

## My Gift To You: “**The Eight Words To Happiness**”

Many individuals relate to having a spirit, mind, and body without fully comprehending how they are related to each other. Unfortunately, most individuals think that they are their mind and neglect the role their spirit plays in determining their level of happiness.

Your mind records all of your thoughts and actions throughout your entire life. We will call this recording your tape, which is explained in my happy book. Whenever your mind goes to make a decision, it quickly reviews what is on your tape and makes future decisions similar to what you have done in the past.

Since your tape has a record of all your thoughts and actions, it is important to realize that all your thoughts have two components: facts and emotions. Your brain is designed to secrete chemicals corresponding to the emotions that you have attached to the facts that are on your tape.

When you are positive, your brain secretes positive chemicals, which create a chemical state that enhances everything about you and makes you feel happy. Conversely, when you are negative, your brain secretes negative chemicals that diminish your abilities and leave you feeling unhappy. These varying feelings of happiness and unhappiness are signals from a Higher Source to guide you in your decisions as you go through life.

Many individuals' minds, because of their social programming, are looking for happiness from outside sources, instead of looking within for what makes them happy. When your mind looks for happiness from the outside world, it is like a dog chasing its tail. It just keeps going in circles looking for happiness from one outside source to another. For example; I will be happy when I graduate, get a job, make lots of money, travel around the world, get married, have children, have a home, have grand children, retire, and the list never ends.

Unfortunately, many individuals that have attained these outcomes are still looking for happiness because of the negative emotions that are on their tape. If you are unhappy and desire to become happy or happier, the eight words that I am about to share with you will act as a compass. They will increase your awareness and help you realize that your spirit can direct your mind to start reducing the negative emotions that are on your tape and replace them with positive ones. If you are a happy person, you can become even happier.

Since the proof is in the pudding, all you have to do to increase your awareness and happiness is to start reflecting on these eight words every day. Your spirit will start noticing any conflicts when your mind wants to deviate from living by **The Eight Words** on the next page.

# **The Eight Words**

**I**

**AM**

**ALWAYS**

**TRUTHFUL,**

**POSITIVE,**

**AND**

**HELPING**

**OTHERS**

If you print out **The Eight Words** and reflect on them every day for thirty days, your life will never be the same. You will understand why, once you try to live by these eight words 100% of the time for thirty days ☺. If you and many more individuals like you live by these eight words, it WILL change our world forever.

Your help is needed to improve the values of our society. If you do your part, it will be very much appreciated by all of us living today and by those that will follow in our footsteps. Don't forget to share these eight words with your family, friends, and your social media contacts.

If you would like more information about living by **The Eight Words** and how your spirit, mind, and body are designed to function at their highest level to increase your success and happiness, you are invited to read my happy book.

***“How To Be Happy And Have Fun Changing The World”***

By Michael Anthony

<http://HowToBeHappy.org>

Hopefully, you realize that you are a spirit and not your mind. If you want to be happy or increase your happiness, all your spirit has to do is direct your mind to start living by **The Eight Words**.

**I  
AM  
ALWAYS  
TRUTHFUL,  
POSITIVE,  
AND  
HELPING  
OTHERS**

www.HowToBeHappy.org

© Michael Anthony. All Rights Reserved.