

# Secrets to a Joyous Life

*Butterfly Book eBook*

## Secrets to a Joyous Life

What is joy? Joy, at its core, is being full of light, feeling inner peace, love, and in gratitude in each moment. It is also experiencing a positive sense of well-being.

But why is it so elusive? Why do we have a hard time holding on to that feeling of joy, well-being? In this e-book I address many of the secrets to living joyously. To feeling satiated with a happy feeling. Lasting joy is not very often found accidentally. And though it is simple to have joy, it is not always easy. I have found it takes purpose. Being aware and living each moment with purpose. It takes effort. And it takes consistency. But it is oh so worth it! So are you ready? I present the secrets to a joyous life.

**Before we get started with the secrets it's important to understand the mind and how it works.**

How many times have you had a great idea, only to start telling yourself its not possible or you are not good enough or whatever the chatter? How many times have you felt inspired to do something only to talk yourself out of it? How many times have you wanted to do something new, only to make excuses why you can't? Where do those negative thoughts come from?

Your mind is made up of different components. You might be surprised to know that only about 12% of your mind is conscious. Roughly 88% is sub-conscious. There is a filter between. Your subconscious is full of many beliefs and stories, some that serve you well and many that don't. It is these beliefs and stories that keep people stuck. Your subconscious likes that which is familiar. It likes what it knows. It likes what is familiar. Knowns are comfortable and safe. So if you have enjoyed sugar for most of your life and you suddenly decide it is not good for you, you have all this subconscious programming that thinks otherwise. It is much bigger. And what happens? You resolve, but then you're offered chocolate cake, and you cave. You've probably heard that what you want is usually outside your comfort zone. It's true. But, unfortunately you have a force wanting to keep you inside that comfort zone.

Also, we have our primitive mind that operates in the fight or flight mode. Or sympathetic state. Often we can get stuck in this fight or flight mode. This mode releases stress hormones and pulls blood flow to the extremities so you can flee, thus pulling blood from your internal organs. When we are chronically under stress, we become chronically in fight or flight state and this causes a lot of problems for our body's systems including depleting our adrenal glands. The goal is to help shift you into a relaxed, more joyous frame of mind and heart. This is a rest and digest parasympathetic state for our nervous system. It is a state where we can heal physically, emotionally, mentally, and spiritually.

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How does your subconscious show up? One way is in your limiting beliefs and thought patterns. Your subconscious is the critic's voice. Many times you may get an inspired idea only to second guess yourself. The first voice gives you the inspiration. The 2nd, 3rd, and 4<sup>th</sup> voices that are telling you I can't, shouldn't, ought not to, I'm not worthy, etc. are the critic's voice.

Another way your subconscious tries to keep you in your comfort zone or safe is with physical ailments and accidents. For example, anger emotions are usually held in the liver. Someone who is angry a lot could end up with liver problems. And yet another way is in your emotions. Fear and low confidence are great tools of the subconscious, among other emotions. It goes to great lengths to keep you stuck and sabotage you. Remember, it wants to keep you safe, and familiar seems safe, no matter how destructive this may be.

How did we get these beliefs and stories? Through repetition and highly emotional events. They developed through making associations among different events and things. Before the approximate age of 8 there was no filter in your mind, so pretty much all you heard, saw, and experienced became part of your subconscious. In other words, your mind operated in Theta mode, which is a record mode with little processing ability. What were your experiences and what were you told often as a child? This plays a big role in how you operate now.

LIMITING BELIEFS,  
are the thoughts that were  
PROGRAMMED  
into your  
CONSCIOUSNESS  
before you learned to  
THINK for YOURSELF.  
-Deepak Chopra

Another aspect of our minds is EGO. It is also a critic's voice. Our egos are about being superior, comparing, and winning. They are about opposition, judging, worried what others think, being right, revenge, grudges, and more. When we operate in ego mode, we are far from our best selves. Be aware when experiencing the above emotions and notice when you are operating from ego. Step into being present, gently recognize the ego thoughts without judgment. Let them fade and bring forth love and joy.

