

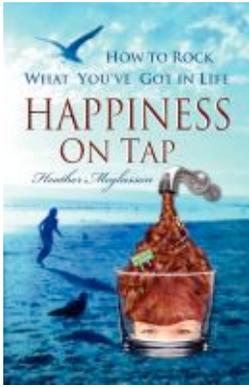


HOW TO ROCK
WHAT YOU'VE GOT IN LIFE

HAPPINESS ON TAP

Heather Meglasson





People really just want to be happy. This desire can secretly drive everyday decisions and long-term goals without the understanding of even what we truly want. Not leaving anything to chance in life, Heather Meglasson has discovered the secret to uncovering our hidden value systems. She reveals ways to reverse engineer emotionally induced health challenges using the mind's own rules of engagement. Resourcefully, Heather guides us back on track to an unlimited, happy, powerful life.

Happiness on Tap

How to Rock What You've Got in Life

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Praise for Happiness On Tap

“So inspirational! *Happiness on Tap* is just mind-blowing! It’s very well written and packed with incredible value. I have had brilliant realizations just reading one chapter in which Heather Meglasson asks- ‘What values you would like to avoid in life?’- and it all makes perfect sense now! I am sure this book is destined to become a best seller in the years to come, helping people to find their happiness in every walk of life.”

–Zuzana Jochman, Cesare Pictures,
CEO & Producer of *Tarot the movie*.

“Heather Meglasson’s *Happiness On Tap* is one of those rare gems in this field, a book which is both comprehensive and very accessible. It is not laden with ‘happy flowery froo froo positive thinking’; rather, it has some very useful information illustrated by great examples (and wonderful pictures!), all helped along by useful little exercises for the reader to really reinforce the lessons. I’ve found the book very useful personally, and I can think of many other people who will too.”

–Keith Blakemore-Noble,
Be Your Change Ltd

“With candidly vibrant stories that readers can relate to, *Happiness On Tap* magnetically draws attention with creative analogies and valuable lessons. I consider myself to be happy with unconscious competence, and the idea of creating a state change to detour any limiting beliefs that would sabotage my success at any given moment is amazing. Heather’s brilliant skills in helping people ‘blast through road blocks’ and ‘declutter the used books’ of their ‘pre-used brain’ will surely make an incredible impact on the world!”

–Jennie Edwards Photography Rock Star
of Guided By Imagination Photography

“*Happiness on Tap* is one of the best, thought-provoking books I’ve ever read. Heather really captures the essence of what we’re all about. Heather creates an enjoyable, light-hearted approach to quite a serious and emotive topic. I just felt happy reading it, the energy was in flow. Would I give this book to a child? DEFINITELY! The world has been waiting for this approach for a long time. After all, isn’t HAPPINESS what we are all about? Heather captures the imagination of the reader. In all honesty, I could not put the book down. I loved it! If you want change that is long lasting, the techniques are original and fun!”

–Illa Khagram, Founder of Radiant Lotus International, Healer,
coach and trainer.

“Before reading Heather’s book, I was not sure what happiness really meant, nor did I have much of an idea of how it was possible to write a book about it! However, after reading her phenomenally witty book, I had a deeper understanding of what happiness is all about. It’s a comprehensive, very easy-to-read book that will keep you engaged, with a smile on your face throughout. If you want to find out how to be happy, this is the book for you!”

–Marina Pearson, International Speaker,
Author, and Founder of Soul Connecziions

“One profound lesson I’ve learnt is that the more you deviate from your own true self, the more confusing, perplexing and frustrating life becomes. In *Happiness on Tap*, Heather masterfully shows you a way to get yourself back to yourself, then guides you step by step towards a rich and rewarding life of joy and happiness. I wish I had this book twenty years ago!”

–Riana Avis, London UK

“In *Happiness on Tap*, Heather Meglasson takes us on a journey to find internal happiness, regardless of what’s happening in the outside world. In a time when so many are searching for internal fulfillment, Meglasson provides a fun and friendly step-by-step guide that delivers. You’ll enjoy building your happiness muscle with this fresh and lively perspective.”

