



SHIFT INTO HAPPINESS AND PEACE

D^r Ann Marie Nielsen

Imagine a life where there is absolutely nothing to change. Meaning: there is nothing broken, nothing that needs to be fixed, nothing wrong and no problems. This means more than a period of "no problems" before more of them multiply like heads of a hydra (as soon as one is resolved or "cut off", a hundred more appear). A life of "nothing to change", does not mean passivity of inaction or ineffectiveness. It means just the opposite - perfect action arising from inner happiness and total freedom - with powerful transformation and benevolence for all. Allow yourself to envision and feel what it would be like to have all action stem from inspiration-excitement-contribution, with no thought of fear, survival or needing approval.

Whenever problems arise you tremendously benefit your health and longevity, by turning inward to your inner peace and happiness. In welcoming whatever thoughts and emotions arise, and patiently releasing them, you naturally discover the wellspring of causeless happiness within you. This inner happiness is like a fountain of youth and vitality. It keeps us in good humor, flexibility, discovery, creativity and harmony.

As we release negative thoughts and emotions, and let go of attachments to objects (even thoughts, emotions, and feelings are "objects" that distract us from our inner happiness) then we strengthen our happiness "muscle". When we abide in our inner happiness, our bodies come to balance, wholeness and vibrant life. Even illnesses and the aging process can reverse itself.

This is an exciting time to be alive. It is a glorious time to embrace whatever arises in each moment, without resistance. Welcome all inner emotions, patiently release mind-chatter and attachments, and anchor in this inner wellspring of happiness and peace within you.

To discover powerful transformational processes to integrate emotions, release conditioned limitations and shift into your inner happiness, you are welcome to download and experience the Feel, Release, Shift Audio CD, and /or receive a personal session to focus on your individual mastery in actualizing your highest potentials.

Many Blessings,

Dr. Ann Marie Nielsen

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