

“THE RIGHT TO HAPPINESS”

THE FORMULA AND THE ORDER IN 10 STEPS

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Simona De Lorenzo

THE POWERFUL & INVINCIBLE YOU –A DIVISION OF GOLDEN ROSE PRODUCTIONS INC.

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HAPPINESS IS THE MOTHER OF ALL ACHIEVEMENTS

"YOUR HAPPINESS, IS THE ONLY WAY TO SHOW YOUR GRATITUDE FOR BEING GIFTED "THE GIFT OF LIFE". IT IS YOUR RIGHT AND YOUR DUTY. NEVER BE AFRAID TO SEEK YOUR OWN HAPPINESS"

- Simona De Lorenzo

Be Fearless

AIM FOR HAPPINESS AS THE END RESULT OF ALL YOUR GOALS - small or big (not satisfaction). If what you want or what you're working on doesn't get you excited, and doesn't project happiness STOP doing what you're doing and revisit your ideas or your actions, because although you might notice progress indicating that you are succeeding, if the results are not 'joy' oriented, whatever you after, will not work or if you manage to get it off the ground it will not last and you'll not only end up exhausted but you will lose all your confidence and start thinking of yourself as a failure...which causes many people to stay down without the ability to recover for a long time (Stack) or never get to recover.

"SUCCESS WITHOUT FULFILLMENT IS THE ULTIMATE FAILURE" - Tony Robbins

What Is Happiness And What Exactly Are We Seeking While In Search For It?

HAPPINESS IS THE RESULT OF LOVE...the most powerful emotion of all and the ruler of the Universe.

LOVE IS WHAT WE REALLY SEEK WHILE IN SEARCH FOR HAPPINESS - WITHOUT LOVE WE CAN NOT ACHIEVE HAPPINESS (which most people confuse with satisfaction). Happiness (fulfillment, joy) is the apogee of success resulted only from BEING, DOING AND HAVING WHAT WE LOVE (not like or have to) - Loving HOW and WHO we are, WHAT we do, what we have and WHOM we're sharing our life with, is how we achieve and enjoy happiness.

Everyone wishes for happiness...unfortunately for the majority of the world's population, it remains a mystery: A privilege to just a few and the unattainable for most. Nothing but a wishful thought left to die at the hands of ignorance. 😊

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Why is that?! Has happiness revealed itself only to a few fortunate ones destined to be happy or is it because most people got it so wrong that they give up believing happiness even exists?

OR...

Is it possible that the majority of us have the wrong conception about what happiness really means and often confuse it with satisfaction or is it that we might be looking for it in the wrong places and from a wrong angle?

OR...

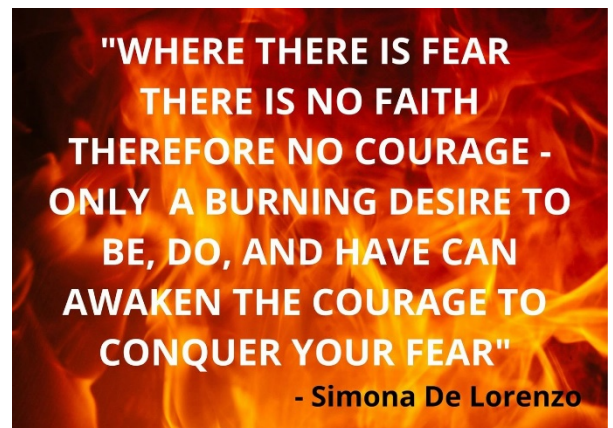
Perhaps we might just choose to be and stay unhappy because we're afraid to be happy, we don't have the **COURAGE** to fight for what we love. You might ask yourself what courage has to do with being happy. **EVERYTHING...MAKING CHOICES TAKES COURAGE AND FAITH.**

FEAR IS THE ONLY CAUSE FOR PEOPLE'S UNHAPPINESS.

To obtain anything you really want in life you must be courageous. Think about something as simple as the first time you got behind the steering wheel of a car, you were scared but because you wanted to learn how to drive so badly, you found the courage to conquer your fear...**FEAR IS NOTHING ELSE BUT A LACK OF KNOWLEDGE. We're only afraid of what we don't know.** Once you gained an understanding of what you feared of, you gained confidence and through repetition, you got to master it, to the point where now you can drive that car with one knee while sipping on a coffee and searching for your favorite radio station...and it all started with a burning desire.

ARE PEOPLE AFRAID TO BE HAPPY?!...AND IF SO WHY?

Many of us go through an entire life fouled by the idea (usually implanted in our belief system by the outside world) that in order to be happy we must put others first and that it's our job to 'make' others happy. We can only contribute to what we think might make others happy but we can never 'make' (create) someone happy (happiness) - for we as humans cannot 'CREATE' or "DESTROY" what does not have a form and is not physical in nature and most importantly that has been already uniquely created for each one of us. How can we make or destroy something we don't see? **Think.** Happiness is an emotion, a feeling that cannot be seen, heard, smelled, tasted or touched - unless it is expressed and only by the person who feels it - then we can see it on people's faces, hear it in their voices and feel it in their touch.



