



Harnessing Happiness



Spark
Living Love
24-7

Program

moving the ordinary into the extraordinary

*This one day program is created to show how extraordinary love is.
There is no greater experience than love, it stands above all else.*

Binder includes:

Six Program Exercises

Pages of wisdoms and suggestions to make life more loving.

If you have a group that wants to take this program, please contact us and we will work with you to make it happen. Email: info@harnessinghappiness.com - Toll free: (877) 915-0888.

Example Exercise from Program

Exercise Three

Express
Love Embraced for Another

Do not love for the sake of being loved - love for the sake of loving - this is freedom.

In order to experience love, we must learn and practice ways of loving that strengthen its foundation and do not undermine it. After all is said and done, when we leave this earth, as we all inevitably will, the only thing that really matters to our spirit is how well we have loved in our time of being here.

We tend to make love much more complicated than it really is. There are six simple Ls that are the steps to living love respectfully, peacefully and wonderfully. The six Ls have six matching Cs.

Listening.....Concentrating
Learning.....Conscientious
Leading.....Confident
Laughing....Comical
Loyal...Committed
Lenient.....Calm

Instructions

- Please do not be hard on yourself and answer the questions honestly for the exercise to be successful.
- Also if you feel you do an "L" too much state that also.

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Lessons of L

*Love does not bloom if listening skills are not in the room.
Concentrating means our listening skills are elevating.*

1. Are you listening and concentrating enough? If not, how can you correct this?

*When our willingness to learn stops, our ability to love stops.
When pretentious, love dies - when conscientious, love thrives.*

2. Are you learning and conscientious enough? If not, how can you correct this?

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*If we do not take the reins to lead our life, someone else will rain on it.
Being confident is knowing what to stand for and what not to fall for.*

3. Are you leading and confident enough? If not, how can you correct this?

*Enjoy the laughter before the hereafter.
Being comical, keeping our sense of humor in tact is the highest spiritual act.*

4. Are you laughing and comical enough? If not, how can you correct this?

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*More things get foiled because one is not loyal.
Ambivalence is not permitted because nothing works if we are not committed.*

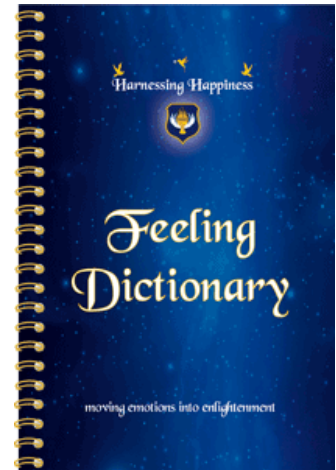
5. Are you loyal and committed enough? If not, how can you correct this?

*Be lenient because it is wise, not because it is convenient.
Stay calm to avoid calamity.*

6. Are you lenient and calm enough? If not, how can you correct this?

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Also included:



Feeling Dictionary of 150 Emotions, 75 negative and their opposite 75 positive.



Universal Truths Deck of 81 messages.