happen – and they do happen to all of us – you will feel resilient and confident. Because you are a happy person, you will be able to meet whatever challenges come your way and return to your natural state of happiness.

Being happy helps you to make changes in your life which bring even more happiness into your life. The happier you are, the more reasons you will create to be happier still.

We are going to program your mind to be happier

From time to time, people tell me they believe something inside them is broken. However you might feel, you are not broken. You have simply picked up some unhelpful ways of thinking and acting that are making you feel bad. They have been reinforced and this affects your brain chemistry, which in turn continues the pattern. The system in this book will help you to interrupt that pattern and change it. You will replace the unhelpful ways of thinking with habits that create happiness. By practising the techniques and using the hypnotic CD every day, you will reinforce a new set of thoughts and feelings so it will become natural to feel better and better.

Failure

Occasionally somebody says to me, 'I read your book and it didn't work.' Immediately, I pay attention. I've spent years and years developing, testing and using these techniques and working out how to transmit them clearly and safely, so I always ask exactly what they did and how it didn't work. Every time, I discover the same thing: they haven't actually followed the instructions. They haven't finished reading the book, or they didn't use the techniques, or they didn't listen to the CD. They used the techniques just once. They only practised three of them. They listened to half the CD and they

were interrupted. Or they read the book and thought, 'Yeah, I understand all that,' and assumed they didn't need to actually practise the techniques. But understanding is not the same as practice. If I want to learn to tie my shoelaces, I just have to practise. You have to practise so often that you can do what you need to do without thinking about it.

How it works

It may be that you are so close to increasing your happiness that all it takes is reading one particular chapter or doing just one exercise to make you feel great.

But of course I don't know the exact circumstances in which you are reading this book. I don't know the specific details of how you have built up your understanding of your situation. And I don't want you to have just a boost of happiness of a day or two or a week and then go back to where you were.

I want to make sure that you make a genuine shift to a position where you can enjoy more happiness in your life and you have the ability to increase and sustain that happiness whatever happens around you. When you understand that you have the power to determine your response to what happens, you create a genuine, strong foundation of happiness that allows you to make it through hard times and fully enjoy every opportunity for joy. So even though you may start to achieve success early on in the book, it's important to read through the whole book, step by step, and use all the techniques and the hypnosis CD to make sure you build the foundations correctly to achieve and sustain a lasting increase in happiness.

Techniques

Each technique is a practical step on the path to building deep, robust happiness. It is essential that you follow the instructions completely. Don't worry if it takes you a few times to get it just right. Keep practising and repeat them over and over again. These techniques will become a natural part of your life so you can do them whenever you need them without any hesitation.

Now, it is true that not everyone has to do all of these exercises all the time in order to be happy. Most of us find that two or three of them make the difference we need and set the ball rolling to increase our happiness. But as I have not met you personally, I cannot predict which specific techniques are going to work best for you. So to guarantee good results you need to do all of them. Then it is likely that you will have one or two favourites and it is absolutely fine to use those as much as you wish.

In this system I have included some techniques which I have used in other books because they simply are the most powerful and efficient ways to get the results you need.

Hypnotic trance CD

Inside the back cover of the book is a CD which contains a hypnotic trance to make you happier. The suggestions within the trance bypass the filters of the conscious mind, so regardless of what you think and whatever is happening at a conscious level, the positive messages are absorbed at the deeper levels of your mind. You don't have to try to listen to my words, you can relax as much as you want and it will work for you. As you relax, I will communicate directly with your unconscious mind and give you hypnotic suggestions that work alongside all the techniques and instructions in the book. They install and reinforce ways of thinking about the world which make you happier. The suggestions are crafted to enhance your inner resources and empower you to pursue your own unique route to fulfilment and happiness. The trance and the suggestions become more powerful each time you use them, so it is important to use the CD repeatedly.

Within the trance I will also introduce you to the process discovered by my friend Genpo Roshi, which allows people with no prior knowledge of meditation to experience the state of blissful calm which mystics have sought for centuries.

Genpo Roshi is a Zen Master who has combined elements of Zen meditation and Western psychology to allow us to move straight to the core experiences of meditation. I consider this to be the most advanced form of meditation to have been

developed since Buddhism came to the West.

His procedure, called Big Mind, permits the limitations of everyday consciousness to stand aside so that the primordial bliss of awareness is manifest and you can relax into it completely. This deep sense of bliss is profoundly healing and nourishing. It will refresh you, restore your energy and install a deep sense of love and optimism. Within the frame of the trance your mind will experience this process as gently and as deeply as is best for you each time you listen.

Use this CD at least once every day for the next two weeks. You can listen to it more often than that and for as long as you want. When you want to listen to it, find a comfortable place where you can relax deeply without distraction. Do not listen to the CD while driving or operating machinery.

How do I know how to make you happy?

I'm not a guru. I don't have all the answers. But I've been working and researching with people for decades. I don't have magic powers but I do have a skill set. I have developed it over years of relentless pursuit of the quickest, most reliable ways to create permanent positive psychological change. I have refined these methods so that when you use them you will absolutely increase the happiness in your life.

Although I didn't realize it, I have been collecting the material for this book for years. I have worked with hundreds of thousands of people to help them change their lives for the better. I've learned a great deal from the people with whom I have worked and from people who are already happy. I've spent time observing what they do and say, and how they perceive things. They're not scientists or gurus or mystics or intellectuals, they are just happy people.

And my own path through life so far has taught me a thing or two. I've had ups and downs, successes and failures. And I've learned that all our actions have a positive and negative potential, and every 'failure' can become a lesson and every 'success' opens the door to a new challenge. And I am still learning.

Throughout this book I will share with you stories from my life, from my colleagues and from my clients. Some are rich and famous and some are not, but I have found that money and fame ultimately make no difference. In terms of learning to be more happy, we are all equal.

How do you feel right now?

Before we go any further, please answer the following question:

On a scale of 1 to 10, where 1 is as low as possible and 10 is as high as possible, how happy do you feel about your life overall?

If you score between 1 and 3, go straight to Chapter Two, which is the section with a blue edge on the pages. Chapter Two is crafted to pick you up right now so that you are fully prepared to benefit from the rest of the system.

If you score between 4 and 10 you can go straight to Chapter Three.

You should also read Chapter Two if you agree with any or all of the statements overleaf...

'I feel so low, I don't really
think anything can help'

'I feel really depressed,
but I don't know why'

'Right now, happiness feels
a million miles away'

'I used to think I was
happy, but it was just
an illusion'

'I've never really
been happy, I just
thought I was'

'I want to be happy,
but I feel that it is
not my destiny'

'I don't deserve
to be happy'

'I used to be so
happy, but I never
will again'

**'I don't know how
to be happy'**

**'I can't be happy –
there is just too much
stacked up against me'**

**'This book won't
work either'**

**'It's a nice idea, but it
won't work for me'**

**'I'm worried this book will
make me worse.'**

**'I'm so mucked up I don't
know where to start'**

And any other time you feel low, or you need a rapid boost to get you going again, turn to Chapter Two and use the techniques to lift you up.