

LAW OF ATTRACTION FOR THE THRILLING
ADVENTURE OF BEING HAPPY

Be happy Now!



BOOK
+
WORKBOOK

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To my family

My friends

My clients

To you

And me

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To me, because I rock!

Foreword:

I welcome you to this adventure.

Here's your book Be Happy Now!

This is a book that you write yourself. Happiness is not something that neither I, nor anyone else, can tell you. You can train yourself to be a little happier each time, and that's what I offer in this book: a perfect combination of theory, personal experiences, tools, reflections and questions to train and strengthen your happiness muscle. So I invite you to reflect on your happiness by following this adventure. Then you can comment in the Facebook group Gente Feliz and celebrate with the our inspirational community.

This group was created from the online course Be Happy Now! as a way to harness the momentum of the inspiration among the participants. Be Happy Now! besides being a wonderful book, is an online course that also trains your happiness muscle through videos, workbooks and an exciting online community.

This is a simple book, just as happiness is simple to achieve. It will nurture your inner state of being, not just your mind. And when it's your turn to write, don't look for sophistication in your words, write simple ideas that make you feel good, and as you practice, they will get more sophisticated by themselves.

Before we begin, I would like to talk about the different approaches you can take while reading this book:

- "I know this already." Sometimes we read so many books, and attend so many conferences, that we can often feel this way about something we read. This closes us off to any chance of learning something new. And the most important thing is not whether you know it or not, the extraordinary results come when you apply it in your everyday life. If you are not applying it, the key can be anywhere, including this book.
- "This has no value for me." Human beings are very organized and we tend to classify our experiences, things and people into different categories, and we're pretty fast at doing this even - before we have all the information. For this reason, I ask you to read and practice all of chapter one and two, before deciding if it helps or does not serve you.
- "I am only interested in theory." I assure you the theory behind these pages it is beautiful and inspiring. However, the full potential of it lies in combining theory with your day to day practice.
- "I did not see positive results." The basis of Be happy Now! is that only you can accomplish your happiness, it is a decision you can make in an instant. So if you don't notice any positive results, decide to notice! Even this book, with all the information and tools that it puts at your disposal, cannot be responsible for making you happy. That can only come from within yourself. "I don't have time". Which means "I have other priorities rather than being happy." To which I can respond with a quote from Toni Robbins "If you do not have 10 minutes, you do not have a life."

According to statistics, only 20% of people achieve their long-term goals, that is the percentage of people who are able to consistently create their own reality. They have decided to undertake a change, commit to it, carry it to the end, and thus achieve success. People who want change, but are not fully committed, at some point lose motivation and abandon the process, they don't get the change they are looking for and end up believing that change is impossible. So your success depends largely on your commitment. Do you dare to be part of that 20%? Do you choose to commit? Do you really want to be happy, and are you willing to train yourself to achieve it? Write it down! Commit now!

And who am I to talk about happiness?

I'm just a happy person who has not always been happy. I am a tireless seeker of happiness stubborn enough to find it every day. I studied podiatry because I had a deep desire to help people feel better, and as I started to practice I realised that the part I enjoyed the most was talking to my patients, understanding their desires and hopes, rather than my work as a podiatrist. I talked to thousands of people, mostly elderly, and I noticed that some were living a happy and simple life, while others were living in constant pain and suffering. There seemed to be no - middle ground. Those interactions awakened several questions in me. What is the key to happiness? What do I have to do to be happy and become a happy old lady? And how I can help people to be happier?

Since then, my mission in life has been to find the answers to these questions, and as I learned from Ken Wilber, I began a set of personal scientific experiments conducted in the laboratory of my own consciousness. According to Wilber "Like any self-respecting science, esoteric religion is not based on beliefs or desires but a valid direct experience and publicly verified by a peer group who have also carried out the same experiment. That experiment is meditation." So I embarked on an exciting inner journey of self-discovery, where I learned in depth about energy, vibration, meditation, yoga, shamanism, coaching and the law of attraction.

Through this practice, I found understanding, along with tools and inspiration to find happiness, and I also learned to look for it when lost. And so I had my first success with a patient, myself. I have also found states of happiness that I never thought were possible. And best of all, I discovered that happiness is the shortest path to success.

As I have always had the desire to share my learning, I have spent the last 10 years coaching people to be happier through individual sessions, group classes, meditations, online courses, and now, with this book.

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Chapter 1. The keys to your happiness

You ask yourself, can I be happy now? How I can do it?

After more than a decade of training and research with thousands of customers in search of happiness, I have found that happiness is not something that comes from outside of us. Being happy is a decision that you make consciously and constantly. And right now, no matter what you are living, you can decide to be happy. When you decide to be happy, your circumstances change. If you wait until your circumstances change in order to be happy you, may never see change, or maybe you will see change, but it might not be satisfying change.

During these years of study, I have collected 5 keys that have helped my clients to be happy. Now I want to share them with you.