–Darcy Skye Holoweski

“*Happiness on Tap* will touch your soul, stretch your mind, and move you emotionally. It will open you up to a new way of thinking. We all need a little motivation now and then, and this book is a great way to get you forward thinking. Heather has pulled together ways that each person who reads this book can look for their own purpose within. You will not be disappointed. ENJOY!”

–Cynthia Hansen Ellis

“The world is always looking for this illusive thing called happiness. Some look for it by stepping on others in order to ‘feel’ good; others look for it in drugs or alcohol, or, as the old Urban Cowboy song says, ‘love in all the wrong places.’ Well, look no further! *Happiness on Tap* will take you on an authentic, practical journey to happiness.

In this light-hearted, easy-to-read page-turner, Heather Meglasson takes you on a journey to happiness in a way that is practical and fun for kids of all ages, including grown-ups who still love to act like kids! She shows you how to obtain happiness the feeling by taking easy action steps. It’s a fun read, but don’t let the fun fool ya! If you let it, the tips in this book can help change your life!”

–Nicole Bissett, author and freelance writer,
CEO of her own life.

HAPPINESS ON TAP

How To Rock What You've Got In Life

By Heather Meglasson

Happiness On Tap
How To Rock What You've Got In Life

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Heather Meglasson
5173 Waring Rd. #426
San Diego, CA 92120
HKMeglasson@gmail.com
www.HeatherMeglasson.com

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Warning – Disclaimer

This book details the author's personal experiences with and opinions about life and holistic health. The author is not a medical healthcare provider.

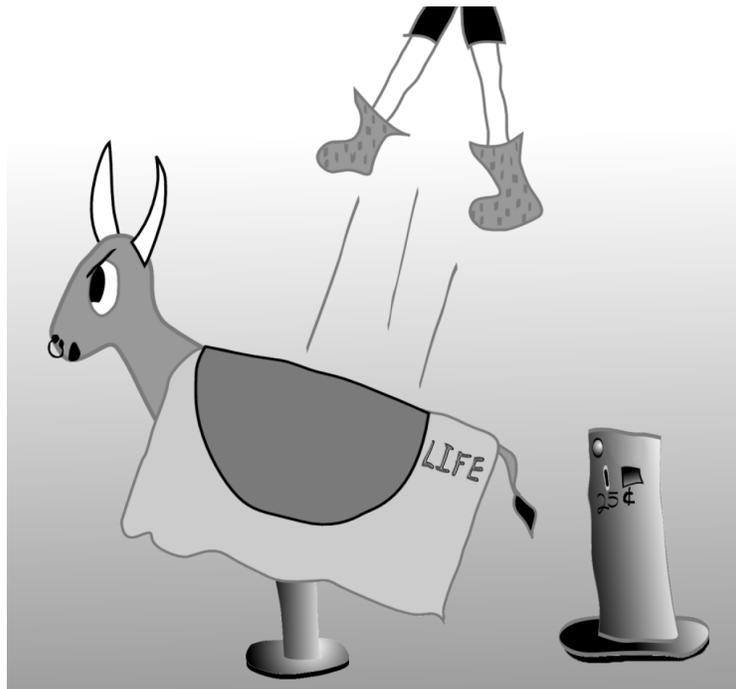
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Part I

Getting Clear on What Authentically Makes Us Happy



Chapter 1

Beneath The Surface

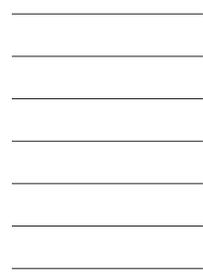
One brain for sale- Condition: Used

In 1990 my new husband and I decided it would be a great idea to buy a boat to live on. So what if we didn't know much about boating and so what if we both had the tendency to get sea sick in rough water. And so what if my father said "the definition of a boat is a hole in the water in which to pour money into." We wanted a boat! We didn't know squat about being boat owners but as penny-pinching newlyweds, we were willing to learn along the way. We found a neat little 11-year-old 32 foot Bayliner Cruiser that fell within our current means and provided a place to hang our hats.



the feelings for good. The former promotes procrastination, fear and sabotage. The latter clears the pathway and the draw toward success is strong and smooth.

