



The Essential Guide to Happiness for Spiritual Seekers **(Bonus below: free electronic copy of The Happiness Lie)**

“Remember that realization I had about a year ago? Well, that never left me. And it got deepened a lot. This is so profound. So much happened in last year, lots of positive things obviously. Never got this excited about life before!

I can say with confidence that most of what caused me distress and suffering is gone for good. And I'm able to "leave the mind alone" effortlessly, as you say haha!

So many of the most profound spiritual quotes have become my actual reality that I live.

I'm so much present and very rarely unconscious. It enables more focus and intelligence as well as a good memory and even better learning.” - *Ahmed Ajabi*

That's what's possible for you...

This guide will show you the happy way to swift progress on the spiritual path.

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For decades, self-help and new age movement “gurus” have been taking you down the rough, ragged, long, and even dangerous road.

Look where it’s gotten us. Society is more stressed, anxious, depressed, addicted, and drug dependent than ever.

Meanwhile the true, simple, direct and ancient teachings have been available to us all along.

But that’s been too mystical. So, we are taking the timeless teachings and making them available and applicable to you, now.

How strange are the conceptual ideas new age gurus proclaim when it comes to happiness, like...

- you have to suffer
- you have to deal with your past
- you have to do years of therapy
- you’ve had wrong thoughts, control them

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- lessons are painful
- there's nothing you can do
- you have to change your job, people, or things
- you have to keep your job, people, or things
- it's your karma
- your shadow side, inner child, or pain body is the cause
- it's in your genes, or your bloodline, or family
- you just have to do things that "make" you happy
- you have to find the right guru
- you haven't activated your chakras
- you eat the wrong foods

And perhaps the worst one: You're damaged. The more trauma you've had, the more work and the longer it will take. Ugh.

We do happiness differently. Naturally. Effortlessly.

Because there IS a better way other than wallowing through suffering due to dredging up the past, now.

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And, who you are is not what happened to you, nor what you did.

Who you are is not what you think, and what you think is causing your pain *is not* what's causing it.

You are here and now, and the power of happiness to heal is here and now.

Most importantly, *The Happy Way works.*

If you're a sincere seeker who's tired of waiting and who wants results that last, now...

...read every word of this guide, as it just might be the single most important "freebie" you've ever downloaded.

Come and learn how to hack happiness and harness its power.

Let's get to it!

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Having unassailable inner peace, wisdom, love and joy comes down to...

Three Essentials

- 1) Stopping and reversing suffering
- 2) Shifting your state
- 3) Seeing the mistakes

When you shift your state, you see and accept the mistakes from a good state. From a bad state you don't see them positively and so want to reject them.

Correcting the mistakes, you no longer create the suffering you need to stop and reverse in the first place.

When each of these 3 essentials are done, your inner experience starts changing immediately, and your outer life begins catching up.

Are you ready to dive in?

We'll start with...

Essential #1) Stopping & reversing suffering

There is a terrible trap of an idea that many modern, popular, and (cringe) *leading* spiritual teachers have set for you.

They have elevated suffering to some sort of spiritual heroism.

You must suffer, they say, otherwise you would have no character, compassion, or humility.

Worse, they say that you *need* suffering to crack the ego.

I am sorry you've heard and possibly accepted this falsehood.

Suffering is a symptom, not a cause—and not a solution!

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Suffering is NOT necessary.

Wisdom only strikes where and when suffering stops.

It is the end of suffering that ends suffering, not suffering that needs suffering to stop suffering. This is nonsense.

All of these teachers (if they really have attained peace) FIRST stopped suffering, THEN had access to wisdom—and not before.

Suffering is a stupid, ignorant and limited state.

It's in the cracks between suffering that wisdom shines.

Yet the current mainstream advice is...

A) We are told, don't think that way, just change your thoughts...

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...but if there's one thing humans have a strong NEED for, it's to be congruent, or we lose our sense of reality.

So, feeling bad, and telling yourself a fairy tale story, we don't feel genuine and may feel like we're denying or deceiving ourselves. This makes things worse and can lead to a form of mental illness.

You may not want to be honest with anyone any more, and may withdraw into yourself, becoming isolated with your thought-feelings, which can degenerate rapidly.

Therefore, this is not the solution.

Or, we are told...

B) Stay with the suffering, don't try to change anything, you just have to go through it...

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...which is basically telling you to... well, stay with it, stay in suffering!

Some people get the idea to indulge in it, which increases both the pain and the bad thoughts because they feed each other in a cycle.

This cycle can degenerate until the thoughts become about yourself, attacking your worth, value and even existence.

So we stay with, or even deepen our suffering, instead of beginning to feel better.

We've found that these ideas are ineffective, never reliably getting the results we can have.

So what we do instead first is...

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STOP.

Yes, stop.

Yes, you can stop suffering.

Suffering is never necessary and is an action that you don't have to take.

Because suffering is an action of contraction. It's something we are doing with the whole body-mind.

And then you reverse this action. Getting immediate release.

All babies were born able to switch from crying to giggling, suddenly and completely. For no mental reason.

But adults have many and complicated reasons, which they have accepted, to suffer. Yet there is never a true and valid reason to suffer...