When we are going along unconsciously, that is when the subconscious and ego take over. Have you ever driven home from someplace and then realized you don't know how you got there? Or have you ever gotten to the end of a month and realized you have no idea where the month went? That is unconsciousness. That is when the negative from the subconscious and ego can flow freely without us even being

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aware. We tend to go on autopilot and sleepwalk our way through life feeding on our subconscious thoughts and ego.

The good news is that our conscious minds have the ability to rewrite our subconscious and our egos. But only when we are living in the present moment. Only when we are being conscious and aware and we shift to our heart center and get out of our heads.

We also have intuition and inspiration influencing us from our spiritual core. This provides enlightened information on which to operate. This is where the first inspirational thoughts and ideas tend to come from. So trust the first voice and follow it. When followed it leads us to do that which helps us undertake our life's innate purpose. It leads us out of our comfort zone to be great and do great. Don't let the chatter and interference from your subconscious and ego defeat these inspirations and promptings. When you notice negativity running in your mind, stop and go into consciousness.

So what to do? Are we stuck with these false beliefs and limiting stories? Are we stuck being blocked? Do we have to remain stuck in chronic stress mode? Absolutely not! Yes, we know we can stop and live in the present moment. But there is much value in cleaning out the negative mindset to begin with. That is what the Butterfly Book helps you do, along with the 6-Week Transform program.

- Teaching you the steps and giving you tools to transform your programming
- Becoming clear on what you really want
- Writing a new story and then beginning to manifest your desires

It is about up-leveling you, getting you in touch with your spiritual core, and helping you live with joy. It helps you anchor in new success habits that lead to more creativity and more productivity.

There are many powerful tools that help rewrite our subconscious. Many are found in the Butterfly Book and 6-week transform program. There are also other tools that are very helpful with identifying and reprogramming the subconscious that include counseling, hypnotherapy, guided imagery, energy healing, etc. More on these later.

### **Heart**

We can't move on to the secrets until we discuss the heart. Research shows that your heart is a second brain. The state of the heart is very important. The question is, is your heart at peace or at war? It can be at peace with some people and issues and at war with other people and other issues. War begets war. Peace begets peace. Take an inventory and see where or who your negative energy is usually directed at. What can you do to shift your heart into peace? Forgive, remove yourself, shift your perspective? The book, Anatomy of Peace from the Arbing Foundation, teaches how to develop a heart of peace. I highly recommend it.

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## **Affirmations**

At the end of each secret is an affirmation. Saying these in front of the mirror while staring into your eyes with feeling can be very powerful. Also, check out the eBook, Joyous Affirmations to help you with these secrets. Try the affirmations below each morning and watch how life steps in to love you.

Are you ready for the secrets to a joyous life? Let's get to it

## ***Secret 1: Where Do We Find Joy? Within!***

Many times people look for joy outside themselves. In experiences, things, relationships, etc. The problem is that joy is not found outside ourselves, but within ourselves. Joy is found at our core, our heart center, along with love, gratitude, and peace. These are gifts we were born with. They are our true natures.

It is true that we can have joy while doing activities, having things, and being in relationships--however, it is not those things that bring us true, lasting joy. Since joy comes from within, **we are what gives joy to those activities, things, and relationships**. If we don't draw on the well of joy within us, there is no joy in anything. Luckily we can grow that well of joy and learn to draw on it more fully.

I love hiking. I get a lot of joy in hiking. There are those who detest hiking. It is a miserable activity for them. So you can see that hiking is not inherently joyous, nor miserable. The joy emanates from our own selves to the activity, not the other way around.

Many are in an unending search for happiness in doing more. And having more. And even being more. Some believe having the perfect relationship will make them happy. It may seem these things give joy, but it is not lasting. It is not true joy. Searching for joy outside ourselves ultimately leaves us feeling empty. Relying on someone or something to bring us joy can actually suck the joy from within us when our expectations are not met. It blocks us. One must learn they are ultimately the only one who can bring or access the joy and that comes from within. And it must become spontaneous to create a joyous life.

Joy is accessed from within when we are being conscious and present. We can draw it forth from our heart center, with or without an activity or thing to help stimulate it. Although gratitude helps bring that spark (covered below). Again, it is about living in the present moment and living life on purpose. When we are present we can choose our thoughts, we can choose our feelings. We can choose to operate from our heart center. This is about being gentle with one's self and accepting what is in the moment. It is about being at peace with our lives and with those around us. It is

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about letting go of judgment and stepping out of negative emotions. It is about inviting joy to spring forth.

