

How To Be Happy

Is It Your Mindset?

Edited By Jacqueline Rose



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The Reiki Lighthouse is based in the Republic of Trinidad & Tobago in the Caribbean. The Reiki Lighthouse beacons a light of kindness and compassion to those individuals seeking to enhance their spiritual journey. It is a true sacred space and sanctuary for those wanting to get more grounded in life, take charge of their emotional healing, get clarity and welcome more peace and calm in their daily lives. Reiki classes, meditations and Reiki retreats are all available either in-person or virtually.



Akleema Ali is the proud owner of The Reiki Lighthouse and she is quite passionate about the healing modality of Reiki; whether it is a Signature Reiki healing session, a guided meditation or a Reiki drumming session. She has several publications on the theme of mental health and wellness including her journey with Reiki, her story of completing a 1000 day gratitude practice and the practice of meditation.

She promotes and highlights Reiki as a method for relaxation, peace and calm that can be used by all individuals; regardless of ethnicity, religion, social status and abilities. Akleema is a mentor for other Reiki professionals who need additional support, encouragement and direction in their career path and she loves to connect with professionals from all over the globe. She is also a motivational speaker and loves to participate in humanitarian projects.

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*It takes as much energy to wish
As it does to plan – Eleanor Roosevelt*

*We can't direct the wind
But we can adjust the sails...*

*Sometimes happiness is a feeling
Sometimes it's a decision.....*

How To Be Happy

Is It Your Mindset?



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How To Be Happy – Is It Your Mindset?*

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Welcome To How To Be Happy

Is It Your Mindset?



As a species, humans all over the world search for *happiness* like the Holy Grail, but what does it really mean to be happy? It was posing this fundamental question to myself that led to this ground-breaking and, dare I say it, brilliant book on happiness. But before you dive into this wonderful exploration of happiness, it is important to note that *how* we define happiness has important implications for how we conduct our lives. When we began working on this book, we eventually decided to define happiness in two very different ways:

Happiness Is All About Minimising Pain And Maximising Pleasure

The underlying idea here is that there is a kind of mathematics of happiness. Imagine if on our deathbeds we were able to add up all the moments of pleasure in our lives and then all the moments of pain. The amount by which the pleasures exceeded the pains would tell us how happy we were during our lives.

Or Perhaps You Prefer The Second Definition:

Happiness Is Satisfaction With Life As A Whole

Whichever definition strikes a responsive chord with you, the second question we had to face was: Does happiness really matter? You might be surprised to learn that people react to this question in surprisingly different ways. Some suggest that there are far more significant things to worry about; others see happiness as vitally important and something that every human being ultimately wants in life. I hope that you belong to this second group of wise souls.

Personally, I believe that trying to live a happy life is not about denying negative emotions or pretending to feel joyful all the time. Rather, happiness, true happiness, has to be about being able to make the most of the good times, but also to cope effectively with the inevitable bad times, in order to experience the best possible life overall. For me Happiness is always an inside job, it's a choice. With social media playing such a huge part in many of our lives today it's so easy to get caught up and swept away looking at other people's lives (as we see them on Instagram for example). We need to stop and question, do they really live like this?

In the words of the biochemist turned Buddhist monk, Matthieu Ricard:

"Happiness is a deep sense of flourishing, not a mere pleasurable feeling or fleeting emotion but an optimal state of being."

Matthieu Ricard may be on to something because, wherever you maybe while reading this book, the pursuit of happiness is a big deal. Bookshelves and blog articles fill volumes on the topic, and self-help gurus and motivational speakers have thriving careers educating people on what makes humans happy. Humans are perhaps the only species to consciously experience pleasure and contemplate their future happiness.

I hope that this book *'How To Be Happy – Is It Your Mindset'* will help you gain a better understanding of your own happiness and provide you with the tools you need to separate the signal from the noise and live happier, more rewarding lives. For all the great gems of wisdom in this book, I am eternally grateful to our team of wise and wonderful contributors. Producing this book has made me very happy.

Enjoy the read....

Jacqueline

Jacqueline Rose Editor Of:
The Energy Healing Magazine &
A Woman's Bible

Gateways To Happiness

“Happiness is a choice, not a result.

Nothing will make you happy until you choose to be happy”

~ Ralph Marston ~

Happiness is the simple state of being happy. Positive psychology researcher Sonja Lyubomirsky, has described happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”¹ Searching for happiness or waiting for happiness to enter one’s life is a futile task; as the journey of life teaches us that happiness is not a destination; but it is way of thinking, feeling and behaving in your present moment.

Happiness is a choice that we can make every day. By integrating simple habits, you will realize that happiness flows in effortlessly to your life journey.

Stop For A Moment And Ask Yourself The Following Questions:

1. What is your most critical need right now?
2. What activities would bring you most joy right now?
3. Are you willing to make positive changes in your life?

The simple act of asking yourself what are your needs, what brings you joy and your willingness to change results in you tuning in to your inner knowing. This chapter focuses on the following practices that can be considered as gateways to happiness; as they invite, create and sustain a person’s state of happiness: practicing gratitude, using affirmations, performing random acts of kindness and embracing the outdoors.

Practicing Gratitude:

***“Acknowledging the good that you already have in your life
is the foundation for all abundance”***

~ Eckhart Tolle ~

Gratitude has been explored mostly using the following three definitions: as an “affective trait” (one’s overall tendency to have a grateful disposition), a mood (daily fluctuations in overall gratitude), and an emotion (a more temporary feeling of gratitude that one may feel after receiving a gift or a favor from someone).²

Reflect On The Following Three (3) Statements And Think About How You Truly Feel About Each Item:

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.

Each item would have probably triggered a thought, an emotion and even a true inner evaluation about the things we take for granted. Gratitude and the practice of giving thanks has many lifelong benefits.

By Akleema Ali
The Reiki Lighthouse

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About The Author



Akleema Ali is Reiki Master Teacher & Practitioner living in Trinidad & Tobago in the Caribbean. She is the owner of The Reiki Lighthouse and is passionate about educating people in the Caribbean about Reiki, which is a Japanese method for stress reduction and promoting peace within oneself.

While she started in the traditional field of mental health & counselling, over time her interest has widened to include the healing modality of Reiki and she has published work in The Reiki News Magazine (2020), Journal of Integrative and Complementary Medicine (2022), The Universal Life Magazine - A Magazine for Reiki Professionals (2022, 2023) and The World of Energy Healing (2023).

Akleema is a Professional Member of the International Center for Reiki Training, The Reiki Healing Association and the Center for Reiki Research. Akleema enjoys speaking on women's health & healing issues, women's empowerment and is also a motivational speaker for children.

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