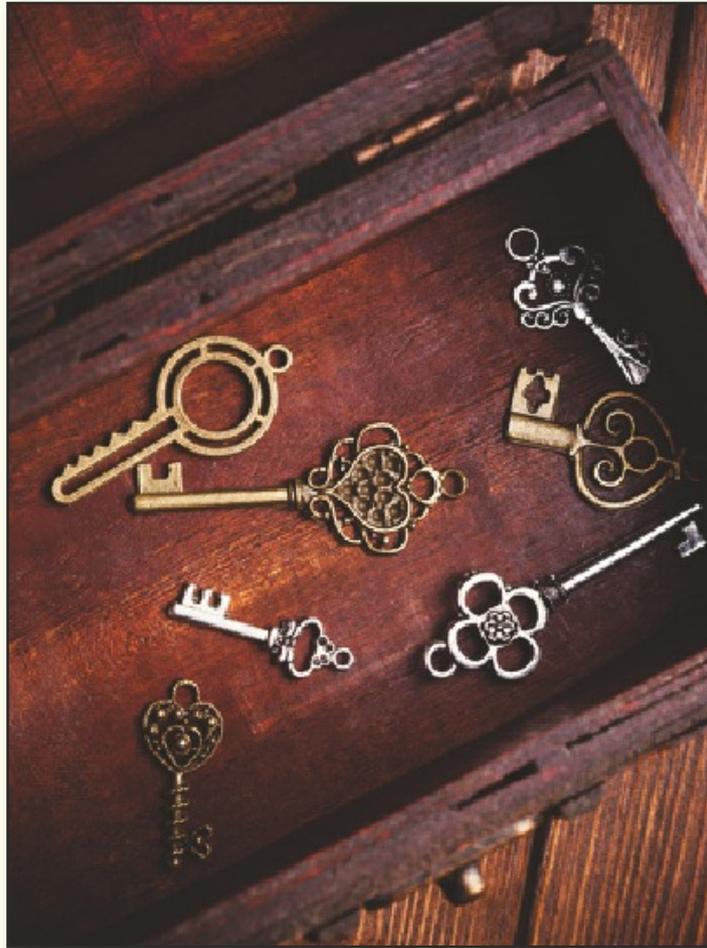


7 Keys To Unlock Your Happiness - How To Release Your Happiness & Find Peace Of Mind

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"The fountain of happiness can be found in how you behave, what you think, and what goals you set for yourself every day in your life."

(Sonya Lyubomirsky – psychologist and researcher)

"Happiness is the meaning and purpose in life, the whole aim and end of human existence."

(Aristotle)

"You will never be happy as long as you are afraid of your sadness... Unless you are happy with yourself you will not be happy with who you're with or what you have."

"Self-image and our 'story about who we are' – our perceived identity – can be detrimental to happiness."

"You must let go of your hope for a better past."

(Robert Holden – psychologist)

The one thing we all have in common is the desire to be happy – and yet there are many things that can get in the way of this.

We all want to feel calm and in control of our lives, for our lives to have pleasure, contentment and joy... and hey, even some of that elusive 'bliss' from time to time!

Much of our happiness comes from our relationships – and the most important one is the relationship we have with ourselves.

Sadly our own past experiences may have set us up to expect to be unhappy, to not like ourselves, to feel lonely and emotionally isolated. The good news is...It doesn't have to stay that way!

Feelings of unhappiness can also come from...

- ***our unmet expectations and feelings of disappointment;***
- ***our emotional pain at losing someone or something we have a close attachment to;***
- ***the things we say to ourselves – perhaps repeating what was said to us in childhood. (That doesn't make it true by the way!);***
- ***not being clear about what we want and how we will get it;***
- ***holding on to emotional bruises from the past;***
- ***thinking that 'things' can make us happy;***
- ***low self-esteem and negatively comparing ourselves to other people;***
- ***having to be fake – either to please others, or as an attempt to get our own needs met by them;***
- ***having weak boundaries which other people don't respect and take advantage of;***
- ***chronic physical pain;***
- ***not being able to soothe our own deep long-standing emotional pain;***
- ***feeling stressed and overwhelmed with not enough time;***
- ***not being treated fairly or with respect.***

You could probably add to this list yourself too!

