

# Unity Center for YOUniversal Prosperity™

*Walking the spiritual path on practical, positive, prosperous feet*

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*The Happiness Matters teachings we share are based on how well we experience joy, contentment, life satisfaction, and positive well-being, combined with a deep sense that our life is good, meaningful, and worthwhile.*

- ☯ Google ‘happiness’ and you’ll get over 3 billion hits (as of this writing). Giggle while you Google and you’ll send oxytocin, dopamine and serotonin (the happiness hormones) to 37.2 trillion cells in your body. That’s called YOUniversal happiness because that’s getting in touch with your Soul Signature’ positive well-being.
- ☯ Research has shown that all of us have a kind of happiness baseline – that we seem to have a level of happiness that defines our general state of life satisfaction. However, using the tips (Rx’s) we mention throughout this book, you can redefine your happiness baseline and enjoy a happier life. We promise. We wouldn’t kid you about a thing like that. Your happiness quotient is too important.
- ☯ Wag more, bark less! When you catch yourself losing it (barking more than wagging), say to yourself and/or say out loud, “Okay, calm down. I’ve got to wag more, and bark less.”
- ☯ Schedule something you look forward to enjoying. It can be Facetime with a friend, a chocolate custard after lunch, or a walk in the park. Knowing you have this scheduled and taking just a moment to visualize doing it, releases dopamine in your brain *as if* you’re actually doing it. In other words, you benefit from the visualized reward before actually getting the reward.
- ☯ Your word is your wand. Soooo, practice positive and life-affirming wandology. We recommend Affirmation Sandwiches! I AM (positive, life-affirming words) I AM!



- ☯ Make sure you take time to make one or more of your ‘signature strengths’ a daily practice. For example, if you’re really good at puns, or cracking jokes, or helping people feel loved and respected, or wordsmithing, or giving compliments, etc. – don’t let a day go by without doing those things. They bring you joy and lift the spirits of other people who appreciate your vintage signature strengths.
- ☯ Embrace positivity, and kick pessimism and negativity to the curb every chance you get.
- ☯ Find activities that you enjoy, ones that challenge you and increase your skill level at certain things. You’ll more than likely find yourself happily engaged and immersed in what we call a satisfaction surge.
- ☯ Avoid being beside yourself, standing behind yourself, and getting ahead of yourself.
- ☯ Happiness is coming home from a hard day’s work and being showered with love and affection by your faithful pet who’s waiting at the door to greet you.
- ☯ Recognize that happiness is heart-to-head resuscitation.
- ☯ Realize that for every minute you’re pessimistic you lose 60 seconds of happiness.
- ☯ Happiness, harmony, and joyfulness aren’t condiments; they’re three of the chief ingredients on your happiness resume.
- ☯ Don’t sell ‘negligible numbing’ short. Negligible numbing is what happens when you catch yourself slipping back into an old habit, but notice it in time to prevent wholesale slippage. It’s a particularly helpful practice when you find yourself using language that characterized your conversations when you were a product of the embedded theology that you’ve outgrown.
- ☯ Believe it or not, what you *think* about an event and how you respond to that event, are every bit as important as the actual event itself, and in some respects perhaps more important. See each event you experience as *information*. Let your *outformation* be joyful and happy.
- ☯ Turn frowns upside-down. Genuine smiles can trick your brain into happiness — and boost your health. A smile spurs a powerful chemical reaction in the brain that can help you feel happier. Psychologists have shown that the mere act of smiling can lift your mood, lower stress, and boost your immune system. Soooo, put on a happy face.



- ☯ Shoot a text or email, initiate a FaceTime or Zoom encounter, or go old-fashioned and write a letter to someone who makes you smile. Research shows those who foster connections tend to lead healthier, happier lives.
- ☯ Close your eyes and relive one of the happiest moments in your life! We're serious. Close your eyes and recollect one of your happiest moments before you read any further!
- ☯ Dial back your news consumption. Take a national news detox for a couple of news cycles or even a few days. Over-loading yourself with unpleasant, toxic and irritating news can sadden you, deplete your energy, and keep you angry and upset. Don't let a world that's gone bonkers do that to you.

☯ Happiness is listening to melodious gentle rain falling on a metal roof.

☯ Happiness is doing within while you're doing without.

☯ Neuropsychologists are telling us that neurons which fire together wire together. These 'wired' neurons not only create new neural structures, their 'firing together' can actually leave lasting impressions on our brains – even from fleeting thoughts and feelings. So, what we think and feel are critically important for our lasting happiness and wellbeing, and for our spiritual growth. We're not only the alchemists of our thoughts we're the alchemists of our neural real estate.