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...and you **STILL HAVE THE POWER** to simply stop.
And then to reverse this action.

So we start there.

Because one thing's for sure; you can't suffer and be happy at the same time, right?

You are already free. So free that you can suffer.
And so free that you can simply stop doing it.

We'll be getting further into stopping suffering later,
but first let's talk about...

Essential #2 - Shifting Your State

Having stopped and reversed, you have the power
to go in the opposite direction you were going in.

But the current expert advice is to...

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- A) Do things that “make” you happy, or
- B) Have happy thoughts or do CBT, DBT, or NLP
- C) Take meds (there can be a time and place for those.)

Let’s look at each one...

A) Things don’t make you happy. (That’s what I call the happiness lie.)

I’m sure you know full well that you can be walking through a lush garden in misery in your head. This advice is at best a temporary distraction from the problem.

B) Having happy thoughts, you may have noticed, is not something that you can control. If we could control thoughts then nobody would ever have a bad one, and nobody would ever suffer.

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It's not realistic nor practical to not have bad thoughts. They do have a place and value and are not the problem. You can have bad thoughts and not suffer.

Having thoughts, of any sort, is not the problem. Unconsciously dreaming them is.

A painful story dreamt in the mind is a limited, and thus stupid (unintelligent) one.

Shifting your state, or feeling good first, your thoughts naturally shift with you.

You regain access to wisdom and creativity which is always available to you, but to which you are unavailable in a contracted suffering state.

We have a method for doing this which I can't teach in this short guide, but keep following along because **you can get your hands on it.**

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C) As for meds, you may already be on meds, and are still struggling, or you may want off them.

Or you may not want to go on meds, because medication can conceal but not correct the actual problem, and some people report feeling dumbed-down but problematic painful thoughts go on anyway.

(*Doing this work is NOT a substitute for medical advice, and you should never go off medication without a doctor's consent and guidance because that's dangerous. And there is something more you can do than merely depend on medication.)

The tools and structure, or method of suffering are the same tools and structure as joy, just different content.

You have five powers you possess and use, for either suffering or happiness.

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You just didn't know it, and you need to know and begin consciously using them for what you do want.

The brain is a natural chemistry lab, creating and releasing suffering chemicals and feel-good chemicals.

This is biological not mental; there is a physical, organic way that feeling functions, and while it's fast, it's not as fast as thought.

We can't just have a weak, wishful thought to not have bad thought-feelings, that's not how it works.

So we need to understand how the mind works and become aware of how we are driving and conditioning it over time.

The mind is like living film... taking and storing impressions, constantly being changed by you, moment to moment—**ones that it will play back**—according to how you are shaping the mind.

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There are some potent factors related to your powers which retrain and alter the mind quickly.

And feeling, emotion, plays a huge role.

So, feel good first, is the rule. You can learn the method how... more on that later.

Feeling better, now you are ready to...

Essential #3 - See Your Mistakes (without blame)

Contrary to current spiritual belief, this is not hard or painful work. It's joyful, compassionate and heart cracking.

“I can see clearly now the rain is gone. I can see all obstacles in my way. Gone are the dark clouds that had me down. It's gonna be a bright, bright, bright sunny shiny day. Oh yes, I can make it now the pain is gone. All of the bad feelings have disappeared. Here is the rainbow I've been praying for.” - Jimmy Cliff

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When feeling good, it's like nothing can get you down, right? When feeling bad, even good things can look somehow bad, right?

From a better state, you can see how everything was simply a mistake, and that there are no villains, and no victims.

Trying to do this from a bad place is not only more painful, but much harder, if not impossible.

“Love before you think.” - *Cindy Teevens*

The ultimate in forgiveness (of self and other) is to realize that what you thought happened, never did.

Looking at the mistakes you made from a better, more intelligent state first, will destroy them, and prevent them from arising again.

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“Blow-out the belief that has held you captive all your life. The belief that things, people or events make you happy or unhappy.” - *Cindy Teevens*

More reasons why people love this process...

- It's inviting, you get to feel good!
- It's not a bypass, it faces and resolves things, once and for all
- The bigger picture: just doing these practices you are exercising the five powers you possess for conscious awakening and ultimately, Self-Realization.

There you have it ...

Those are the 3 essentials which are pre-requisite for anyone to end suffering and be happy.

They've worked reliably for everyone who has put them into practice.

So, what's next?

Well, there's only so much that can be explained about happiness, suffering, love, peace, freedom, dreaming, conscious awakening, and self-realization in an introductory guide, so if you're happy with what you're reading so far, here's our next step:

Join Spiritual Coaching for \$7 - for sincere spiritual seekers who want real happiness and peace within.

We have more personal coaching and powerful tools than even high-ticket programs anywhere in the world.

Inside, we dive deeper into the 3 Essentials of Happiness.

Plus - We host a live coaching zoom event twice a month...and I'd love to help you there.

[Tap here to join.](#)

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See you inside.

- Cindy and the Reality Lover Community

P.S.–If you got value out of this guide, feel free to share it with friends and/or colleagues who would benefit from it.

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***See the next page for how to get your free electronic copy of the “The Happiness Lie,” which is sold on Amazon.



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