Interestingly, our own body can make us feel unhappy – and I don't mean just the way we negatively judge it... although that is a major source of self-inflicted unhappiness

What I mean is the 'inner pharmacy' of the body. The chemicals (hormones and neurotransmitters) which swoosh around your body and determine your mood and outlook at any given time.

This is both directed and affected by your overall health, and how well your body can function in the lifestyle you're currently choosing to live.

It is vital to consider if there are any physical reasons for your unhappy mood. There is little

point in trying to change your emotional and psychological state if you have a physical problem which is the underlying cause of your flattened mood. (e.g. low thyroid functioning, hormone imbalances, candida or other toxins draining your body's energy.)

Your body chemistry is also influenced by your thoughts, feelings and actions.

It can be a vicious circle. Your body's physical/chemical imbalances can create a low mood, which in turn changes your thoughts and actions... which can then attract greater feelings of unhappiness!

This cycle can just as easily go in the reverse direction too. Starting off with your own negative thoughts and feelings, which then affect your body systems and inner-chemistry, creating a lowered mood... which re-enforces your negative thoughts and feelings!

It's time to escape from those cycles!

Admittedly 'life' throws us all situations which cause us to feel unhappy too. These affect our inner pharmacy... which has a compound effect upon our mood... but only for as long as we allow it to.

Having the ability to change your perception of 'life events' changes your feelings about them. It isn't the event itself but your view of it that determines its effect upon you. You don't have to sink when you know, and remember, how to swim.

The mind isn't a solid object – it's more like an energy and information system. It isn't located anywhere specifically either, although we tend to imagine it being in our head. Instead we have a 'body-mind'.

Our bodies move and shift energy and information around all the time... the good news is that we can take control of this by changing our physical and psychological focus and energy.

One further thing to consider, when looking at the causes of unhappiness, (before we get to the reason why you're reading this in the first place - which is, after all, to find out **how to be happier**), is to look at your own genetic tendency (and childhood conditioning). Whether that is to be light, bright, optimistic and outgoing; or to be insular, negative, pessimistic, or a bit of a shy loner.

A large part of our present day happiness is due to the combination of our genes and upbringing. But certainly not all of it! What happens to us now, and (more importantly) what sense we make of that, can increase or decrease that early 'base-line' or set point of personal happiness.

We can have happy situations in our lives which add to our reserves of happiness at the time; although research has shown that even the lottery winners aren't necessarily any happier afterwards and reverted back to their previous levels.

These 'positive psychology' research findings also state that 'external' happiness accounts for only 10% of the overall happiness available to us!

What this research tells us is that at any given time WE can increase our own levels of happiness by a whopping 40% - and that when we keep this up our base-line increases and we are happier for longer.

The set-point base-line level of happiness from our genes and childhood CAN be increased by our own consistent efforts and our real willingness to live a happier life.

Hooray! We have a choice about how happy we are!

In a nutshell, happiness is personal and it depends upon you alone – and not on other people, luck, events or objects.

The way you 'perceive' things determines how you respond.

What makes one person unhappy doesn't necessarily affect someone else the same way. We do share some common causes of unhappiness, but we alone then choose how these affect us.

You have your own 'inner filter' that decides what is to be accepted and what is to be rejected by you/your mind, depending upon whether it 'fits' in with your own existing core beliefs.

According to other research* we all have some basic fundamental human needs – which, when met will cause us to feel happier with our life. (*National Advisory Group: Universal Psychological Principles)

These are:

- ***Solid attachment to, and trust in, other people.***
- ***To be emphatically understood when we communicate.***
- ***To have a sense of belonging and to still have our own identity within our family/group/social system.***
- ***To have clear, secure and consistent social rules and boundaries which are enforced in a fair and respectful way.***
- ***To have a sense of hope, meaning, value, and purpose to our life.***
- ***To determine our own future path in life.***
- ***To be resilient and to tolerate frustration and set-backs.***
- ***To have a sense of hope, meaning, value, and purpose to our life.***
- ***To determine our own future path in life.***