Many think they will be happy when a certain event happens or a level of prosperity is reached or someone loves us enough, etc. The truth is joy is not attainable in the future, nor the past. We only have now. We only have this moment to feel joy. The present time. If we spend our time looking backwards for joy, we won't find it. If we spend our efforts looking to the future for joy, we won't have it. It can only be experienced now. This moment. By consciously living. That doesn't mean we can't plan for the future. It does mean we live in the moment and refrain from ruminating or obsessing about either the past or the future. We can have a plan for the future, but be present now, keep moving forward, and stay out of the angst of the unknown the future brings. The best way to stay out of angst about the future is to take action steps. To move forward, no matter if those steps are big or little.

The good news is you are the only person capable of making your life joyous and happy. The bad news is you are the only person capable of making your life joyous and happy. If you haven't already taken responsibility for your own joy and happiness, now is the time.

There was a time in my life I was in some not so good circumstances. I felt I was in a pit and feeling the victim. As I prayed one day for new circumstances, a little voice told me to live my life with joy. I did not see how that was possible. The voice came 3 times. So I decided it must be possible and realized it was my responsibility to live joyously. That was an empowering moment and started me on a journey to living more joyously. Once I began living more joyously, my circumstances naturally changed. Taking responsibility for ones own happiness is empowering!

Now we know what to do, is it easy? Is it easy staying present and focused and bringing forth joy, love, peace and gratitude? For most people, the answer is NO. We have some groundwork to do and also a few things working against us.

***I am responsible for my own happiness and capable of living joyously.***

***Secret 2: Be, Do, Have: Being has the most effect on happiness.***

Let's first look at what has the least effect on creating a joyous life. The things we have (stuff) can bring up feelings of joy and peace within us, but it also has the power to suck our joy. If we have too much stuff we tend to feel overwhelmed, pulling us out of joy. When we aren't using what we have, those items can suck our joy well. **Tip: Simplify and let go of excess**). Also, when we identify with or place our self worth on what we have, there is always a lack. It's never enough. It never can be. It can lead to some negative behaviors like hoarding, never ending seeking, and greed.

However, things or stuff can bring more lasting joy and peace by being a tool that

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promotes joyous activities and experiences. Example: having a boat gives one the opportunity to spend time with family and friends doing something fun. That can ignite the joy within for many people. However, having a boat sitting in the driveway and being neglected has the opposite effect. It is a drag on the energy.

Sometimes we assign joy to things. Unfortunately, things or stuff don't bring us lasting joy and peace. We actually give those emotions to the things and stuff. Though some things ignite joy within us more easily than other things do. An awesome pair of shoes, can spark some joy within. But it's not the shoes, it's the joy we attach to them. Sadly, things tend to get boring, normal, or lose their luster and the joy triggered by things or stuff, has a much shorter lifespan than does having great experiences. Setting our hearts on things to make us happy will never work. It can lead to overwhelm. It can lead to needing more. There just aren't enough things to make us truly happy and trying to do so creates a vacuum that can never be filled. Basing a life on stuff, and hoping for joy doesn't work.

Next in importance is what we do and the **experiences we create**. Research shows that experiences bring much more lasting happiness than does stuff. Why? What we do becomes part of us. Things are not part of us. Also, experiences connect us to others more, whether they are shared experiences or separate similar experiences shared, more than connections made over stuff.

Our experiences can bring a lot of joy. But it is not actually the experience that creates the joy. Again, it is the meaning from within that we bring to the experience that brings joy. That explains why there are so many variations in people's likes and dislikes. Remember, we are very powerful in choosing to add joy to our experiences and what we do. Make memories. Spend on experiences like excursions, trip, and activities rather than more stuff. Getting clear in your Butterfly Book on what your Joy Activities are and then doing those activities is helpful too.