☯ Dopamine, oxytocin, serotonin and endorphins are considered to be the brain's happiness chemicals. The first letters of each of those happiness chemicals, when combined, spell 'dose.' So, engineer a 'dose' of this happiness cocktail every chance you get. When you anticipate something good, dopamine is triggered. Oxytocin triggers empathy, trust, intimacy and sociability. Serotonin contributes to boosting your mood when you enjoy something and feel confident. Endorphins help you 'power through' challenges, pain and discomforts by looking for the silver lining.

☯ See yourself as a source of happiness for others. You can't make others happy, of course, but your positivity and optimism will rub off on them and give them a faithlift.

☯ Listen to the tunes on your favorite playlist. Studies show that there's a strong link between listening to music you enjoy and feeling happy and content. Find comfortable seating and turn the volume control up, so you can 'bathe' audibly in the wonderful music you've chosen. The right content will help you feel content!



- ☯ Veto all notions of your own insignificance. You are an eternal spiritual being in temporary human clothing.
- ☯ Opt for Holy Instants every day. They're happiness boosters! A Holy Instant is anytime you consciously calibrate (align, entrain, meld, fine tune, coalesce, fuse, amalgamate) your Human Nature with your Divine Nature.
- ☯ Happiness is a Zenful nature. We can tell you – it's a Buddha-ful experience!
- ☯ Smile. Giggle. Laugh. Chuckle. Grin. Snicker. Clown around. Enjoy a PhD in happiness!
- ☯ Be a "CAN-Guru" by bringing a positive spin to every conversation!
- ☯ If "you're happy and you know it, clap your hands," tap your feet, smile jubilantly, snap your fingers, jump for joy, laugh out loud!
- ☯ Drop the 'r' and turn your *r*elationship with happiness into an *e*lationship with happiness.
- ☯ Clarify your sense of purpose and meaning in life. Find those two qualities and you'll find lasting happiness. Think for a moment about the voice inside your head that's reacting to what you've just read. It's the Inner Compass you'll need to find the happiness you seek.
- ☯ Avoid the following four unhealthy relationship behaviors that can literally destroy happy relationships and lead to the end of your relationship. We're serious. Avoid these 'four horsemen of the relationship apocalypse.' Rein them in immediately:
  - Constantly criticizing your partner's looks, character and ideas ("You look like something the cat drug in." – "You're so stupid." – "That's another one of your moronic ideas.")
  - Showing scornful contempt (putting down your partner privately and in public, purposefully embarrassing your partner and making him/her feel worthless and inferior)
  - Habitually stonewalling (purposefully withdrawing from an argument or disagreement by filibustering any attempt to work things out)
  - Blame-shifting (covering your own wrongdoing and intentional misconduct by placing the blame for your actions on your partner)
- ☯ Happiness goes against all of the principles of mathematics: it multiplies when its divided among people.



- ☯ People who say money can't buy happiness haven't shopped in the right places yet!
- ☯ Burst any and all 'filter bubbles' you may find yourself in. Filter bubbles are biased ideological frames of reference which are very slanted and don't provide a sufficient variety of opinions, thus, creating the impression that what they provide you is the only reality you need. Taking up residence in these highly opinionated bubbles won't give you the introspective bandwidth to achieve Y☯Universal happiness.
- ☯ Abracadabra-ing is using your seven Core Abilities (Authentegrity, Intuitive Wisdom, Inner Strength, Questioning Unquestioned Answers, Optimistic Spirit, Self-Reliance, and Giving Consciousness), along with mindfulness meditation, affirmative prayer, visualization, open-mindedness, optimism, intuitiveness, mysticism, transcendentalness, metaphysical and esoteric teachings, and positive affirmations as the open sesame to happiness, healing, and enlightenment.
- ☯ Hugs, smiles, playful eye winks, compliments, kisses on the cheek, holding hands, rest, a soothing sip of hot coffee or tea, and mutual sharing of highly personal information are all forms of 'happiness acupuncture.'
- ☯ If you trash talk yourself – stop it! It's blaspheming against your True Nature, which is divine.
- ☯ Take a moment to list ten things that would trigger, or have triggered, your happiest moments. What would your 'decathlon of happiness' look like?

## Spiritual Practice: Do It With Joy!

This activity is designed to increase your awareness of the fact that Heaven is a state of consciousness — one you can choose at any moment regardless of what is going on in the world around you.

### *Here's How:*

As you find yourself facing some task you dread, or a situation that is stressful, pause and consciously choose joy.

You might adopt a mantra such as: **"Since I have to do this anyway, I choose to do it with JOY!"**

Notice the change it makes, not only on your own attitude, but on the situation itself. You will be surprised at how much easier and more productive it will be when you approach it from an attitude of joy.