We also have needs that refer to our relationships – around which much of our happiness is created. These 'relational needs' are:

- ***Security – to feel able to be yourself without fearing ridicule or rejection from the other.***
- ***Acceptance – to feel respected and accepted by a stable reliable positive other person.***
- ***Value – to feel that we are appreciated, and cared for, and about, by the other.***
- ***Mutuality – we feel that the other 'knows' our experience, as closely as it is possible, and can empathise with us, and can let us know this.***
- ***Self-definition – to be able to express your 'uniqueness' and to have this acknowledged by the other. This links to 'Mutuality' – we want to be similar as well as different – and to be able to express these differences without damaging the relationship.***
- ***Impact – to have an impact on the other in some meaningful way – maybe they can learn something from you, and they welcome and value this. This works both ways of course.***
- ***Initiate Contact – to have the other contact us first – to want to meet up and to have the desire to be with us.***

- **Expression of Love – to be able to express love, caring, gratitude, affection; doing something for the other, surprises, gifts etc. When the other appreciates this we feel cared for too. When these are unnoticed, however, we can become blocked, resentful and we start to 'back off' from the relationship.**

So let's now look at what you can DO to feel happier with your life and what you can DO to unlock your own happiness and release it to bring lightness and peace to your life.

THE 7 KEYS TO UNLOCKING HAPPINESS

(As I mentioned above you should first check that there aren't any physical reasons for your low mood.)



Control and calm your emotions

The mind is like a river – it can be calm and serene as it flows along on its way; or it can be raging wildly, and clogged up below with other people's dumped rubbish.

It can overflow and flood you - unless you take control of it and have your own 'flood defences' in place.

The river has rocks hidden under the surface that you'll keep smashing into unless you learn how to navigate around them... better still to remove them altogether.

Imagine having that river dredged of all the old and bad emotional beliefs and habits, your unhealed traumas from the past, and the filthy mud of negativity. How much better would it flow then?

When you're able to get out of the river and stand safely on the river bank, you can then begin to detach from the swirling drama and to see the overall course of the river from a different perspective.

Depending upon your own personal history you will have a layer of mud on the river bed. For some people this will only be a thin layer whereas for others (with more adverse history) the layer will be thick, deep and solid.

This layer of toxic mud was laid down as a result of your early experiences and the sub-conscious decisions you made about yourself, your life and what you deserve and should expect.

Remember – if you do have a thicker and deeper layer like this, you didn't choose to have it there. It was put there by the people who brought you up in your early years... and it has been directing the flow of your river ever since.

[In my therapeutic method called Quantum Psyche Process I refer to this as the SCRIPT – the Sub-conscious-Rules-Influencing-Present-Time... the whole drama of your life changes when you change the SCRIPT.]

Your brain will be functioning at a faster rate (called Beta brainwave frequency) when you are emotionally aroused by your worries, fears or phobias. You and your brain cannot be happy whenever you're agitated and focused upon these.

A happy brain is a brain that can shift 'gears' easily and work in harmony. Slowing your mind down intentionally (with meditation, focused observation, brainwave entrainment and sensory pleasures) will all help you to release more of the 'feel good' chemicals Serotonin, Dopamine,

and Beta-endorphin, and less of the stress hormones Adrenalin and Cortisol (which are involved with anxiety and depression, and several physical ailments).

The more you take control for slowing down the raging current of your mind the happier you will be.

Have a robust sailing boat to navigate your path along the river. Locate and enjoy your feelings of power, courage and determination as you take the wheel. Chart your own course and forgive yourself for being swept off course in the past.

Whilst you're about it you might as well lighten your load and forgive anyone who has shoved you off course in the past too – whether they did this with intention or from ignorance.

They didn't know any better. They weren't evolved enough to act differently. You can now decide whether to still be affected by the rocks or other debris they left behind in your river.



Clear your mind

Keep the waters clean and clear. They will become cloudy and murky because they're influenced by the mud and rubbish that's been dumped in your mind river over the years (to continue with that analogy a while longer.)

