

What is the Source of True Happiness and Success?



by Sandra Agazzi Chimenti, M.Ed.

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When we feel good, we tend to feel happy. When negativity enters our life, it has the potential of making us sad or angry. Our happiness and sadness are like opposite sides of a coin with our fate at the mercy of outside forces!

What if there was a more reliable state of being? More than happiness, our universal desire as human beings is inner peace. When we are truly at peace with ourselves, we aren't swept into the trauma and drama of life's stories. We stay centered, like being in the eye of the hurricane where all is calm.

Inner peace is our real spiritual nature. It is the source of true happiness and success in all aspects of our life. *Being your real self* - a divine creation of a loving Creator - returns you to your true inner peace. Living life with love, respect for ourselves and others occurs naturally when we lovingly let go of the past, stop worrying about the fu-

ture, and live in the present - our best gift.

In my book, *The Real Me: Awakening Your True Self*, I share an experiential, reflection exercise that I call the *Awakening Process*. When teaching this amazing approach to people at my presentations, they are pleasantly surprised and say, "This really works!" I smile and say, "I know!"

What makes my book and presentations so unique is that I don't tell people that when they are feeling sad, they should just say they are feeling happy until they feel happy. Clearly, this is not how they are feeling, and to say a statement they don't believe is a form of denial!

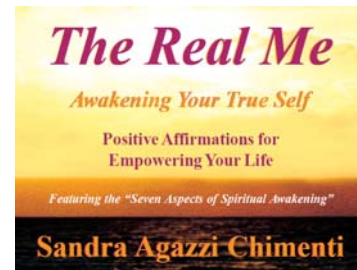
Instead of skipping any steps, I guide them through the *Awakening Process* as well as the *Seven Aspects of Spiritual Awakening* that form the main sections of my book's positive affirmations.

During this process, I invite people to recall a past (painful) situation. As they safely re-experience it in their mind, I guide them to sense where they feel the emotional pain in their body. I invite them to choose to let go of the *story* and feel the pain or discomfort on a physical level, placing their hands or feelings on that part of their body.

Then, I share a visualization meditation from my book that helps them release the pain and replace it with the *Presence of Love*. As people discover the *theme* of their emotional pain, they begin to see the life lesson and move past the challenge. I share many reflection exercises from my book that helps them release the past, not

fear the future, and discover their blessings in the present moment of *now*.

Reflecting on what has been a nine-year journey from writing to self-publishing, and now to sharing my spiritually empowering book, I feel very blessed to be able to share inspirational and life-changing messages. We are all individually united on a spiritual level. By being our loving *real selves*, we create true happiness, success and inner peace as we share the gift of who we are -- Love. I invite you to enjoy the gifts within my newly released book,



The Real Me: Awakening Your True Self - Positive Affirmations for Empowering Your Life. (Copyright © 2008 by Sandra Agazzi Chimenti.) Please visit: www.CreativeBooksAndMusic.com, call 1-866-58-CREATE (1-866-582-7328), or email: info@CreativeBooksAndMusic.com.

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