

# Chapter 6

## The Path to Happiness

Now you have the tools and awareness to have started the internal shift that will open you up to happiness. The information that follows will give you action steps that you can take to bring happiness into your daily life. I've found that when you learn to live connected to your guidance and continue to seek happiness life becomes...divine.

### Living a Divine Life

Throughout the previous chapters I've referred to guidance, intuition, and gut instinct. I've given you the steps that will prepare you to turn your life over to a new way of living. Now I hope that you will find the courage to do so.

I believe this to be how we were originally intended to live our lives—connected to the divine that guides us. When you're connected to spirit and regularly receiving guidance in your life, you come to feel that you aren't alone. There's always something much bigger at work in the invisible realm of universal energy. The world feels safer and friendlier. You can stop trying to control your life because a power much greater than you will guide you to a life much better than you could imagine.

If I went back to the years when I was trying to control everything, I'd tell you that I never would have predicted the joy I live in now. At that time in my life, I'd been doing the same type of work for over twenty years and was seriously burnt out. I didn't trust other people and was basically afraid of people. Events that required me to meet many new people at once caused me anxiety attacks. I distinctly remember this feeling at a Chamber of Commerce event that I attended in my town. I was terrified of speaking publicly. I was afraid of speaking my truth in all my relationships, from my mother to my husband to my friends. I was

afraid of things that went bump in the night around my house, so I worked hard to shut my spiritual gifts down. Writing a book was the furthest thing from my mind. My life was completely joyless. I was a bundle of fear and negativity. And then, when I released my stranglehold grip on life and allowed God to work with me, magical things began to happen.

Boy, has life changed! A new life began for me when I cleared out my destructive thinking habits and allowed my mind to be quieter. Divine communication began to arrive. The messages were direct and made sense. I began to listen to the guidance. Initially, I took tentative baby steps, but one day the communication arrived for me to become certified as an Angel Therapy Practitioner®. Although it felt like quite the undertaking due to the cost and travel involved, my gut told me that I was meant to do it, and that it would forever change my life. I chose to face these spiritual gifts that I'd been fighting against for so long, and as a result, one of my biggest fears began to melt away. I began to feel like I might be able to help other people, and that caused joy to well up inside me and warm me with an inner glow. This was a big moment of awakening when I recognized that if I follow my guidance, my life gets better and I get to feel joy.

Over time, and with each new step, each new instruction received, I grew in the faith that guidance is never wrong. There's a caveat, however: the receiver can misinterpret the guidance. When our egos (the cast of characters) are active, when we haven't strengthened the Witness in our head, we can mistake the source of guidance. Divine guidance illuminates the path to happiness. Ego's guidance leads us into darkness.

That's why the work in this book is so important. It gives you the tools to distinguish true from false. Divine guidance may suggest that you do things outside your comfort zone for your own personal growth (in my case, working on public speaking), but it will never suggest that you bring harm to another person. It won't suggest that you abruptly end relationships in harsh ways. It won't suggest that you flip your boss the finger and walk out on a job. It won't suggest that you should seek vengeance, revenge, or that you "need to teach anyone a lesson." Instead, God's guidance will grow your divine spark into a flame that will fill you inside with

the light of the Creator. Your calling will begin to whisper to you and grow stronger in its communication. As you move in the direction of your better life, magical support will surround you. Paths will be cleared and doors will fly open.

Know, however, that divine guidance won't lay your whole life plan right out in front of you. Intuition, divine synchronicity (others call coincidence), and gut instinct will bounce you around like the bumpers in a pinball machine, guiding you out of the wide open and onto the narrower path with the greatest prize. It works one step at a time. One day at a time. You just do the next right thing and let go of the outcome.

How can you tell when you are living by guidance? It's much more definitive than folks realize. My client, Sandy, comes to mind. When I met Sandy she'd been struggling to keep her house out of foreclosure. The partner that she'd bought the house with had passed away a couple years earlier, and now she couldn't afford the house payments on her own. For a whole year, she had researched everything with everybody, from short sales to loan modifications to refinances. She took in troublesome roommates to supplement her income. Every other month or so, her hopes would soar when she'd meet a new person who'd promise her the magical fix to her situation. And also, every other month or so, she'd find her dreams crushed again, as one person after another couldn't come through with the promised solution. She spent a considerable amount of her energy fighting the inevitable.