You may have thoughts which cause you to have unpleasant emotions and vice versa. Again YOU and only YOU have control over them. All you have to do is remember that fact and to stop allowing mere thoughts to control your life and rob you of happiness.

We are all prone to negative thoughts and negative self-talk at times. The difference between the happy and unhappy amongst us is the extent to which we are aware that these are only thoughts (probably conditioned and re-enforced over the years) and are not 'reality'.

Left to its own devices the mind will wander and create distractions as it focuses upon the trivia and trash of life. When you notice this happening just decide if it's unnecessary trivia (that is relevant to you but not important), or if it's just nonsense and trash – and send it down the chute!

If we allow our brain free rein it can over-think and spin us around in circles. It likes to be busy and to have something to work with and to keep chewing over. You can choose what you feed it!

When you allow yourself to become aware that you've slipped into this mental whirlpool, then you must imagine pressing the stop button and allowing the water to gradually settle down again.

Beware of wearing any rose-tinted glasses. These may have set you up to have false hope and expectation, and may only bring you disappointment and unhappiness instead.

Finally, remember that there is always a bigger picture of whatever is going on for you. You may already be aware that whatever has happened in your life so far has got you to where you are now. You will have learnt some valuable lessons along the way – and many would say that is the real reason we're all here living out our own particular life dramas. We just can't see the benefits and the bigger picture when we're thrashing about in the dirty water.

Ask yourself...whatever is happening right now, will it change history for me? What might I learn from this experience when I look back on it in months or years to come?

Keep an open mind and be willing to learn something new every day.

Finally remember that you can feel optimistic and hopeful any time you choose to.



Cast off your mask

We have all been conditioned from childhood to wear a mask – one that suits other people, who then accept us as being OK... but only as long as we keep wearing the mask(s)!

We aren't born wearing a false mask and it isn't 'natural' yet it does have survival value.

It is vital for a small child to be accepted into the group/tribe/family and a child soon learns what he/she has to do to continue to be allowed to hang around, to be fed, and to 'belong' there. All that comes at a price – the price is authenticity and of being allowed to be 'real'.

For many people the false mask that allows acceptance and survival gets stuck in place, even though they have grown up and no longer need to wear it. They don't realise that they can now ensure their own safety and survival – all by themselves.

The problem is that they have either forgotten that they're wearing a mask; or they're too afraid to take it off and find out who they really are underneath; or to have to face wondering who they might otherwise have become without the mask being in place for years!

These family donated false masks might be the face and mannerisms of '**The People Pleaser**', '**The Sick Child**', '**The Crazy & Needy Child**', '**The Super-Achiever** - who makes us all proud (and reduces our shame of not having amounted to anything ourselves)', '**The Rescuer** – who serves and cares for the family', '**The Happy & Cheerful One** – who buries his/her real feelings and wears the 'family photo' big smile instead.

Perhaps you can think of another mask that you were given to wear in childhood - and maybe still do. Why was it given to you? What purpose did it serve, and who benefited? What might life be like without it in future?

Wearing a false mask is draining! Emotionally, psychologically and spiritually. It takes you away from your own essence and potential. It robs you of genuine happiness.

When what is going on for you on the inside is reflected by you to others on the outside, you are said to be 'congruent'.

You can choose what is going on inside you, and how that can then affect the people around you. You create your own ripple effect... either a positive or a negative one...that's up to you to chose.

Your positively congruent life is honest and it flows more easily – with comfortable pleasure.

To use this key to unlock your natural happiness entails noticing if you have been wearing a mask, and with whom. Then understanding how this got set up and what the pay-off was back then.

It also involves identifying the 'shoulds' that have been running your life, and the ways you have been behaving, so as to be seen as 'OK' in the eyes of other people around you.

These restrictive 'shoulds' were not of your choosing when they were originally set up – but they can now be chosen, changed and even completely discarded, if they don't help you to be 'real'!

Finally it involves carefully and sensitively peeling off the mask to reveal the new and raw person underneath... one who deserved to be happy in their own right – free of the conditions imposed by selfish and ignorant people who didn't know any better.

(If you need help to reveal your mask(s) and who you are underneath then please seek one-to-one professional help with a psychotherapist who is experienced in this area of work.)

