

HOW TO BE HAPPY

A GUIDE FOR FINDING HAPPINESS IN ANY SITUATION

LARISSA DAVIS IS

the Soul Path Artist





WELCOME

I am Larissa Davis, The Soul Path Artist.

On the journey to pursuing my dreams, I quickly recognized that my way of looking at life needed a chiropractic adjustment! I saw many people in situations more trying and challenging than mine, who maintained a positive outlook, and ended up coming through things better than ever. I reflected on my own ancestors, specifically my paternal grandfather and maternal great-grandfather, who exemplified the power

of positive thinking, and I knew there had to be another way. Luckily for those of us not born with the innate ability to “look on the bright side of life” there are things we can do to teach ourselves HOW TO BE HAPPY.

As I looked more closely at my patterns, I could see that I tended to immediately jump to worry, fear, and worst-case scenarios in tough situations. I was someone who was always planning for the worst rather than anticipating the best. And I began to see how this outlook was shaping the fabric of my life.

HOW TO BE HAPPY is in no way a statement that being sad, or any other shade of the feeling rainbow, is bad. I still have sadness. There are still situations in which I must remind myself to see the bright side of things. Our personal growth is an ever evolving process. We grow and then seem to retreat...but it is not a step back. It just means you are uncovering and learning more about yourself. Feel your feelings, sadness, anger, whatever they are. Recognize and validate them. And then, when you are ready, gently begin to turn your thoughts around and introduce the positive. And believe. That’s pretty important too!

Namaste,

Larissa

HOW TO BE HAPPY

HOW TO BE HAPPY incorporates a centering meditation, visualization, writing, and an art ritual.

WHAT TO HAVE

- A journal, primed, stretched canvas, or heavy paper
- Magazines you like
- Paint, markers, whatever you like to create with!
- If working on canvas, I suggest paint markers and acrylic paint, brushes, etc.
- Modge Podge or glue stick

CENTERING BREATH MEDITATION

I like to begin my Soul Path work with a simple 3 breath meditation. I highly recommend it. I start by paying attention to my breath, allowing it to slow down to whatever speed is comfortable. Then I devote the first breath or set of breaths to LETTING GO of any stresses or worries that are asking for my attention. I assure them I will be available to respond to them shortly. I devote the next breath or set of breaths to RELEASING EXPECTATION from myself about what I am about to do. And the third breath or set of breaths is devoted to coming into this moment, and feeling my body. I notice any tense areas and deliberately direct my breath into those areas, letting go of the tension as I breathe out.

4. YOUR MAGIC WORDS

Reflect on what you wrote, and on what you felt as you were imagining and writing. Choose and write down 5 words that you associate with this imagined future you.

1. _____
2. _____
3. _____
4. _____
5. _____

5. REMEMBER

Keep your magic words nearby. If this is a persistent worry, fold the paper and carry it with you so whenever the worry returns you can look at the 5 words, repeat them out loud, and let yourself remember the future you have created in this exercise.

— See the next page for the optional art ritual to accompany this exercise —



THE ART RITUAL

To take this to the next level follow these instructions for making a collage to hang on your wall, desk, bedside table, or bathroom mirror (someplace you will see it several times a day). Here's what to do in 5 simple steps!

1. WRITE

Choose your surface (journal, heavy paper or canvas) and write your imagined future, healed life on the canvas. Completely cover it. Write big write small, have fun! If you are using a canvas, use paint markers for this step. If you are on canvas, you can add a layer of paint over the words.

2. FIND IMAGES

Using your 5 Magic Words as a guide, look through your magazines and select images that fit each of those words, creating a pile for each word. Try to get 4-5 images for each word. Select your favorite from each pile.

3. COLLAGE

Arrange the images playing with the position, layering, and composition. When you have an arrangement you are happy with, begin to glue them in place with the Modge Podge or glue stick.

OPTION 1: Add a photo or numerous photos of YOU to the collage.

OPTION 2: Pick a tarot or oracle card and see what insight and symbolism it provides. Incorporate words or imagery from the card into your collage.

4. FINISHING TOUCHES

Using markers or paint, write your 5 Magic Words on the collage. At this point you can also paint/color over and around your images adding to them, connecting them. There is no right or wrong, play and have fun!

5. VOILA!

Put your collage somewhere you will see it several times a day and let it work its magic on you!

LET ME KNOW WHAT YOU THINK

I would love to know how this exercise affected you. What insights did you get? What do you plan to do based on what you learned?

You can share your results with me and the others in the Soul Path Tribe on **[The Soul Path Network Facebook Group](#)** where you will find a community of people devoted to personal and spiritual growth through creativity.

Namaste!

Larissa

LARISSA DAVIS IS
the Soul Path Artist