

You hold the secret to happiness; now learn how to awaken it.

Do You Want to Be Happy NOW?

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Do You  
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Be Happy  
*Now?*



Wendy Ann Zellea

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### *Your Higher Self*

Who is your Higher Self? I thought I was my only self. How many selves do I have? Your Higher Self is who you really are; it is how you came into the world. It is called by many names: spirit, soul, consciousness, but it's who you are. It is the luminous being who is having a human experience and appears to the world as YOU and when you're connected with your Higher Self, as you were when you were very young, you are happy. It's the nature of your Higher Self to be happy and it is all that it knows which is why you experience resistance when you do not listen to its guidance. The difficulty, in our culture, is remaining connected to this part of us. It's never mentioned that we have this source of higher guidance or that it even exists. Humans have lived on earth for centuries in cultures that control them and keep them in a sort of slavish stupor. This is accomplished either by creating a mentality of scarcity, which convinces people that life should be a struggle with very few rewards, or by giving the general population toys to keep them happy, as is the case in more affluent countries.

Of course, neither situation can create happiness. On one hand, there is suffering, and on the other, material objects do not satisfy the true needs of those who own them. The truth is, we live in an abundant universe and it is not necessary for anyone to live a life of scarcity. We, the residents of earth, are just starting to become aware of this on a larger scale and as we do, abundance will increase for all, not just for some. We cannot have those who have and those who have not, because we are all part of a whole call humanity. In

*Wendy St. Germain*

addition we all exist in many dimensions, therefore all of these incarnations must be addressed, nurtured and maintained. Thanks to global access to media, people are being exposed to enlightened ways of thinking which have been forgotten for ages, but like weeds; keep popping up through the cracks. This enables the process to occur more gracefully for those involved and with more difficulty for those who do not know they are involved.

Your Higher Self is it connected to the source of everything, providing you with guidance you can access by trusting your feelings. When you listen to your feelings, you will always remain within the flow of life and that which you desire will come to you and transpire easily.

In our natural world, the seasons come and go and life continues perfectly and effortlessly. We never see the sun struggling to rise or the tide exerting an effort to come in or go out. There is no conflict when flowers bloom or lions roar. Nature occurs and flows and, as part of nature, so should we.

When you are aligned with your True Self:

- ❖ You are certain of your path in life and even if you are not certain of what it is; you know you are on it.

- ❖ You do not see the struggle in life, but rather the flow.

- ❖ Answers to questions come to you. You are in touch with your guidance through your feelings and intuition. It feels natural to you to know what to do in all situations.

- ❖ Things work out for the best; perhaps, not always the way you imagined, but you have faith that the result of your actions will be the best outcome and over time you see that they do.



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❖ You are attracted to uplifting feelings and thoughts, avoiding negative input into your life. Your True Self is not interested in negativity. It seeks that which is positive. We are all pleasure-seeking beings. In fact, everything which is alive is pleasure seeking; it is how life continues.

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