The new 'reveal' (to use the reality TV make-over term) can then show the world your unique presence. It will probably feel unfamiliar and 'fake' at first, and your new smile might feel a bit contrived and awkward - but you'll relax into it.

When you live mask-free you will redesign your life on your own terms and to your own specifications.

The mask was for other people's benefit... not wearing it is for YOUR benefit!

(If you do then choose to wear a mask temporarily you'll do so for a reason, and with full awareness of how this is of personal benefit to you.)

You can then enjoy the natural happiness that was your birthright... genuine, spontaneous, playful and even mischievous.

As you step out of the shadows you need to become accustomed to the light... to learn how to identify your own needs - and how to get them met without manipulating anyone else or being false yourself.

You will be open to speaking and thinking in a new language... one of calm assertiveness and a feeling of being firmly rooted and safe. A place of belonging in your own place as your real self. Able to find mask-free happiness and peace of mind.



Connect

Accessing your happiness also depends upon you being connected with the flow of lighter happy energy from deep within your body.

A surface titter, or a chesty chuckle, or a shoulder giggle only engages part of your body and only part of your locked up reserves of happiness. The happiness that resides in the forgotten places deep within you... those places that a child can access so easily and quickly - until they are conditioned not to.

You have only one body so you might as well feel happy about it. It works and looks much better if you treat it with kindness, care, respect and yes... even love!

Stop seeing your body as an 'it' and instead re-connect with your body as 'mine'. Own it and enjoy it. It gives you pleasure and happiness if you treat it well!

So treat your body like you would a child whom you loved and valued. Bring to your body playful fun, fair discipline and positive words and deeds.

Your body is the safe and comfortable 'home' for your soul, your essence... that unique aspect that makes you 'YOU'.

When you re-connect with your body you reconnect with your soul. Provide movement, nurture, healthy food, sensuality, rest and play for your body - the more you give the more you'll get back in feelings of happiness, pleasure and contentment.

It is vitally important that you also re-connect with the little child you used to be - who still lives deep inside you... watching, hoping and yearning to be loved and to feel happy and at peace.

Learn how to 'Re-parent your Inner Child' (especially if you are, or are going to become, a parent yourself), and to continue to ask him/her what they are feeling and need from you right now.

I know that might sound a bit 'weird' but please try it.

Emotional wounds are inflicted on a child who carries the bruises and scars for many years

afterwards. The place of wounding is also the place of greatest healing.

Finally, in this key of Connection... make a decision to improve your emotional connections to a few people who care about you and want the best for you (and not only because of their agenda or on their terms!).

Be your mask-free self and find people who love you like that. Share your mind with them – and when you know you can trust them not to violate that, then share your heart with them too.

Our deeper emotional attachments can bring us the greatest happiness. They are free and mutual. They are respectful and life-enhancing.

Forgive yourself if you've made a bad judgement and allowed someone to rob you of your happiness. Walk away from anyone who doesn't deserve to be in your own inner circle of love and trust.

Give yourself the gift of '**The Helper's High**' by generously giving some time and attention, care, compassion, kindness and empathy to someone who needs it. Life is not all about you and how you feel and what you want. Being self-focused or even self-absorbed is a fast route to misery!

Enjoy your own company... you are after all the ideal and longest-lasting 'best mate' you could ever have.

When you want stimulating company go to your 'inner circle' of special people and mutually get what you need and regularly top up your reservoirs of happiness. Energy mutually shared is energy well used.



Create

When you get into your right brain functioning you have better access to your creativity. You won't be constrained by logic, reasoning, planning or organising (which are more left-brain functions – although these can also make people feel happier.)

Personally having things in order and tidy makes my brain feel calm and in control... but you may well be different to this.

When you 'let-go' of your thinking/planning/judging brain functions you are free to play around in your right brain.

Free to create without boundaries... free to experience heightened senses... free to escape time and to then be in the creative 'zone' - which your brain will love as much as it loves time spent in learning and relaxing too.

We can all imagine and visualise (unless there is a neuro-physical brain disorder) and we're at our most creative when we use our imagination.

