

HAPPINESS: YOUR RIGHT AS A SOUL

I have recently been working with happiness via the Healing Blueprint, that my Spirit Guides gave to me, this past summer. I have always considered myself to be a happy person. I have never had to deal with depression. My mood stays the same all the time, it never goes up to a really high level of happiness, or dips down into sadness.

I thought that this was happiness, and considered myself to be blessed, for never having to experience depression, like some do. A few days ago, I began to work with happiness, as an experiment, to see what would happen. It has been wonderful working with it, and I'm excited by the results.

We all have the right to be happy, however, it is blocked by us unconsciously. I am lucky enough, to have had an actual memory, of before I incarnated, of what life was like, as a soul. This gave me much insight into how things work here, and how lucky we are to be here. It is our right, as souls, to be happy. We are here to experience life and have fun.

This is the only place in the universe, that you can experience free will. Outside of here, free will doesn't really exist, because it doesn't need to. So take advantage of it and have fun.

The density of earth, and the “problems” that we face, seem to create barriers that block happiness, and many other rights that we have, as souls. Some of us chose to experience certain issues, that make happiness a seemingly unrealistic goal.

We are coming into a new age however, as humans and most of the barriers that we had before, can now be cleared away. You know the barriers/blocks that you hear about so often? We simply have to choose to clear them. This is what the Healing Blueprint was designed for. To clear barriers. It was given to me, because I had much personal disbelief surrounding the ability to heal issues.

A year ago, I would never have believed that I could call happiness into my life, by deeply loving it, and practicing not defending against it. This seems to be the method, that works on everything, and I invite you to use this method, on ANY problem that you have, including happiness.

My experience with happiness has been great. In three days time, I have much more love in my heart, for myself, and others. I am laughing more, and am less serious. As I welcome true happiness into my life, I can feel the unconscious stores of grief and sadness, being released.

If you choose to work with happiness, this way, you may feel this as well. It is old emotion leaving your system. Acknowledge it and release it, but don't hold on to

it. The old emotion seems to leave, within a few hours. You have the right to be happy! How to remove the barriers to happiness:

- Imagine that you have a sword and shield in your hand, then set it down and off to the side.**
- Welcome happiness into your home. You may imagine a sacred meeting space, instead of your home, if you'd like.**
- Greet happiness as a cherished guest and thank it for the lessons/experiences, that it has brought into your life. Take a moment to love happiness deeply.**
- I like to then, offer happiness or any issue that I invite into my home, a feast, to show respect. This step is optional.**

I like to imagine happiness or any issue, as a person. It makes it easier for me to interact with.

**I love you guys!
Leni Dubel**