

*Happiness First...
The Rest Will Follow*

Companion Book



**Essential Teachings
Meditations & Exercises**



By Lorane Gordon

Your Happiness Way

Dear Student,

It has been incredibly rewarding and a great pleasure for me to create the Happiness First series for you. I have taken my tried and true methods that have successfully worked for me and so many of my private clients and students and assimilated them into this new, more complete, easier to understand, step-by-step program that will take you from beginning to end, so that you will become happy NOW!

Should you have any questions, feel free to send your query to me at **lorane@yourhappinessway.com**, and I will get back to you as soon as I can. Look for my interactive, online community designed to support and encourage happiness and keep checking my website, www.yourhappinessway.com for updates, learning tools, and products all designed to create happiness in your life.

In the meantime, enjoy the journey, and smell the roses. Above all, have faith and know that YOU are the creator of your life. This series will give you the tools to enjoy a life filled with love, happiness, peace, and abundance.

In Gratitude,

Lorane Gordon

Find me here:

<http://yourhappinessway.com>

<http://www.twitter.com/loranegordon>

<http://loaradionetwork.com/lorane-gordon.html>

<http://www.facebook.com/yourhappinessway>





Welcome to your Happiness First Companion Book!

How to get started:

I have designed this book to enhance the teachings you will receive as you listen to this six audio series. The best way to use this program is to follow along with this book, as you listen to the audios. Should you choose to listen at a time when you don't have the book handy, be sure to come back to it and complete the pages later. Using this book together with the audio program will create a deeper understanding of the material and, therefore, better assimilation, and implementation.

I recommend you listen to this program in sequential order as the teachings in each Audio build upon the other.

Audio 1: *Happiness is a Choice*

Audio 2: *Discovering Your Purpose*

Audio 3: *The Observer*

Audio 4: *Letting Go of Anger and Forgiving*

Audio 5: *The Present Moment*

Audio 6: *Manifestation Made Simple*

Best practices in order to get the most from this program

Start this program with an attitude of "***I can do this.***" Remember, all great achievements start with the very first step, and then are followed up with a second step, and then a third, and so on... you can do this!

"A quitter never wins,
and a winner never
quits."
~ Napoleon Hill



Spend time on yourself

I've broken the material down into easy to understand steps that will take you from A to Z. Each Audio is a complete teaching unto itself and includes a meditation at the end that will deepen the learning and help you to create new habits. The meditations should not be listened to while driving a car and should be given your full attention at a time when you are able to completely devote yourself to them.

- ✦ Schedule an appointment with yourself and block time that you can dedicate to these teachings.
- ✦ Remind yourself to stay in a place of *allowing* the learning to come to you. At any time should you become overwhelmed, just take a step back, breathe slowly and deeply and continue with the learning.
- ✦ Find a quiet place to listen to the CD's without distraction. Turn off your mobile and get yourself comfortable.

Happiness First...the rest will follow





HAPPINESS FIRST OVERVIEW

Have you been going after things- material things- with the idea that they will make you happy?

What are those things?

Have you been basing your goals on the idea that your education, income, or the car you drive, etc., will make you happy? In other words, could you be thinking that as soon as you get *this* or accomplish *that*, you will be ok and then be happy?

List your *happiness* goals including education, career, romantic, etc.:



What do you think you must accomplish in order to be happy?

How about your job, your achievements, and most of all, your bank account? **Have you been putting off your happiness until you achieve those goals, or make more money?**

Y (_____) N (_____)

List the achievements you are waiting to accomplish in order to be happy:

Are you looking for or depending on a relationship to make you happy?

Y (_____) N (_____)

Describe the relationship:



Are you resigned to a life of just getting by and not expecting to be happy?

Y (_____) N (_____)

Have you been distracting yourself with mindless activities, dulling your brain with TV or possibly substance abuse to forget about your unhappiness?

Y (_____) N (_____)

List these activities:

List the substance(s):

Once achieved or attained, how long did any of those activities make you happy?