Of course, all that is written in this book is part of my own experience and the experience of my clients, and in no way intends to be a more reliable guide than your own. In fact, the content of these pages is designed to help you connect with your own happiness guidance system. Please, take everything you read in this book, and pass it through you're your own common sense filters before coming to your own conclusions. Do the exercises when you do feel good, if you're not feeling good, leave them for later or don't do them at all. This is the best way to use this book.

These 5 keys will be presented throughout this book. We will refresh their meanings and uses in different ways so that you can learn and integrate them.

1. Relaxation:

The ability (or training) to put the brakes on when you need to. In our current way of living life, we are always being distracted by external stimuli, such as television, social media, our mobile phones etc. We receive too much information at the same time, and we need to learn to slow down. There are different ways to relax and each person can find the one that works best for themselves. However, there is something easy that we all know how to do, it is to breathe. Therefore relaxation can be a simple process, you don't need to do great things, just stop what you're doing and consciously breathe for a minute. I recommend doing this process before you get to answer each question in this book, and whenever you feel you are getting overwhelmed.

2. Connection:

Connection is an established union necessary so that there can be communication. The first connection we have is with ourselves, which will define the rest of our relationships. Connecting with yourself means having the ability to be who you are authentically, to experience your emotions as they are, so we can find a channel of communication with others. Asking yourself how are you is the best way to connect. In this book you will ask that a lot to improve your way of connection.

3. Understanding:

Knowing how this universe works is the key to having the best life you deserve. You know the Universal Laws will assist you in achieving your desires and handling your emotions better. This book is based on the teachings of the Law of Attraction, later I'll tell you what

it is, because this is an issue we will talk about extensively in this book. The good thing about the Law of Attraction is that it is simple to understand, you just have to train yourself on it (the next key).

4. Training:

There is a belief that future happiness can be achieved by sacrificing your present happiness. Nothing is further from the truth. In my experience and that of my clients, the way to happiness is to be a happy right now. The path of suffering, in the end will only lead to more suffering. Practice thinking happy thoughts, without doubts, this will make you feel happier and therefore lead you to a happier life. Mental hygiene is just as important as personal hygiene, it is something that **must be done every day**. At times, it will seem like this book repeats itself, because it does! And for good reason, because we are creating new neural connections with happy thoughts, and in order to create them, you have to receive the information repeatedly. No more doubts, Be Happy Now! will train you into happiness.

5. Inspiration:

Surround yourself with people who inspire you, who have what you want, learn their tactics, tools and perspectives. Sharing and celebrating fun and happiness is an important key to increasing your own happiness. I suggest you open your eyes to receive inspiration from those around you. I also suggest opening your heart to share inspiration too. That's why I created the Facebook group Gente Feliz (Happy People)! I invite you to join and receive inspiration from people who value happiness just as much as you do.

I recommend that you practice these five keys to happiness with this first exercise. You can repeat it whenever you want, just find a minute when you can do it and practice the 5 keys

Make a commitment!

Here's how to that.

1. Relaxation. I sit and relax focusing on my breathing for a moment.
2. Connection. I wonder how I feel and how I would like to feel. Now I feel calm and somewhat tired. I would like to feel more energetic and confident.
3. Understanding. I repeat this phrase three times: "I, Alicia, am the only creator of my reality and I choose to create a happy life"
4. Training: I wonder why I'm happy. Today I am happy because I am calm, because it's sunny, because I have the opportunity to connect with you, because I am writing this book, because I am fulfilling a dream, because I'm sure you'll fulfill your dream too because you will tell me and we will celebrate together!
5. Inspiration: I wonder how I can expand my success to other countries. I want people around me to feel super happy. I'd love to shout from the rooftops that you can be happy at any time! I wonder who always inspires happiness in me, and I can always be inspired by my mother who chooses to smile no matter what.

Now it's your turn!

1. Relaxation. Take a minute to breathe and relax.
2. Connection-direction. Ask yourself how you feel and how you would like to feel
3. I feel and I would like to feel more
4. Understanding. Repeat this sentence to yourself a few times: I, am the one and only creator of my reality, and I choose to create a happy life.
5. Training. I am happy today because...

6. Inspiration How would you like that people feel around you? What message would give them? Who can receive inspiration?

Copy and paste the message on the Facebook Group And let the party begin!

In this book, we will go into more detail about the 5 keys I mentioned earlier: to relax, to understand how your mind works, to understand your emotions and your energy. In addition, you will practice new ways of thinking and learn how to receive inspiration. The 5 chapters in this book will lead you down the path towards a higher state of happiness. I will guide you, so that you can identify where you are on the map of happiness, in order to find out where you want to be. You will learn about the vehicle and the driver, how to fuel your vehicle, and finally, learn how to practice teleportation, the instant way to get where you want to go.

Come on in, I will guide you!

To be continued... Coming Soon!

Don't forget to take a look at my website, www.aliciacarrasco.com