Now lastly, **how we be or act or show up** has the most important impact on how we feel and in creating a joyous life, overcoming anxiety and overwhelm. Being in congruence with our values and beliefs helps eliminate the chaos within and brings peace and a feeling of joy. Having a positive mindset ignites feelings of joy. How we show up is very important. Remember, having a peaceful heart verses a heart at war promotes joy. Our mind chatter manifests in our outer world. What happens inside us has a much bigger effect on whether we feel anxiety and overwhelm or joy and peace than does our circumstances or experiences.

Now sometimes being in integrity with our false beliefs can bring us down as well. Perhaps you have a false believe that you have to be perfect in a certain area. Not reaching that perfection has a negative effect on your emotions and self worth. Here's the thing with perfection. It can lead to never finishing an act or project we feel inspired to do. We don't finish it because we have a fear of putting an imperfect whatever out

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there. But in doing so we ultimately fail, because it never gets finished. We may think there is always something out there to make it perfect. The lesson is that done is better than perfect. You can't lift yourself, your friends and family, and the world if fear of imperfection is holding you back from sharing your gifts and talents. Part of living a joyous life is living your potential and sharing your gifts with others.

Another way being in integrity with false beliefs is harmful is in having rigid beliefs that keep you stuck or impinge on the rights of others. This can take the form of fears and phobias. For example, feeling the need to wash one's hands constantly and not wanting to touch anything, because of a phobia with germs is not helpful. Or possibly we have taken on the belief we are responsible for another's happiness. Here's the thing. That is co-dependence. It is not our job nor our right to be responsible for another's happiness. It only leads to disappointment, frustration, feeling less-than.

**Take an inventory of beliefs and behaviors** that are holding you back in creating a joyous life. That is the first step. There are tools that are very helpful with identifying and flipping false beliefs that include counseling, hypnotherapy, guided imagery, energy work, etc. More on these tools later.

Again, our mindsets and how we be have the greatest impact on creating a joyous life. Learning to respond with gratitude, humor, and/or assertiveness for the lesson is powerful. Developing strength from life's challenges is a gift. One that can be practiced and become part of our mindsets. Learning to respond to our OWN shortcomings with gratitude for the lesson, humor, assertiveness (being real) is even more powerful. Having love and joy towards self is even a bigger gift that will affect everything else.

In summary, realizing that focusing on improving our thought patterns, mindsets, how we are and how we show up, will have a greater effect in creating lasting joy and creating lasting memories than will spending money on things, no matter how cool those things might be. How we are and what we do has the biggest impact on living a joyous life.

Understanding what has the biggest impact in creating a joyous life and letting go of setting your heart on stuff, and improving your mindset, can help shift you out of overwhelm quickly.

The Butterfly Book and 6-week Transform program will prompt you to live in more integrity with yourself, which has a huge impact on pulling you out of anxiety and overwhelm. As does taking action steps. It also helps you identify incongruences in your belief systems. You will also have the opportunity to bring your actions more inline with your hopes and desires. It prompts you to incorporate principles for success into your life on a daily basis.

**I live my life with integrity and speak my truth. I respond to challenges with**

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**gratitude, humor, assertiveness, strength and joy.**

## ***Secret 3: Love Yourself***

Loving yourself helps you love others and see the blessings in your life. In fact, unless you truly love yourself, you can't truly love another. Loving yourself includes kind and gentle self-talk. It also means stepping out of judgment when tensions are high. It means bringing forth joy. When you love yourself, it is easier to be assertive and set boundaries in a respectful way. It means speaking your truth. Being brave. Living authentically and based on your core values.

Loving oneself is not selfish. Love is expanding. Selfishness comes from a place of lack. It is needy. Truly loving oneself helps set ourselves and others free. It is super important to detach from others to actually be able to love oneself. Detaching from others means we do not feel responsible for their happiness (other than infants and small children). Others are responsible for their own happiness, achievements, etc. As mentioned in Secret One, we are the only ones who can bring ourselves joy and we are incapable of being responsible and effective in bringing others joy. Our job is to be caring and respectful, but not responsible for others emotions. Let go and love yourself. It will free you to love others more purely as well.

No matter how old we are we want to be cared for, to be mothered. Mothering or nurturing oneself is important. Who doesn't want to be greeted with joy in the morning, tucked in at night at a descent hour, talked to kindly, encouraged, groomed and cleaned, have permission to be fit and healthy, allowed to have fun and relax? You can do that for yourself. It's time to love, nurture, give permission to, care for and embrace oneself. Mother your own self.