DISCOVERING YOUR PURPOSE

YOUR DREAM OR PURPOSE

"Notice when your heart leaps up in
 joyous exuberance...
 In these moments, the voice of your
 spirit is speaking directly to you."
 ~ *Justine*

We each come into our existence with our own special purpose, and that purpose matures and changes as we grow. Whether you're just starting out in life or in your retirement years, you do have a purpose.

Answer the following questions with colorful detail and leave nothing out. The greater the detail, the better.

What are you dreaming about doing?



Are you looking to fulfill your dream, or are you spending your life fulfilling someone else's dream?

My dream (_____) Someone else's dream (_____)

If this isn't your dream, why are you so willing to live your life to fulfill someone else's fantasy? **List the benefits you feel you are getting pursuing someone else's dream:**

"I am here for a purpose, and that purpose is to
grow into a mountain-
not to shrink to a grain of sand.
Henceforth, I will apply all my efforts to become
the highest mountain of all,
and I will strain my potential until it cries
for mercy."

Fill in the following blanks:

When I'm happy, _____ has to occur.

I will be happier when _____ happens.

I will be happier when I have _____.

I am happiest when I am _____.



My _____
_____ makes me happy.

BE IN YOUR HEART

What makes my heart sing? **List everything here that makes you feel so happy, your heart feels like singing:**

When in my life do I feel a sense of wonder? **List here:**

In what ways do I feel called to be of service to others? **List here:**



When do I feel closest to God or the universe or universal energy? **List here:**

DELVE EVEN DEEPER

Take a few minutes to center yourself before answering the following questions. Close your eyes now and take some nice, deep, belly breaths to allow your mind to clear. When you're ready, begin to write.

What is my soul's purpose?

Why am I here on the earth at this time?



SYNCHRONICITY

“Synchronicity” - Coincidence of events that seem to be meaningfully related

“All things appear and disappear
because of
the concurrence of causes and
conditions.
Nothing ever exists entirely
alone;
everything is in relation to

Give 3 examples of synchronistic events you have noticed occurring in your life.

1. _____

2. _____

3. _____



ADDITIONAL WAYS FOR HELPING YOU DETERMINE YOUR PURPOSE

Name three talents or specialties you have or do- anything you feel you're good at:

(This does not have to be something extraordinary – it can be as simple as baking; doing crosswords; cheering people up when they feel down; gardening; fixing your car...do NOT beat yourself up and say you have no talents)

1. _____

2. _____

3. _____

Name a personality characteristic that you are particularly proud of and one that you believe serves you well:

Name a personality characteristic that you have fought through the years and tried to change-one that you may have been criticized for.

What physical quality do you have that you are proud of?



What physical quality do you have that you wish you didn't?

WHAT IS “IT?”

What does it take to make me happy?


How happy am I whenever “*IT*” occurs?


How long does “*IT*” last?


How attached am I to “*IT*?” That is, how UNHAPPY am I when “*IT*” isn't occurring?



REMEMBER ...

 You have your own special purpose.

 No dream is too big.

 Ask yourself regularly,

Am I doing this because it fulfills my wants, needs, and values, or is this a program instilled in me by someone else?

You may want to pin this statement where you can see it each day.....

My heart sings when I'm

Be sure to incorporate that into your life on a regular basis

➤ **Happiness comes from within.**



MY NOTES, INSIGHTS, ETC...



THE OBSERVER

To observe is not to judge. As the observer, you are impartial. And with impartiality, comes a lightness of being.

Answer the following questions and ask them of yourself regularly throughout the day:

What am I thinking about right now?

Am I believing my thoughts?

Y (_____) N (_____)

Are they actually true?

Y (_____) N (_____)

Is this my inner ogre talking?

Y (_____) N (_____)

Ask yourself the above questions throughout the day. Be sure to breathe deeply into your diaphragm, which will quiet the mind, so that you can come up with a truthful answer.



ACCEPT WHAT IS

Let this be your mantra:

Say yes to life. Say yes to what is.