Restrictions of 'common sense' melt away and you can imagine whatever you wish...and this is very important to remember. Let your mind play with a new and preferred reality.

As I said earlier your brain doesn't know the difference between what is real and what is vividly imagined along with the associated feelings as if it were really happening right now.

This is why the law of attraction and cosmic ordering is becoming so common and popular. People are realising (literally) that they are, and they have, whatever they believe, feel and fully expect.

Visualisation is FREE and yet priceless. It brings your body-mind the feelings you direct it to

have. It opens up that 'inner pharmacy' of wonderful feel-good chemicals. Repeated daily dosages of these literally changes your life!

So, as your creative mind is so powerful why not use it for your own good – and not for imaging negative what-ifs or replaying unhappy memories.

You have the power to 'see' yourself already having that brighter happier future.

You already have the power to 'have' whatever you want from life (but remember that those external 'things' like the cash windfall won't bring you longer-term happiness by themselves.)

You already have access to your brighter future in your mind – which is an energy and information system.

When you see and really feel yourself as happy and surrounded by happy, honest and supportive people this will become your reality.

You can boost your visualised future by verbally stating

'I have.....' and

'I am.....' (adding your own positive endings to the phrase).

What's more when you draw or paint a picture of 'you in your future happy setting' this gives the brain even more to work with. Your higher-self (soul/connection with the highest intelligence and consciousness) can tune in to make these your reality.

Don't forget to be grateful for all of these great things you have in your (future) life – as if you already have them all right now! Speak this out loud with 'Today I am happy and thankful for.....'

One word of caution before you start your life-changing imagining... be aware that your own sub-conscious mind will scupper any attempts at improving your life if it still believes (based upon your childhood experiences and decisions you made about yourself back then) that you don't deserve to have that happiness and lifestyle.

It doesn't mean to drag you down... it is still reading from an outdated SCRIPT (see above) and has its mental filters in place which will reject whatever doesn't 'fit' the SCRIPT. This is why so many 'New Year's Resolutions don't/can't work.

Finally, in this 'key' about creation...remember to create the time to do what you love to do, what you feel passionate about, what you don't want to miss out on doing. Do something that makes a positive difference.

We all have the same hours in a day – we just choose to spend them differently.

Creating can mean making a left-brain plan too – this will give your creativity a better chance of being actioned by you. Visualising and creating is one thing... but the best results also require us to have a clear strategy and to **take action** too.

Make sure that your plans are a good fit for you, and that they will take you to where you want to go. It's your road and your destination and your own happiness is found along the way.



Challenge yourself

Having a challenge that stretches you - but which you feel confident that you can do, even at a push - activates your brain to focus upon how you'll get there and how you'll feel when you do.

Not having any challenges leads to a flat, dull and uninspiring life.

OK we don't all want to be climbing mountains or jumping out of aeroplanes, but we can all find challenges that require us to 'step outside the comfort zone' now and again.

Be sure not to overdo it and cause yourself too much stress or distress though... remember this is about unlocking your inner reserves of happiness after all!

Be selective about your challenges – you are using them to help yourself; as well, perhaps, as a way of helping others (in the case of fund-raising challenges).

If you've ever accomplished anything that was a challenge to you then you'll know what I mean about helping yourself to feel good, if you remember how you felt at that time.

Recalling happy inspiring memories and moments of achievement from your past is also great for the brain.. it gives it a boost of the chemicals associated with happiness and pride in your own abilities ...that great feeling of 'YES, I DID THAT!'

Just think of the rush of adrenalin and the boost to your self-esteem and self-concept from taking up a challenge and seeing it through.

Whatever size your challenge just go for it and give it your best shot.

Your own challenge might be smaller and more personal to begin with - such as asserting yourself with other people, and setting up your own boundaries around what's OK with you and what isn't.

You can have boundaries around how you spend your time, who you will mix with, what you will tolerate, what your sex life is like etc.

There are many areas where we need to assert our own boundaries, and yet still to be open to change them whenever that suits us better.

Other people may challenge your boundaries, for their own reasons. You can choose to defend what's right for you and remain clear and focused on what you want for your life.