Maybe you were well nurtured as a child. Maybe not. There is no good reason to not be nurtured now. Do it for yourself. Love yourself. What can you do today to love yourself? Today I bought myself pink tulips. They're my favorite flower. I just needed a personal hug, and that was the form it came in.

***I love and approve of myself. I am deserving and worthy. I nurture myself.***

## ***Secret 4: Self Care***

Taking care of yourself physically, emotionally, spiritually, and mentally is an extension of loving oneself and important in living a joyous life. It is imperative to both begin and end your day nurturing yourself and connecting with the divine, yourself, and your day. How do you Power Up and Power Down? Living a healthy lifestyle is crucial too. What we eat, how we move, and the sleep we get, all play an important role.



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Nutrition is so important when it comes to developing or not developing certain fears, phobias and anxieties. Did you know that when your blood sugar levels drop too low, that whatever you are doing will be experienced differently. And what you can feel are enhanced feelings of fear or anxiety. Unfortunately our subconscious can link these feelings of fear or anxiety with the activity we are doing. Something as innocuous as driving the onramp to a freeway with low blood sugar can spark unexplained phobias related to that action. Not to mention feelings of general anxiety. So skipping breakfast after fasting all night lead to developing phobias and anxieties over generally innocuous things? Eating breakfast and including protein in your breakfast sets you up for a more joyous day and helps stabilize your mood.

Eating sugar spikes and then drops our blood sugar levels. Eating whole, unprocessed foods tends to keep our blood sugar levels more stable. Eating healthy has many other benefits including feeding our cells, powering our brains, giving us energy. And diet has a huge impact on our moods.

*I love myself enough to nurture and take care of myself.*

### **Secret 5: Connect with the Voice Within**

We each have an inner voice to help guide us in truth and peace. This is a quiet voice that is heard best in stillness. In our noisy, busy, tech filled world it can be tricky to hear this inner voice. This is not to be confused with mind-chatter or subconscious programming. This voice comes from deep within your spiritual core, and feels sure and true. It comes in the form of intuition and inspiration. This voice must be nurtured with love and attention. It is a valuable tool in connecting with your higher self and with the divine. It will help you understand yourself, make wise decisions, be strong in your resolve, be authentic, and be happy and joyous. Strengthen your ability to recognize this voice by making time to be still, to just be, especially as you begin and end each day. As you be still you are able to notice your current thoughts and feelings. As you put your attention on them, negative thoughts can dissipate, joy can build, and you can more easily discern your inner voice as well as bring forth feelings of love and joy. Acting on intuition will also strengthen your ability to recognize it. Stillness, meditation, yoga are helpful practices to clear your mind and focus on your breathing and are great activities to add to your morning Power Up and evening Power Down routines.

The trick is that as soon as you start acting on the intuition and inspiration, you might also be bombarded by doubts, inadequacy, the critics voice, and thoughts of not being enough. And the more you grow, the more people you help, the louder these 2<sup>nd</sup> and 3<sup>rd</sup> voices can be. Living joyously, you have the power to withstand these other voices.

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Remember the butterfly effect from the Butterfly Book? As you act on the gifts, desires, intuition, knowledge you've been given and have developed, think of the power in your own life, and also, of all the people who can be helped by your voice when it is heard. So here is permission to move forward, grow, create your joyous life which includes living your truth and using your voice, being your authentic self, developing and sharing your gifts and talents, and accomplishing the mission unique to you.

***I give myself permission to move forward and create my joyous life. I am in tune with my inner voice. I hear and understand inspiration easily.***

***Secret 6: Understand that all life is working together for your good.***

The universe is on your side helping you, teaching you. Sometimes if it takes awhile for you to learn the lessons or understand the challenges, they may become ongoing and grow until the lesson is learned. But understanding this concept can help you as you move forward. This concept includes living a life of gratitude and seeing the growth and relationships that can positively grow from hardships. It includes letting go of bitterness and anger about what life has brought you. It includes taking the punches and rolling with them. Accepting what is. It includes knowing that God loves and cares for you. As you transform your life, you are able to outgrow many of the challenges you now face.