Rewrite the previous sentence, in your own hand three times. The act of handwriting – literally the feeling of touching a pen to paper -- appears to imprint a *motor memory* in the sensorimotor region of the brain, as reported by researchers at the University of Stavanger's Reading Centre in Stavanger, Norway.

"Accept—then act.
Whatever the present moment contains,
accept it as if you had chosen it.
This will miraculously transform your
whole life."

Do remember the following words whenever you're tempted to fight the present moment:

***To get where you're going,
You have to start from where you are.***



How often do I fight against what already is?

List the circumstances you commonly do not accept:

What "IS" the (fact/situation) that I am fighting right now?

Do I often wish I were someplace other than where I am?

Y (_____) N (_____)

Do I often want to be with people other than the ones I'm with?

Y (_____) N (_____)



HOW CAN I BE PROACTIVE AND STILL ACCEPT WHAT IS?

When in resistance to *What Is*, do the following:

If in a place to do so comfortably, say the following rule out loud three times- slowly and deliberately:

I can't control everything in my world, and I am okay with that.

Now, write that statement three times in your own hand:

Say the following out loud three times slowly and deliberately:

***I cannot see the whole picture.
I am accepting what is and finding the good in this. And there is good.***

Now, write that statement three times in your own hand:



ACCEPTING CHANGE

"Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge."

Do I think change is bad?

Y (_____) N (_____)

Am I afraid of change? Do I feel like I can't possibly adjust to change?

Y (_____) N (_____)

Do I feel change is unfair and that things should remain the same?

Y (_____) N (_____)

Does change cause me to feel outraged?

Y (_____) N (_____)

Do I feel I've had enough change in my life and do not want to accept any more?

Y (_____) N (_____)

Do I try to ignore change or pretend it hasn't happened?

Y (_____) N (_____)

Do I go into victim mode when change happens?

Y (_____) N (_____)



REMEMBER ...

- The Observer sounds like an impartial reporter, simply reporting the facts without judgment.
- These observations are not the words of your mother, father, teachers, caregivers, spouse or partner.
- Ask yourself throughout the day, ***“What am I thinking about?”***
- Recognize that your thoughts are creative.
- Be sure not to judge what you observed. It is what it is. Accept it. No change comes from fighting what is.
- Acceptance is powerful.
- ***Say yes to life. Say yes to what is.***
- When things don't go your way, affirm the following:

I can't control everything in my world, and I'm ok with that.

And

I cannot see the whole picture.

I am accepting what is and finding the good in this. And there is good.

"Smile, breathe and
go slowly."

~



MY NOTES, INSIGHTS, ETC...



LETTING GO OF ANGER AND FORGIVING

The seed of anger held within is not capable of growing into peace, love, beauty or harmony. It can only become more of what it is- dark and negative.

What are you in energetic alignment with? **Write down the first three ideas that come to mind, whether negative or positive.**

- 1. _____

- 2. _____

- 3. _____

How do you treat yourself when trying to incorporate a new habit? Be really honest here and notice if you are unkind and unrealistically demanding of yourself.



Fill in the blanks:

I believe I am _____
_____.

I deserve _____
_____.

I am a _____
_____ person.

I believe I am a good person

Y (_____) N (_____)

I believe I am a worthy person.

Y (_____) N (_____)

I believe I am loveable.

Y (_____) N (_____)

I believe I am not worthwhile as I am, but if I make certain changes, then I will be

Y (_____) N (_____)

Close your eyes and listen to your self-talk. What do you say to yourself most often? Be very honest and write three sentences that sound like what you say to yourself regularly.

1. _____



2. _____

3. _____

"An eye for an eye makes the
whole world blind."
~

Am I willing to let go of anger, no matter what?

Y (_____) N (_____)

Do I let principle get in the way of allowing myself to forgive?

Y (_____) N (_____)

Am I willing to forgive?

Y (_____) N (_____)

Am I willing to choose compassion for those who have hurt or wronged me?