Your challenge may be to stop rescuing people and situations, and to channel your energy elsewhere. Maybe its about not trying to fix what someone else is responsible for fixing by themselves; or even of not doing more than your 50% of effort in any of your adult relationships.

You decide, you take action, you give it your best shot, and you'll feel proud and happier as a result!



Carry on

With any tips, advice or checklists... they only work if you take action and DO something differently after you've read them!

So how about printing this off (for your use only – see copyright information below)... and having it in a prominent position.

[In my case that's above my laptop... although it's getting a bit cluttered around there these days :-)]

It is obvious but I'll say it anyway... you have to carry on unlocking your happiness every day! Otherwise it might slip back into the murky shadows or become locked/trapped in the cellar again.

Make it become a habit and part of your lifestyle – like adopting healthy eating habits (if you're not doing this then start it now... a happy body and a happy mind go together.)

Find enjoyable things to do and uplifting people to be around and avoid those who are stuck in a lower energy and who drag you down or drain your energy .

Avoid the 'Yes, but...' excuse makers, and the selfish 'takers' in life. Their journey is their own and you don't have to be a part of it.

Keep going – especially on the days when it seems too hard to.

Always find a chink of light in spite of the darkness around you - and focus on getting closer to it, seeing it get larger and brighter one step at a time.

You'll then be topping up your own reserves of happy energy which you'll need when life sends you challenges that aren't of your choosing.

You will be keeping your 'base-line' level of happiness up higher than the levels that nature and nurture gave you. You are making that extra 40% - which is within your power to create - become a part of that base-line; (although the researchers didn't mention whether there's always another 40% to create and build on... I wonder what sky-high levels might be possible if that is the case!)

As much as you can, live your life in the present moment and notice the details of what is around you. Free yourself from the heavy weight of the past or the fears about what might lie ahead.

If your mind wanders to unhappy things then sit alongside yourself and acknowledge that this is only temporary.

Remind yourself that everything is a form of energy which can be changed – by you, using the power of your own mind and your self-control.

Hold onto the reins of your life and enjoy the playful cantor.

See below how I can help you to become happier and to....

Heal your past...Enrich your present....and Plan your future...



Maxine Harley

(Msc Integrative Psychotherapy)

YOUR MIND HEALER



I am passionate about helping people to become happier – this makes me feel happier too so it's not entirely selfless.

I want to help you to understand and heal any emotional wounds from your past; to confidently take back control of your mind so that you can enjoy the present day; and to look forward to your future with optimism and hope.

I've been a psychotherapist for many years now and have put much of what I know into four different formats – each of which will appeal to different needs, learning styles and budgets.

I don't want money to become an obstacle to you finding out how to have a happier life and peace of mind!

The four new approaches I've created are:

1

My series of five on-line self-help courses each costing less than one counselling session!

www.maxineharley.com

2

My programme of Psycho-Emotional-Educational workshops and courses.

www.the-ripple-effect.co.uk

3

My new therapeutic approach called Quantum Psyche Process which will help to clear away your outdated sub-conscious beliefs (your SCRIPT), and free you up to live life on your own terms in future. QPP entails a one-off 2-hour session with follow up audio listening.

www.qpp.uk.com

4

I can also help you in the following ways:

- **In person therapy sessions of 2 hours - packages available**
- **Skype or 'phone sessions (30 minutes) - packages available**
- **Weekend retreats**
- **Online coaching programmes:**
 - Recover From Your Mother™**
 - Cast Off Your Father's Shadow™**

To find out more see my website maxineharley.com

I wish you plenty of unlocked happiness ahead!

With love,

Maxine Harley

(Msc Integrative Psychotherapy)

"The art of happiness has many components... it begins with developing an understanding of what are the truest sources of happiness, and setting our priorities in life based on the cultivation of those sources.

It involves an inner discipline, a gradual process of rooting out destructive mental states and replacing them with positive, constructive states of mind, such as kindness, tolerance and forgiveness... the first step involves education and learning (italics are mine)...

we often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally.

We are made to seek happiness... it is clear that feelings of love, affection, closeness and compassion bring happiness... every one of us has the basis to be happy."

(HH Dalai Lama)

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