It also includes synchronicity, or when things come together in what seems to be miraculous ways. Like when a person drops into your life and helps you accomplish a goal you have desired. Like when things just seem to line up in the right way. It can be as simple as traffic lights turning green just at the right time for you. The key is to take advantage of these opportunities even though they are out of your comfort zone. Many of them will be. And when you notice, feel grateful, and act on the synchronicities, they tend to happen more often.

Recently I experienced a synchronicity I really couldn't miss. I was at a county political event wishing I were somewhere else. So I sat on the back row. A lady asked if she could sit by me and we started chatting. I asked her what she did. And she asked me what I do. We bonded quickly. After a few minutes she asked if I wanted to do a retreat with her. The interesting thing is, I had been thinking I really wanted to do a retreat. So in we did our first retreat together. A one-day event at a house in a mountain canyon. It was amazing. The universe works that way. No way did I go to the event thinking I would orchestrate my first retreat. It was a miracle and I am grateful.

***I am willing to let life love me.***

***Secret 7: Look up***

Amazingly, how we track our eyes can have a direct effect on our mood and emotions. It is

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hard to be negative when looking up, and looking up can change your perspective.

The problem is we naturally tend to look down. We do this while reading, looking at our phones, looking where we are going, and more. Did you know that when you are ruminating on negative thoughts like overwhelm and anxiety you do it while looking down? It is hard to look up and ruminate on negative thoughts. Try it.

Here is an exercise that can really help you. Imagine that there is a Circle of Joy and Peace on the floor directly in front of you. Go ahead and step in. Look up and bring to mind, positive experiences, people who lift you, things that brighten your life. Let everything else go. Anchor that feeling of peace and joy inside. Once you do this you can choose to stop anytime and step into that imagined Circle of Joy and Peace, and look up. Doing that will bring up those feelings of joy and peace you experienced originally.

This is very powerful. In the Transform 6-week Online Program you will learn to look up, not only literally, but with your thoughts, feelings and actions as well.

### **My life is looking up.**

#### ***Secret 8: Live in Gratitude***

Gratitude is one of the key concepts of living joyously. Living each moment in gratitude has many benefits.

Gratitude has many benefits including the following.

1. **Relationships:** When people are thanked, they tend to want to have a stronger relationship with you. Makes sense. When you feel someone is grateful to or for you, don't you want to interact with them more?

2 **Health:** Gratitude improves health. It helps you feel fewer aches and pains. Also, grateful people take better care of their health— eating, and exercising more.

3. **Mental Health:** Gratitude improves mental health-It increases happiness and decreases depression

4. **Empathy:** Gratitude enhances empathy and reduces aggression-People who have gratitude experience more sensitivity and empathy toward people and a decreased desire to seek revenge. They are less reactionary to negative feedback.

5. **Sleep:** Grateful people sleep better-they feel more restful and at peace

6. **Self-Esteem:** Gratitude improves self-esteem which helps you to perform better, have fewer social comparisons, appreciate others accomplishments

7. **Mental Strength:** Gratitude increases mental strength. It helps you reduce stress, overcome trauma, and fosters resilience in tough times.

8. **Positivity:** Gratitude fosters positivity. It helps you notice the blessings and beauty in your life.

9. **Light:** Practicing gratitude raises the light within you and kicks in the law of attraction.

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10. **Joy:** Gratitude is a precursor to living joyously. Practicing gratitude opens you up to a joyous life.

### **Tips:**

Practice gratitude daily (this is built into the Butterfly Book and Transform Program)

Look for reasons to be grateful-Cultivate a mindset that looks for things to be grateful for.

Keep a gratitude journal-even writing a few things you are grateful for each day will help foster an attitude of gratitude. This is built into the Butterfly Book and Transform 6 week online Program as well.

Practice affirmations that increase gratitude and awareness for the good in your life.

Gratitude is essential for a joyous life. Just doing this one principle: being in gratitude every moment will increase your joy exponentially!

