

Introduction

Many virtues grow in the soil of happiness, cultivated as a firm foundation within. The poise and attitudes of praise, love and gratitude thrive in its fertile ground. The emotional self-sovereignty of a happy heart creates imperviousness to the manipulative games of mankind.

The 20 Principles of Happiness



1. Feeling worthy and being willing to receive gifts in whatever form they come in



2. There are only gifts, even when disguised as lessons



3. Freedom of expression through self-trust in the inspired play of life



4. The sweet song of divinity through the presence of Source



5. Flowering tenderness from the poetry of simplicity within complexity



6. Resonant emphases through harmonious interactions



7. The abundant life of endless resources flooding fields of potential



8. The dynamic balance between the grandeur of the wings of levitation and the precious roots of gravitation



9. Abiding in the welcoming arms of the inner nurturer



10. The sensual strokes of omni-sensory perceptions



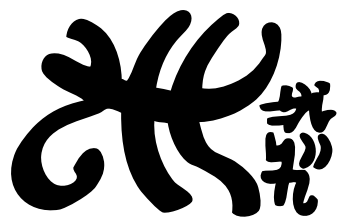
11. The inner strength of the dynamic balance of movement and measure



12. Enjoyment and passion evoked by the poetic dance of the cycles



13. A restful and receptive awakening to the wonders of the self



14. The robust participation in the passionate adventure of the discovery of life



15. The absolute fulfillment of being home for one's self



16. Realization as lofty as the endless skies



17. The intriguing mysterious dance of veils of beckoning truth



18. The magnificent vistas from the eagle flight of perception



19. Unconditional, boundless outpouring of divine compassion



20. The aware appreciation of the gems of the moment that lie waiting to be discovered in the sands of time