

Life of Happiness

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It's early morning on Wednesday August 21, 2013 and I am in my living room. A beautiful arrangement of yellow roses sits on my wood carved coffee table, and the bright eastern sun is streaming into the room. As I sit here and begin to write I wonder what took me so long? I have been told for many years that I am a talented writer, and for many years I have always wanted the very best for people. Is it Divine timing? Perhaps it is.

It was only a couple of years ago that I first heard of this idea of divine timing. I was in a session with an energy healer by the name of Eric and he was talking about how I was in the perfect place, where God wanted me to be. I argued as I simply could not align with this belief. At the time I believed God had given me so many dreams come true opportunities and that it was me, not anyone else, who screwed things up. At my core, yet not always in my mind, I believed that I was not worthy...not wanted...not loved...simply not good enough. I was in the low self-esteem league, a place I had been since early childhood. It seemed as though I wasn't moving forward with my dreams at all, and when something seemed to start going right somehow it went very wrong. It was my belief system about who I was that created this world that I was living in.

For many years I looked for a fix. I sat in numerous self-improvement seminars, read a variety of books, had sessions with healers, went to see therapists, sought advice from friends and strangers, watched inspirational YouTube videos, and tuned in to uplifting Podcasts. What made this past year different is that for the first time in my life I fell in love with myself. I was able to release so much of what burdened me, most of it being false beliefs I created in my own mind which penetrated how I went about living my life. I will be sharing both learned wisdom as well as newly found wisdom with you as time goes on. All of us are evolving, and I am choosing healthful, positive, loving ways to move forward and I invite you to do the same for yourself.

The beginning of Life of Happiness....

It was winter time about six or seven years ago when I was driving south on I-55 in my blue Hyundai Sonata to see a friend who lived in LaGrange. To help pass the time for some reason I decided to come up with an acronym for the initials in my name. I was playing around with words as I drove past billboards, buildings, and slower moving cars. During this drive I came up with the phrase "Life of Happiness." I knew even at that time that my goal was to bring happiness to the lives of others, but found very little in embracing it for myself. Nonetheless, the simple little phrase that grew out of this journey ended up being my beacon for not only what to share with others, but also a way of life for me to live through as well.

What is happiness?

==> There are many forms that happiness or the feeling of elation can take. Each of us experiences happiness. A sunny day, a child's birth, a promotion at work, sharing a great meal, winning a championship, a great vacation...take a moment to think of when you are happiest. What puts a smile on your face and brings you that feeling inside that you wish would never go away? It is not just the height of elated happiness of when the fireworks are going off and their colors are bright, beautiful and brilliant in the night sky. It is the on-going ease of feeling love, peace, and fulfillment which help to create a life of true happiness. It is possible to live happy even when you don't realize that is exactly what you are doing. Let's

call this a natural state of happiness.

So how do we get to a natural state of happiness?

What does it mean to live a Life of Happiness? It is rather challenging when we allow ourselves to get caught up in stresses and negativity that push us down rather than lifting us up. And on top of that we add our own negative ideas to the mix that elevate situations and somehow make them even worse. Is there another way? Yes, and my intention is to help you enjoy a life of bliss, one that makes you smile, and brings you in harmony with the way you truly wish to live your life.

I have made the decision to dedicate my life to guiding people to experience the love, joy, and splendor which is available for each of us. I invite you to join me on this journey.

The best in your life is waiting for you to say “Yes.”

Love and Happiness...
Lynette Hanover

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I wish you the very best always.