In the chapters ahead you will have the opportunity to gain the simple clarity of vision of where you are in the road map of your life. You could discover why you are facing your current direction and how to forge new roads that will blast past any old road blocks easily and effortlessly. Then you can collect tools that will have effective leverage for becoming the happiest you that you can be. But first it's important to get very clear about the game you are currently playing in this life by going beneath the surface for a look.



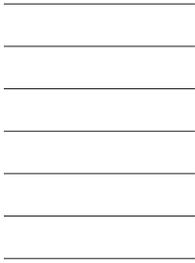
The keys to winning any game is to first look over all the materials and game components. Next, you need to understand the basic rules of play, then plan and test your strategies, keep what works, toss what doesn't, fine-tune the rest and remember to enjoy every success.

In order for you to get the most out of the strategies in this book and enjoy more happiness in life, it is essential that you take a look at some underlying concepts of how the mind operates, then in part 2 we'll go over the basic rules of play as we reverse engineer the pain we avoid to find what makes us the happiest as well as test some strategies and start building resources that work for you. In part 3 we're going to put those new resources to good use and really build for ourselves a way to tap into our unlimited reserves for any state of being that makes us happy.

wears green underwear for every game because in childhood he won 3 championships wearing green underwear. Though he knows logically that the green briefs are not helping him win, he still feels comfortable wearing them and feel justified whenever his team scores. He might even argue in his mind that they lost because the other team was wearing more green underwear than his team. It could happen.

We will often find these old agreements to be the big blocks to making important changes in our adult lives. Unfortunately since our initial programming is through the default of our childhood experiences and upbringing, we don't have the luxury of starting our adult lives with a brand new scratch-free, latest model biocomputer. We get to have the fun game of figuring out all of the bugs in the pre-loaded programming, which used to take years and a small fortune to reboot the darn thing. What was that about pouring money into a hole in the water?

Thankfully it's not as hard as once believed. No screaming at walls or lying on Freudian couches talking to yourself for 60 minutes, no drugs or inkblots, just you and appropriate, insightful questions that can get you thinking and then some new points of view, an emotional memory bookmark or three, and even a reboot that could improve your entire outlook on life giving you unlimited refills of happiness. It's as easy as you allow it to be and it all starts with the journey of knowing and doing to being.



Chapter 4

The Hidden Knowledge You Seek

*“One’s own self is well hidden from one’s own self;
of all mines of treasure, one’s own is the last to be dug up.”*
~Friedrich Wilhelm Nietzsche

A group of women attending one of my first seminars ever sat pouring over a list of values that I so cleverly provided for them in an effort to save time by showing them a vast amount of possibilities. HAAAA! The joke was on me. What I had done, thinking I was being ohh so helpful, was tantamount to what one of those restaurants with a 20 page menu does to it’s patrons; create too many choices resulting in anxiety over being asked to choose just a few of the enormous amount of tempting items. After about 15 minutes of watching them highlight value after value, many of them redundant in underlying meaning, I decided to put a simple question out there. To my surprise, one simple question resolved the issue immediately.

What emotional states would you most like to avoid in life?

Boom, boom, boom, the answers poured out in quick succession: Humiliation, ostracism, disrespect, hate, fear, greed, manipulation, entrapment...the list went on. After we defined what those avoidances looked like to them, we were able to reverse engineer what it was that they really wanted. It was amazing and eye opening; first, to create the list (which surprisingly didn’t look much the

same as the original list of values they had initially selected; then to recognize where all of the pieces, fell into place throughout each of their lives. Even more surprising still was further discovering how they internally prioritized each of those values when comparing them all side by side. Many of my attendees found that their initial top chosen value was actually about 4th or lower on their list and other hidden emotional necessities lay closer to the top. When you create your list, take a good deep look at it. You may just notice that those top values and their opposing avoidances have been the driving force for decisions you have made throughout your life.

So what if I want my top values to be love, peace, harmony, truth, justice and respect?

Since it's difficult for our minds to think that our emotional value system has in a way, been determined by our upbringing and life challenges, I am going to make it easier to digest by differentiating this new list of values as a separate distinction from the ideal values you currently and consciously uphold as important.

