**Stephen Whiteley (author of “Happiness Works”)**

-has not had anger or argument in 3 years.

~hope is not a strategy… in diversity, humour can be found… don’t avoid risk but manage risk. You will be more resilient.

~thoughts are concrete because they are electromagnetic. Therefore, drive feelings which drive actions which drive results (eg. when you say “I’m lazy” you don’t get up and do something productive).

~thoughts are conditioned by habitual thinking patterns and questions you always ask yourself (eg. “Why does this always happen to me?= these things always happen to me).

~Duality🡪 No effort🡪 Avoid🡪 Consume/do less/pain/ v. Engage🡪 lots of effort 🡪 work/action/strength🡪 earn more/love more/more energy/more fit

~Goals are often ‘hard’ because of the nature of the subconscious mind (habitual). It takes a month for a habit to form. If after a week of the goal working, you say “I got it” you no longer focus on it. The subconscious has not had time to adjust. People say “lose weight”, “quit” smoking, “get fit.” Etc. Lose, quit, and get are not useful verbs. It is much more productive to focus on what you want v. what you don’t want. “Lose weight” becomes “slimming” to my ideal weight and maintain it.”

~negative energy is faster than positive. It is easier to break something than to make something.

~There are only 4 things that make us unhappy:

1. Unresolved hurts of the past

2. Something about oneself

3. Something in our environment

4. Knowing/unable/unwilling to do/get what we want

~End unhappiness via harmony by realizing that the only good that can come out of negativity is realizing how you can improve yourself.

~4 tools:

1. Permissioning

2. Learning

3. Forgive

4. Gratitude

-Our we our body? Our mind? Our soul? A dead person is also a body. We tend to focus on our bodies.

-everything is energy

-we drive our feelings (not the other way around).

-NLP exercise: “The world is a dangerous place” x10 v. “the world is a happy peaceful place” x10…. What came first, the feeling or the thought?

-**paradigm** is the reason we don’t decide to change a habit. Results change when the paradigm changes (i.e., beyond the 5 senses to higher senses of perception/imagination/memory/intuition/reason/will).

-self-awareness & change of habit = a life master skill.

-\***gift analogy**: Imagine that someone gives a gift to someone but the recipient refuses to accept the gift. Who own that gift? The person who gave it… Thus, if someone offers me anger (etc) and I don’t accept it, who owns it? Therefore, we have control over ourselves.

**-Words have power (and questions are powerful. Be careful when using the word “why” since it has the power to confirm and affirm the existence of a problem!)**

-\***status quo:** it’s a myth! (We never do or think the exact same thing).

-it’s hard work to deal with conflict. An hour of fitness can be the equivalent of months of depression (i.e., you need less effort to output positive results).

-On the matter of affirmations: What is even more effective than affirmations are “**afformations”** (Noah St. John’s theory). Affirmations change paradigm or are at least are meant to. But saying “I’m healthy” over and over might not always make you healthy. Or saying “I am rich” over and over again may not always lead to more money in your life… Upgrade your affirmations. Eg. “I am rich.” Well, there is no number associated with “rich.” Also, money has no intrinsic value. Money ia about value. We need to create value to be rich. A good affirmation= “Why am I so great at creating and delivering value to others?”

**Purpose-Orientated**

-Purpose is more important than goals. **Purpose is the solution.** It is our passion and our legacy.

-Happiness is doing what is meaningful to you.

-So, how do you stay happy in the present when there are hurts from the past? This conversation is needed in our society. Then we can quickly connect with our purpose, harvest our learning, build ourselves up in the present, and process negative emotions quickly.

**Q & A**

Q: Do you believe in karma?

A: Yes… Only in the sense that if I output anger, I attract anger.

Q: Why is it do you think that negative thoughts last longer?

A: Ah, yes, the “why” question… It’s the worst of the questions. But I will try to answer… When we were cavemen we were surrounded by threat (etc) and there is also culture habit. This can change though.

Q: What would you say about moral decisions?

A: I like moral decisions. Here, there are two entities battling back and fourth in your mind; it doesn’t have to be that way.

Q: Are you religious?

A: I am spiritual. I used to be a fighter pilot. I wanted to get away from being associated with destruction and it has led me to where I am. I changed.

Q: What causes the brain to over-think? Why?

A: Ah, yes, the “why” question again. Let’s talk about the questions we ask. Who, what, where, and why? We know there are more than just these questions! All questions have a plus-side and a negative-side potential to them… “**Who** did that?” This is a blame question. V. “**What** happened here?” \****Problems get solved when they are depersonalized.*** “What” is an underused question. “**Where** are my keys v. “Where do I want to find my keys?” **Why** is a hugely powerful word and question. The bigger the why, the more **How?** There is. “How can I figure this out?” “How can I solve this problem?” All problems can be solved by you. The primary approach is love. Love= win/win. Our mentality should not be “I have to win” but rather “I deserve to win.” There is no lack in nature. We have 90% of the planet and we feel like we have less.

Q: But what about in the future, there are depleting resources and population explosion.

A: I can’t predict the future but there is no lack in nature right now and there never has to be.