

Life's Keys to Happiness!

1. I realize in the same way Helen Keller experienced “non-existence” until the moment she gave the feeling of “wetness” in her hands the MEANING “water,” that life truly only occurs in the ‘conversation’ (thoughts) between my ears. I am now able to get what has happened in my life as no more than a ‘Life Experience’ and that it is only I who is responsible for applying either a positive or negative MEANING to each “LIFE EVENT.”
2. Because what happened is just what happened, I can now self-reflect to understand even deeper my human nature is to automatically attach meaning upon each event which is exactly the “what” that has created me to become the “who” in who I am, up to this very moment in time, that truly determines how I automatically respond to my interpretation of outside influences to cause me to conduct myself the way I find myself wanting to automatically react in every situation and therefore how I relate to others who I now realize are influenced by their past events in the exact same manner as I.
3. This is my first opening why “issues” typically find no resolution until this understanding of human nature is respected by both parties who find themselves in repeated conflict.
4. But because I realize I now have the power to CHOOSE to review only the details of the most significant ‘Life Experiences’ what truly happened, I now have access to rewrite the meaning thereof not as a detriment to my “who” I am, but I instead CHOOSE to declare the event as a lesson to be learned from in my growth since infancy.
5. I know I cannot change the past in any attempt to forget the past, but rather I respect the past as unchangeable and I therefore now have power to put this “LIFE EVENT” in my past and therefore CHOOSE to not give this event any power over me whatsoever.
6. In this moment of now, not this now, but rather this new now right now as I read this now, I exercise my power to CHOOSE to be happy in this new now as I accept all previous life events as exactly what they are that they are simply what has occurred.
7. I will do my best to live and act accordingly in that, “If it is so? ...THEN SO BE IT!”
8. I realize when I became an adult at eighteen (18), I now declare my independence from my NON-CHOSEN family members and choose to only participate with them in any activity as I CHOOSE to. They are all now hired/fired consultants if I choose to listen at all. It is I who decides to include them in my life. I choose not to if they are no support.
9. I now CHOOSE to be happy and content as opposed to angry and frustrated with each of my horrific life experiences upon the respect each has made me stronger to accept what is as what is so I can truly be present in this moment of now I now LIVE.
10. Repeat, “THANK YOU ‘SOURCE’ (i.e. God) FOR ALL MY LIFE EXPERIENCES!” that have created me to be who I am today as an all-powerful “LIFE EXPERIENCE SPECIALIST” created from each experience, to truly be there to MAKE A DIFFERENCE FOR OTHERS!

Things to DO about my CURRENT “LIFE EXPERIENCE(S)”:

1. Do not complain to anyone about anything that they cannot do anything to HELP resolve the current “Life Experience” issue as it is occurring.

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2. Do not "Take to heart" and internalize what anyone may share with you about anything that you truly understand that you personally can do ABSOLUTELY NOTHING ABOUT!
3. Pray and meditate for DIRECTION (as Jesus demonstrated daily), and perform the research necessary to direct that person (especially if yourself) to the appropriate help necessary to BEGIN the process of FULL RESOLUTION to accept "what is" as what is.
4. Do **NOT** take anything personally as an insult or direct attack. But instead, listen with a compassionate heart to allow everyone to be heard in the incredibly important process of "venting" so in that all the concerns of the issue can be fully revealed. This allows each concern to be accepted in proper perspective as merely "what is." Full clarity will then be revealed to address each priority as necessary to mitigate each with as much resolution as possible to fully accept the event details as details of the "Life Experience."

This is why the "Serenity Prayer" is so effective in the programs it is emphasized to improve one's life from the very core of who they truly are. ...in which we all truly are.

1. Do the things I can do WITH ALL OF WHO I AM.
2. Do NOT address any issues that are clearly out of my control.
3. Thank you "Source" (i.e. God) for the WISDOM to know the difference.

Further, it's critical we respect these two (2) CONSTANTS in literally EVERY person we relate to:

1. Each and every one of us feel to some degree and often repeat to ourselves:
 - a. "I'm a failure!" as we all often conclude, "I'm truly **NOT** good enough!"
2. And because of this unavoidable and expected "Self-Inflicted GUILT" upon failure after failure, that all we truly need from those we love the most is to hear from them:
 - a. "I'm truly so sorry you feel this way."
3. VALIDATE THEIR FEELINGS! DO NOT TRY TO FIX IT IN THE MOMENT! Even Jesus said, "Forgive seven times seven times seven!" ...BUT ESPECIALLY OURSELVES! ...FOR OURSELVES! For we truly can do NOTHING for others until we do all we can for ourselves by taking true care of ourselves! ...FIRST!

Lastly, promise to yourself you will do your best to repeat to yourself at every idle moment:

"Thank you "SOURCE" (i.e. God) I HAVE POSSESSIVE everything I need, want, and desire!"

Now, utilizing the universal "Law of Attraction" that is occurring 24/7/365... [In your favor for once!] ...FEEL the FEELING of having everything that you truly do desire, want, and need... BUT BEFORE YOU RECEIVE ANY OF THEM! This is the only true time to, "Fake it 'til ya MAKE IT!"

[Try your hardest to bring up your attitude about life as though you're looking forward to your favorite childhood Christmas of all time and it's now December 20th of that awesome year!]

This is my first major step to complete my life in every aspect of my life from relationships to finances to all my personal possessions as I now declare I am truly happy and joyful in this

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moment exactly where I now stand upon "OWNING" all my past and current "Life Experiences," as horrific or joyful as they may have been or presently are, so I can fully participate in this life to strive to do the ONE AND ONLY thing that I truly get to take with me when I "Pass-Away."

For there is no more powerful and fulfilling source of true JOY and HAPPINESS that pierces me to very the depths of my soul than upon knowing that I am doing all I can to truly:

MAKE A DIFFERENCE FOR OTHERS!!!

May your life continue to be filled with these moments from here forward: <http://tinyurl.com/ameliorated01>

The felony abduction of my children on June 9, 2014 at 1935 hours was an answered prayer that I begged my creator six (6) weeks earlier in this manner:

"Thank you God for the FAST AND EFFICIENT FULL CUSTODY OF MORGAN AND NOAH! ...in your time. ...in the manner you destine. "

And then June 9, 2014 arrived with a vengeance when I felt 'helpless' with a severely injured back over 1,500 miles away in Las Vegas! SLAM! Here WE GO!!! Welcome to my new REALITY!!!

"THANK YOU GOD!"

Truly look at "WHO" I am now in comparison of who I was, as powerful as I was as a dedicated loving compassionate "Daddy." I now have nearly thirty (30) Marlins securely hooked as they dance above the ocean surface and resist this man of INTEGRITY in the exact manner that God intended when I thought what was going to be weeks maximum to recover my Morgan and Noah, has now become NECESSARY months! ...in his time! ...to do HIS work! ...COMPLETELY!

The complete EXPOSURE and now imminent ELIMINATION of SEVERE INCOMPETENCE AND CORRUPTION at levels never imagined is now available upon the facilitation of this mere "LIFE EXPEREINCE" we have all learned from!

Crisis Intervention Hot-Line (800) 784-2433

YOUTH Crisis Intervention (in California) ages 12 to 24 (800) 843-5200

ALL Persons Crisis Intervention Hot-Line in Iowa (800) 332-4224

Author: Richard W. Hoffmann, Sr., L.E.S.
Fire Captain/ Peace Officer (retired) of West Des Moines, Iowa
Co-Author and loving Sister: Melinda L. Daniel, L.E.S. of Chico, California
www.lifeskeystohappiness.com (800) 656-1624