Y (_____) N (_____)



LIFELONG PRACTICES

There is always a counterpart feeling within the body for every thought. Bring yourself completely into the now by first noticing thoughts of anger, resentment, jealousy, or judgment. Mentally scan your body and look for any place where you may feel stuck energy, discomfort, pain, or heaviness. Once you have identified the location, breathe deeply into that place until you notice a clearing. Peace now has room to enter. Go into your body as a regular practice.

ANGER AWARENESS

What is anger?

What is the first thing I notice when I'm angry?

Do I feel a temperature change or does my breathing change in any way when I'm angry?

Y (_____) N (_____)

What kinds of thoughts have I had in the past, when angry, that were irrational and way off the mark?



In the past, have I believed the craziest things while in an angry emotional state?

Y (_____) N (_____)

Have I ever allowed those thoughts to cause me to say or do something that hurt others and, in the long run, hurt me, too?

Y (_____) N (_____)

MY ANGER PROFILE

Do I often feel irritated and/or stressed?

Y (_____) N (_____)

Do the slightest things seem to set me off?

Y (_____) N (_____)

When thinking about my future, do I ever feel angry?

Y (_____) N (_____)

Do I feel angry about decisions I have made in the past?

Y (_____) N (_____)

Do I feel angry because of perceived injustices?

Y (_____) N (_____)

Do I find myself speaking loudly, or shouting at others, or using sarcastic language designed to demean them?



Y (_____) N (_____)

Instead of shouting at others, do I internalize my anger and churn inside?

Y (_____) N (_____)

Do I find myself reliving a situation I'm feeling angry about to the point where it interferes with other parts of my life (for example, my home/family life or my work)?

Y (_____) N (_____)

Do my feelings of anger interfere with my ability to sleep at night?

Y (_____) N (_____)

Do my feelings of anger cause me to not eat or to overeat?

Y (_____) N (_____)

Do I feel that my sex life has been compromised because of my feelings of anger?

Y (_____) N (_____)

**SITUATIONS THAT TRIGGER YOUR ANGER
AND/OR CAUSE DISCOMFORT OR STRESS**

Write down a list of situations that cause you anger, discomfort, or stress and include how you feel in each particular situation.



Say the following out loud three times slowly and deliberately:

***I'm making a decision to be
at least as aware of how I am feeling in regard to a situation,
as I am of the situation itself.***

Now rewrite it three times below:

How am I feeling about this situation?



How am I feeling in my body right now?

What am I thinking right now?

Are my shoulders and neck tense?

Y (_____) N (_____)

How is my breathing?

Am I judging myself?

Y (_____) N (_____)



“ANGRY” LIST

Am I angry with any family members? If so, **list them.**

Am I angry with any friends? If so, **list them.**

Am I angry with any co-workers? If so, **list them.**

Are there any other people I am angry with? These could be people whose names you don't even know. You may identify them as the waitress that spilled coffee on you today, or the driver of the white car who cut you off last night. **List them.**



Am I angry with myself?

Y (_____) N (_____)

What have I done, said, or felt that I am angry at myself for? **List each item** and, after each one, write why you think you did that.

Now, look at these things with compassion.

"If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion."

~



Write the following down in your own hand, three times and then say it out loud:

***“When I know better, I do better!
I am making a decision to forgive myself for not knowing better.
Now I do know better, in many areas, and I AM doing better. I AM!”***

BENEFITS FROM NEGATIVITY

What **positive** benefit(s) do I get out of being angry?

What **positive** benefit(s) do I get out of holding a grudge?



REMEMBER ...

- Be willing to let go of anger no matter what.

- Be willing to forgive, no matter what.

- Tune into your body during times of stress or potential stress and breathe deeply.

- Treat yourself with love and kindness.

- And remember you deserve forgiveness, too.

MY NOTES, INSIGHTS, ETC...



THE PRESENT MOMENT

DAILY PRESENT MOMENT PRACTICES

"The secret of health for both
mind and body is
not to mourn for the past, worry
about the future,
or anticipate troubles,
but to live in the present moment
wisely and earnestly."