"A problem is a chance for you to do your best."
~Duke Ellington

Ideal Values, Power Potentials and Avoidance States

Normally if I was to ask someone to tell me what their top values in life are, most people would automatically pull up a mental list of what I call Universal Values or Ideal Values, which aren't necessarily what we're looking for in order to get to the core of what will truly make them happy.

Those ideal values may just be the ones they were taught or raised with to uphold as important. That's not to say that they are not important. It is to say that those values may not provide a considerable challenge to maintain consistently in their life. Let's say someone consistently feels loved and has "love" as their top ideal value but they are challenged consistently with feeling like they are a victim of lies and betrayal. It wouldn't surprise me to see that values of "truth-seeking" or "open-honesty" play a major role in how they've participated in life. We create a different set of values earned through the lessons and breakthroughs that we experience in our lives when we come up against fears and other challenges. I separate them as distinctive from the ideal values and call these values "Power Potentials." You find these values most honestly through looking at the crappy feelings you'd really like to run away from. Those feelings you want to avoid most, I call "avoidance states" or "victim values," depending on the level of power they hold over you. In order to find their opposite, simply define what it would take to put you in that negative state and then define what the exact opposite state would look like.

A few examples of Victim Values and their interpreted Power Value opposites:

Covertness	Openness
Trapped	Freedom
Devious	Honest

Traitor	Loyal
Condemning	Tolerant
Anger	Love
Fear	Faith
Grudging	Forgiving

So why is all this important?

What does it have to do with happiness?

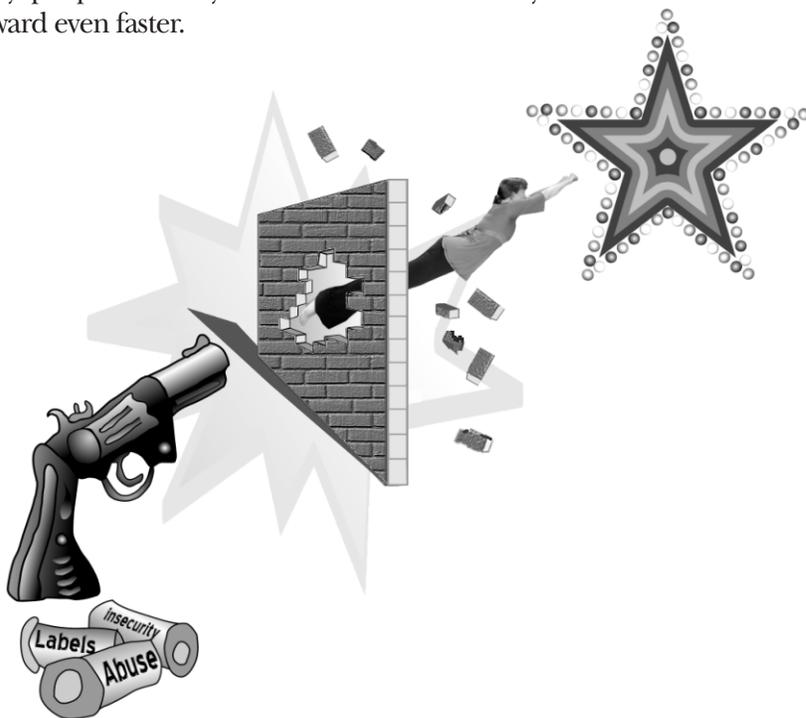
“Every problem
has in it
the seeds
of its own
solution. If you
don’t have any
problems, you
don’t get any
seeds.”
~Norman
Vincent Peale

It is important to recognize that some or even all of your avoidance states may have actually driven the development of your amazing abilities and situations you create for yourself. Someone who has fear in the shape of public speaking might create a situation where they become seriously good at computer animation, which becomes their major means for self-expression in the world. By securing that type of position and reputation, they are ensuring themselves of staying away from positions where they would perhaps have to be in the limelight. On the other side of the spectrum, if someone went through intense pain of emotional neglect where they were shown love one moment and ignored or put down the next constantly, they might become powerful resources of leadership who make themselves sought after and indispensable to the people they work and care for.