Our conversation turned to acceptance. What would happen if she let go and let God guide her path? I asked her to visualize a home that she'd be happy to live in. Next, I asked her to visualize everything going smoothly. As she did these subtle things, her energy shifted and she became optimistic about her future. We talked about the good that was waiting in her future now that she had released the warrior energy of the past year.

Almost immediately, she was approached by a coworker who asked if she needed a place to live. When Sandy said that she wouldn't be moving for a couple of months, it turned out that her coworker had planned to move into his new place in exactly a couple of months. When she went to look at the house he'd planned to rent out, it was warm and cozy. It was perfect for her. She was delighted. Everything was falling easily into place. When

things come together easily, I know this is the affirmation that I'm on the right track. It's like God's assurance that we're headed the right way.

Sandy also provides me with the example of our guidance coming through powerfully, like a metaphorical thump upside the head. No sooner did Sandy embrace her newfound optimism than the energy of old drama came knocking, as it will. As we move toward our better life, if the energy of the old behavior is strong, it will often show up to find out how serious you are about making change. *Psst*, the warrior energy whispered to Sandy, *your friends have a new idea about doing a short sale on your house*. Sandy listened to well-wishing friends and allowed herself to be talked into listing her property again. She thought that, because she'd already found a place to live, she had nothing to lose by trying again. But was that true? Did she have anything to lose by backing up and entering that old energy again?

When Sandy called me, she was distraught. She'd just signed the papers to list her house and now she was having a panic attack. She was so upset that she left work, went home, took a tranquilizer, and climbed into bed. It was very easy to identify the cause of her distress. Her guidance was loud and clear. No part of her body wanted her to engage in trying to sell her house again. After doing this work for over a year, she was done energetically. Her body wanted her to move on and use her energy for the happiness that lay in front of her. Her suffering was supposed to be over. I asked her how she'd feel if she cancelled the listing. She was quiet for a moment as she tried on the thought. Soon a warm feeling washed over her, affirming that's what she needed to do. She called her friends and cancelled the listing, explaining that energetically she couldn't go through with it again. Immediately, she was back to normal and feeling happy again. These types of situations are very common in our lives. Listening to our gut instinct really isn't a big mystery. It's just a choice.

As another example of how guidance works, I offer this story of divine arrangement. Earlier this year, I began to receive requests from clients to do an angel workshop. I sent out an e-mail and asked those who were inquiring to respond with feedback about what dates would work best. For a couple weeks, I tried to coordinate the schedules, but it just wouldn't flow. I realized the

timing wasn't right. I told everyone that I'd contact them again when it was.

It was about a month and half later when I heard the words *angel workshop* in my mind. I did nothing. A few days later, I heard the words *angel workshop* again. Still I took no action. Then it got to the point where the angel workshop was on my mind so much I could no longer brush it aside. Almost out of self-defense, I looked at my calendar and chose a date to hold it, this time asking for no feedback on the date.

Next I opened my e-mail so I could send the workshop information out to my list of inquirers. As I prepared to write the announcement an e-mail arrived. It was from the contact form on my angel web site. I opened it to find that a new client had sent me an inquiry, "When is your next angel workshop?" I smiled. That was my affirmation.

Now, with my e-mail open, I began to type out the details when another e-mail arrived from one of my regulars, "Did you reschedule the angel workshop yet?" *Whoa!* I love it when stuff like this happens. Affirmation number two. A couple hours later, I received a response from a client who told me that she'd meant to e-mail me the week before to ask about the workshop. That was affirmation number three. I knew something very special was going on.

My workshop outgrew my usual venue very quickly and was shaping up to be the best attendance I'd ever had. With no venue large enough to hold all the people confirmed to attend, I made a few phone calls to the normal area rentals. Finding nothing, I asked for God to guide me to a good, affordable venue. That's when I was inspired to go to Craigslist, where I was drawn to one ad. The place was close by. I immediately went to check out the conference room for rent. I knew I had found a great place for my workshop. The owners of the company couldn't have been nicer. They gave me a key to their business and shut it down to the public on Saturday so I could hold the workshop. They gave me a fantastic deal and made everything so easy for me. This is what happens when you follow your guidance. Things fall into place, and good, supportive people show up to offer you the perfect solutions.

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