To bring yourself into the Present Moment,

Accept What Is. Say Yes To What Is.

- Pay attention to your breath. Practice taking deep belly breaths. Breathe in through your nose; your belly expands. Breathe out through your nose or mouth; your belly contracts. Do this breath 5 times, slowly.



- Say the following affirmation 3 times now and throughout your day, every day, until you feel you have made present moment awareness part of your life:

***I AM becoming more and more conscious of my thoughts.
I AM.***

- Periodically, throughout your day, ask yourself,

“What I am thinking right now?”

- Notice your thoughts and accept them. This doesn't mean believe them, just accept the fact that you've had them.
- Recognize that you are NOT your thoughts. You are the observer of your thoughts.
- Notice when you're not in the Present Moment, and then you are. Voila!
- Notice when you're in judgment.
- Accept what is in this moment.
- Look at the spaces between the *things*.
- Listen to the silence between the sounds.
- Tune into your body and feel your inner energy field.
- Become completely involved in whatever task you are doing at the moment.
- Get into nature.



FINE TUNING PRESENT MOMENT AWARENESS

How much time do I spend thinking about the past either with remorse, regret, or guilt?

How much of my time is spent thinking about my future- either thinking that when I get something my life will be better, or fearing something bad will befall me?

What occurrences or situations trigger past or future thinking?

How often am I in judgment of where I am, who I'm with, myself, or the circumstances I find myself in?

Are you spending your time zoning out with an abundance of mindless TV, video games, computer games, movies, or other mind numbing activity?

Y (_____) N (_____)



Don't zone out. Zone in!

"Unease, anxiety, tension, stress,
worry-
all forms of fear-
are caused by too much future and not
enough presence.
Guilt, regret, resentment, grievances,
sadness, bitterness, and all forms of
non-forgiveness
are caused by too much past and not

Now make an intention to see and to experience your life, as it happens!

REMEMBER ...

- Breathe consciously.
- Notice your thoughts
- Accept what is.
- Notice when you're regretting something from the past or worrying about the future and take a deep belly breath.
- Notice when you're in judgment and take a deep belly breath.



MY NOTES, INSIGHTS, ETC...



MANIFESTATION MADE SIMPLE

"We don't attract what
we want.
We attract what we

We've all heard the saying what you put your attention on grows. It's really that simple. Are you putting your attention on what you want in your life, on what you want your life to become, or are you putting your attention on your lack, on what you don't have, and the things you don't want in your life? Thoughts are things. Choose the good ones. If thoughts are things, it makes sense to pay attention to what you're thinking.

"If you think about
shortages,
you're going to attract
more shortage.
If you think about what's
missing,
you're going to attract



YOUR THOUGHTS AND YOUR BELIEFS CREATE YOUR ENERGY FIELD

What label would you give to your overall energy field? For example, optimistic, positive, proactive, go-getter, loud, bigger than life, angry, negative, pessimistic, shrinking violet, insecure, doubting my good, shy, quiet, loving, compassionate, energy vampire, confident, bright, dull, alive, lackluster, etc. You should relate to more than one. We are many things at different times and many things at the same time, too. Choose the energy field description you relate to and then describe the things that are happening when you're giving off that energy and why.

For example, you're planning on going to the beach, and it turns out to be a rainy day. You sit around and mope, call your friends, and complain, and eat a whole chocolate cake because you're so angry and disappointed that you can't go to the beach. Your energy field is angry, negative, and pessimistic. New scenario: you're planning on going to the beach. You wake up and it's raining outside. You realize the best way to spend your day is indoors, and you happily go about the task you've been putting off all summer. You decide to rearrange your closet. At the end of the day, you feel accomplished and satisfied. Your energy field is positive and proactive.

Possible scenarios:

The scenarios I've set out below will give you an idea of how to proceed. Allow these to spark your imagination and fill in the blanks with what happens to you and your energy field you choose in these or similar situations. Remember, you have a choice.