The benefits we receive in the avoidance of feelings like humiliation, ostracism, disrespect, hate, fear, greed, manipulation or entrapment can be seen in the movement we make throughout

our lives in the opposite direction. When we don't accept staying a victim to those feelings and unresourceful states of being, we take on high degrees of power value states like confidence, connection, clarity, creativity and charisma. It's as if we are exclaiming whole-heartedly "I refuse to be a victim!"

Now here is the super special secret sauce to this understanding; if you can figure out the why, you have the opportunity to throw out the bathwater (connection to your old pain) and keep the baby (your power potential) in a massively purposeful way. This alone will advance you forward even faster.



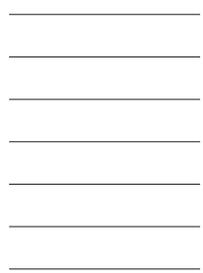
Chapter 9

The Mind-Body Connection

As scientific evidence has now been well established to support the proof of mind-body healing, the May 2001 Gallup poll measures that “well over half of the American public believes in the connection between the mind and physical health,” though much of the academic medical community is still focused on numbers-based tests and results to define when someone is well or unwell. Dr. Carl Simonton of the Simonton Cancer Center in Southern California has done extensive research and development in the area of cognitive therapy for identifying, transforming and eliminating cancer cells. He does this by reminding the body through the mind of the basic principles;

- We are healthy by nature
- Our bodies know how to heal themselves
- Our bodies have been identifying and eliminating cancer cells since before we were born.

Though he’s been helping patients shift emotionally from helplessness to better states of mind since 1971, he says that you can trace the techniques of visualization back to the cave dwelling days of humanity. The cave art even shows that they were using imagination to address mental and emotional issues in specific ways.



Napoleon Hill stated most aptly “What the mind can conceive and believe, it can achieve.” With the mind’s connection to the body, it’s amazing the physical transformation that can result from shifting your thinking and beliefs to not just a more positive outlook but to thoughts of being completely healthy and whole. In my energy work practice, it is imperative to view the client as already healed thereby creating the space for it to happen. “Creating the space” is a fancy way of saying “this concept, person or situation is being defined in such and such a way.” When a “space” is created for pity, the person it is held for may unconsciously step into the role of being pitiful. When a space is created for excellence, a person will find it easier to fill that role. Other definitions we hold as a space for people are things like powerful, weak, healthy, ill, bitchy, kind, irrational or intelligent. Space created is often contagious. This can be really good or it can work horribly against you.

Just a light humorous example:

Someone in my family once decided to explore the idea that she might have attention deficit disorder. There was what seemed to be enough evidence to support the possibility. Of course if you look hard enough, you can find enough evidence to support just about anything. Not only did she find enough of the proof that she was looking for, she also announced her results publicly. Those around her then maintained the space she created for herself in this new definition,

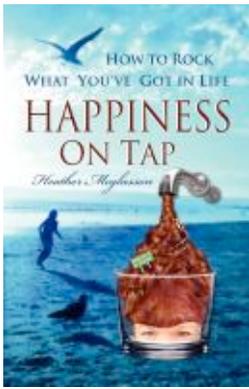
as well. So contagious was this support of her new role that she found herself playing the part more and more to the point where it was becoming her new way of being. People began to treat her differently. She began to act more confused than ever and made A.D.D. the excuse. Her ability to focus was cut in half and sometimes even driving to a place she'd been numerous times became an adventure that had her going in circles.

"There are no limitations to the mind except those we acknowledge."
~Napoleon Hill

Luckily her very wise husband got tired of the new routine (or lack thereof) and pointed out that she never searched for evidence to the contrary of being A.D.D. and made enough of a case to convince her that she was completely the opposite and just enjoyed doing way too much. She accepted the space he created for her and found that her mindset instantly reverted back and even improved in the process.

I have witnessed more serious examples where life threatening physical illnesses changed dramatically when the space for health was created and the person stepped into being healthy and whole rather than allowing themselves to be pulled apart, defined by dis-ease.

Next we're going to look at eight common trends the mind follows that demonstrate a strong body-mind connection and how to use each to your advantage.



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