**I live my life with a heart and mind full of gratitude.**

### ***Secret 9: Enough***

Enough is a very powerful word. Let's talk about the phrase, "I am enough." I am enough takes us out of the need to be perfect. Perfectionism is a powerful block that keeps us stuck. "I am enough" allows us to take ourselves out of judgment. This can be a useful statement to say to yourself in the mirror each morning. I am enough! By the way, you are better than enough!

Think also in terms of "good enough" which again takes us out of perfection. Progress not perfection is the key. So think in terms of "this effort is good enough". It may not be perfect, but it is good enough and it is done. The need for perfection keeps us stuck. Letting something be good enough, helps us move forward. It is about taking action despite the imperfection. Done is way better than perfect.

Another way to think of enough is, "I've had enough." If you are in a negative relationship or situation, it might be time to take a stand and say, "I've had enough." That doesn't mean necessarily that you have to end the relationship. It does say that you've had enough of taking the negativity. It is time to use your voice. But with a peaceful heart. This is a powerful place to be. When you can step out of judgment and emotions and deliver your message without the emotional baggage, it is much more believable. This is sometimes easier said than done, but it is oh so powerful. The more you take back your own power, do your self-care, and love yourself, the easier it will be to use your voice in a respectful way.

***"I am enough," "This is good enough," and "I've had enough."***

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## ***Secret 10: Butterfly Pages***

Writing Butterfly Pages or Morning Pages is very beneficial. Just obtain a notebook that is at least 8.5" by 5.5" in size to use. What do you do with these pages? You write 3 pages first thing every morning. This is free flow writing of whatever comes to your head, whatever you are stewing about, whatever you are excited about, or whatever feels like needs processing. Here are some of the amazing benefits of doing Morning Pages.

1. They allow you to process the junk in your life. There is only so long you can write about an issue before coming up with a creative solution, letting it go, or shifting your perspective.
2. They open you up and unleash your creativity in all parts of your life.
3. They open you up to receive and recognize intuition and inspiration.
4. They quiet the critic's voice. They challenge beliefs and stories.
5. They connect you with divinity.
6. They connect you with yourself.
7. They provide a place to vent and purge.
8. They provide a place to record intuition, inspiration, thoughts, and ideas.
9. They call your name with information overload when you skip writing.
10. They help get you unstuck and out of self-sabotage.
11. They help clear your mind and make it easier to be present.
12. By giving yourself healthy margins on all sides of your page, you can create more space in your life and less overwhelm. Yes, this works!
13. They spark creativity.

Why do they work so well? Because they get you processing information and moving forward. This is free writing. Nobody else gets to see it. These pages are to be kept private. No one gets to critique them, not even yourself. Grammar, spelling, punctuation don't matter. If you have a major vent, burn those pages. It helps you to let it go of the issue and also gets the energy of it out of your pages and yourself. You don't want to review it anyway. Nothing is wrong to write. Just let it flow. You may or may not ever want to read it. It is free flow writing and it gets you unstuck and moving forward. It helps get you past your blocks in all areas of your life.

I first learned about this technique in the book, *The Artist's Way*, by Julia Cameron. She uses it as a tool to open up creativity. Morning Pages do that and so much more. I was a bit skeptical, but have experienced the benefits listed above. All of them! You will too if you do them faithfully. Just start and keep going. Consistency is key.

You may not understand the benefits of doing Butterfly Pages or Morning Pages yet, but as you do them, you will see. It is a valuable tool to help you reach deep inside and quiet the critic's voice. So beneficial! These pages will spark the joy from within. And help keep you sane.

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Handwriting helps us process what is going on subconsciously. It is very important that we do regular handwriting. If you can, do this in cursive. It will be faster and more easily accesses the subconscious so you can help rewrite your programming. I rarely skip a day, but when I do I feel overwhelm coming on. I can't stress this practice enough. Yes, it takes time. But in the long run it will save you time as you become more productive and efficient.

### ***Secret 11: Understand The Power of the Word***

Oh, the stories we tell. It is the stories that we tell that help fill up our sub-consciousness. Take a look at the stories you tell yourself and tell others. Challenge those stories. Realize that they are highly biased. Try stepping out of judgment and looking at your stories. Do you really want to be manifesting the stories you are telling? Because you are. Are these stories beneficial to you or are they keeping you in a negative place? What does stepping out of judgment do for your stories? Does it help you see a new perspective? Might it be time to stop telling the story or flip it to the positive?