- ✦ Your boss didn't give you the raise/promotion you were hoping for.
- ✦ Your boyfriend doesn't call when he's supposed to.
- ✦ You got a lower grade than you expected on your last exam.
- ✦ You want to bake a cake, and there are no eggs.
- ✦ The car has a flat tire.
- ✦ The alarm didn't go off, and you're going to be late for work.
- ✦ You want to see a certain movie, and your friends decide against that film and choose another.



- ✿ You're at your favorite restaurant, and they're all out of the dish you were really looking forward to.
- ✿ You go to eat lunch only to find out that last night's leftovers have already been eaten.
- ✿ Your favorite television show was preempted by a political discussion you have no interest in.
- ✿ You paid a bill, and distinctly remember doing so, only to have the credit card company tell you they did not receive payment.
- ✿ You get frightening news regarding a test result you got from your doctor's office
- ✿ You step in to take shower and find there's no more hot water because your 16 year old son has been primping for his girlfriend.
- ✿ Your fiancé cuts off the engagement.
- ✿ After 20 years of marriage, you find out that your spouse has been cheating.

So, again, choose the energy field description you relate to and then describe the things that are happening when you're giving off that energy and why. Now fill out the actual scenarios from your own life:



Ask yourself often throughout the day the following questions:

What am I thinking right now? **Write down a list of your most common thoughts.**

What am I saying to myself? **(Write down a list of the things you most often say to yourself)**

List examples of how you may be affirming what you don't want instead of what you do want.

Example: You want a bigger house, but you spend most of your time complaining with woeful emotion about how small your house is. This is the perfect recipe to continue having and living in a small house.



Write in your own hand, three times:

Happiness is the Way.

My Premium Objective is to create an energy field filled with love, appreciate, gratitude, compassion, forgiveness, peace, and to resonate with those qualities.

Say to yourself often throughout the day:

***I AM filling my energy field with
Love, Appreciation, Compassion, Forgiveness, and Peace.
I AM.***

I love and have loved ... Write your list here:

People: _____

Creatures: _____



Things: _____

What am I grateful for?

I appreciate the following things in life:

I feel compassion for:

I do not feel compassion for:



I need to forgive:

"If you change the way you
look at things,
the things you look at
change."

I feel peaceful when:



Identify your three top goals and write them the following way:

I AM _____ . I AM.

Example I AM happy. I AM.

1. _____

2. _____

3. _____

"Your imagination is your
preview
of life's coming
attractions."



REMEMBER ...

- Each morning, before you get out of bed, put yourself in a relaxed meditative state and then begin your day by going over the stories you've just written. Go over them in two ways. The first way is to close your eyes and watch yourself in the story. The second way is to be in the story and look out of your eyes as if it's happening in this moment.

- Be sure to say your **I AMs**. Say them often and bring them in towards the end of your meditation.

- You can do this. We all begin with the first step. Do not allow overwhelm to cause you to freeze. Just put one foot in front of the other.

Start by doing what you can, and above all remember the following quote.

"Every great work, every big
accomplishment
has been brought into manifestation
through holding to the vision.
And often, just before the big
achievement,
comes apparent failure and
discouragement."



SO, NEVER GIVE UP!

MY NOTES, INSIGHTS, ETC...



***Give more attention to what you do want,
instead of what you don't want!***

Choose to Happiness First!

*"When you realize how perfect
everything is,
you will tilt your head back
and laugh at the sky."*

It is my sincere desire that you have received as much insight, personal growth, and healing from this series, as I have in creating and producing it. You have the power to choose to Happiness First!

In HAPPINESS and with GRATITUDE,

Lorane Gordon

For more information on Lorane Gordon, scheduling personal coaching appointments, purchasing her meditation audios and other learning tools, and for updates on upcoming events and new programs, please visit www.yourhappinessway.com.

Contact information: lorane@yourhappinessway.com ~ www.yourhappinessway.com
LORANE GORDON presents HAPPINESS FIRST: 6-Audio Program and Companion Book
Produced by LORANE GORDON