Words are powerful. Recently, I had a friend who was going thru some hard things. She kept murmuring to herself the phrase, "I can't do this anymore." Know what happened? She ended up in bed with severe vertigo. Her vertigo was emotionally based and a manifestation of her limiting statement. After clearing the energy from those limiting words, she was fine. The words we say manifest. Are you happy with what is manifesting in your life? Think about the words, phrases, and stories you are saying and thinking. Is it time for new stories, phrases, words, and thoughts? It's best to say things in a positive way.

Also, it is also important to speak our truth. Repressing our authentic self is very damaging to ourselves. It can lead to illness, and more problems. Find the courage to be you, and speak your truth.

### ***Secret 12: Overcome Resistance***

Let's talk about resistance. When we start up-leveling, resistance tends to come on full force. It may come from within (subconscious and ego resistance) and from without (those close to us may not appreciate our changes).

I don't want you to be surprised by it and I want you to recognize where it is coming from. Remember that your subconscious doesn't want you to change. It likes the known. When you notice the negative thought patterns, you have the opportunity to change them. Be conscious, be present. And let them fade. Resistance is not a sign to stop what you are doing. It is a sign you are on the right path for you, moving forward out of your comfort zone. And that is great!!!! Remember, that what you want, that you don't already have, is most likely outside of your comfort zone. Butterfly Pages is a great place to start processing the resistance.

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Be alert to sabotage coming from family, friends or others. This is where a lot of us can get hung up. Some may be challenged by your changes. They may criticize you or accuse you of being selfish or different. These are clues that they want you to stay the same, because that is comfortable for them, even if not in your best interest. Don't believe what they say. Remember others are working from their own programming and filters. It's about them. Not you.

Another big form of resistance is worrying about what others think. This is your ego talking. Going into a mindset of accepting or being ok with what is as well as living joyously, pulls you out of worrying what others think. Accepting what is allows others the space to say and think what they want to, but allows you to be neutral and assess what they are saying without all the emotions. Remember you have no control over what others say and think. Let go of it being your responsibility. That doesn't mean we accept abuse. It means we speak our truth in a calm way and choose love. Bowing to what we think others think keeps us from being our true selves. Remember how important being your authentic self is.

The key is to move forward despite the fear. Seek out those who will lift, validate, and support you. Surround yourself with cheerleaders. And be that to yourself.

Above all remember to be gentle with yourself. If you have a setback, it's ok. Pick yourself up and move forward. This is a major part of the Butterfly Book and 6 Week Transform online program. Resistance may come. The key is to not let it defeat you permanently and to keep doing the work, keep moving forward. If it defeats you, let it only be for a short period. Remember your end goals. And know that you can do it. Resistance is not the truth. It is a lie. Listen to your intuition and inspiration and follow that voice.

**So in review....**

***Secret 1: Where do we find joy? Within.***

***Secret 2: First Be, then Do, and then Have.***

***Secret 3: Love yourself, mother yourself***

***Secret 4: Do your self are***

***Secret 5: Connect with the voice within***

***Secret 6: Understand that all life is working together for your good.***

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*Secret 7: Look up*

*Secret 8: Live in gratitude*

*Secret 9: Remember you are enough*

*Secret 10 Write Butterfly or Morning Pages*

*Secret 11: Understand the power of your words*

*Secret 12: Overcome resistance and keep moving forward*

**If you would like a program to help you implement these principles and increase the power of the Butterfly Book for you then check out.....**

**The 6-week online program, Transform.**

(Please put in a plug similar to the butterfly books plug for the program here.  
Thanks)



# Secrets to a Joyous Life

## About the Author



Wendy Cox is a wife and mother of 3. She loves natural healing and is certified in Simply Healed, hypnotherapy, guided imagery, foot zoning, handwriting analysis, and loves sharing natural solutions including essential oils. Wendy is a coach and enjoys mentoring clients and helping them to create and live a joyous life. She loves working with women to help them rise above their circumstances, find their personal power, and create a life filled with joy.

Contact me if you would like to set up private or group sessions. And to find out more about the programs offered.

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# Secrets to a Joyous Life