Quote by Bill Gove which I love and live my life by...

"IF I WANT TO BE FREE, I GOT TO BE ME. NOT THE ME YOU THINK I SHOULD BE, NOT THE ME I THINK MY WIFE THINKS I SHOULD BE, NOT THE ME I THINK MY KIDS THINK I SHOULD BE. IF I WANT TO BE FREE, I GOT TO BE ME. SO I BETTER KNOW WHO ME IS."

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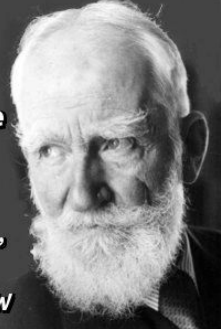
Out of lack of self-knowing, a lot of us place our happiness in the hands of others expecting them to 'make' us happy through what they say, do, or give us and when they don't, because they can only guess what could really make us happy, we become unhappy, lost and miserable. They don't say what we want to hear, they don't do the things we want or the way we want them done or don't give us the things we expect. The same way goes for us when trying to 'make' others happy. A lot of times that's all we do, whether we like it or not, whether what we do makes us happy or not. We live for others so we can feel accepted and because we don't want to be considered selfish without realizing that unconsciously we start to lose our own identity, neglecting ourselves, and our desires. **We give away our FREEDOM to be ourselves and to do or have the things we want, to become the slaves of other's needs and wants...**a lot of times egoistic needs and wants.

What if we were to shift our thinking and instead of worrying about coming across as selfish, we ask ourselves...if by doing what I feel is right for me, makes me selfish, what does it make the person who expects me to deny my feelings and do what's right for them? Which one will be more selfish then? **Think.**

"IN ORDER TO BREAKTHROUGH, YOU FIRST HAVE TO BREAK FREE FROM ALL YOUR FEARS AND COMPLEXITIES" - Simona De Lorenzo

TRUE HAPPINESS IS THE SUCCESSFUL RESULT OF A FULFILLED DESIRE -which can only be achieved by doing what makes you happy...what it feels right for you in spite of the present circumstances (which usually exist in one's mind) because it is merely impossible for two people to ever have the same desires...somewhat similar, maybe but not the same. **Making compromises is mandatory to sustain any kind of relationship. However, it is extremely important to distinguish between small things that you encounter in everyday living and those that suck the life out of you to the point where it starts to affect your wellbeing and your everyday living.**

That is why when it comes to making decisions (big decisions) and you make them 100% based on what you feel is right for you, 99.99% of the time, in the long run, it turns out to be the best decisions for everyone else - although it might not seem so at first. The Spirit (your feelings, that higher intelligence) that lives within you will never guide you wrong, because it feeds on happiness, your joy. It is only when you let your thinking mind (usually and easily influenced by the outside world) control your emotions (your feelings) by way of reasoning that you end up making wrong decisions.



“People are always blaming circumstances for what they are. I don’t believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can’t find them, make them.”

– George Bernard Shaw

You can only know a good decision from a bad one by the way the results make you feel...so you see? It all comes down to one and the same thing - the core of your being... **THE SOURCE** - that keeps you alive and which you can only feel. So why not listen to your feelings, to begin with?

A good decision gives good results - Good results make you feel good, it brings you joy. Bad decisions are just the opposite of good, it brings pain. Is the Law of Polarity up/down, hot /cold, good/bad, hard/soft, happy/sad, ease/dis-ease, etc., you cannot confuse the two.

We cannot take something that feels bad and call it good although many people often do, hoping to prevent themselves from experiencing other bad emotions such as shame, guilt, fear of losing something or someone, criticism, etc.. But, what these people don't understand is that all the other bad emotions are temporary, can be lived with or easily replaced - you lose someone (alive) you can replace him/her with a someone else, you feel ashamed or guilty for something you did, in time you will forget about it and so on...**THE EMOTIONAL PAIN**, on the other hand, does not fade, it cannot be replaced or forgotten and it **can only be cured with joy**. Unfortunately many choose to use drugs and sedatives to cope with the emotional pain but anyone who went through this experience will tell you that drugs, either medicinal or not it will only numb the pain but it will never cure it...in many cases have gotten worst.

When it comes to emotional pain (pain of the Soul) the old metaphor "Time heals all wounds" it's all just a miss conception. **Time cannot heal a wounded spirit for that the Spirit owns the Time - only happiness can. In this case, Time, would only cause more damage to the entire wellbeing of a person than healing. Think.**

Research has shown that Anxiety and Depression which doctors call a chemical/hormonal imbalance it is in fact mainly caused by suppressed (unexpressed, un-manifested) emotions and desires. Once a person's emotions are expressed and his/her desires are fulfilled, the anxiety or depression no longer exists.

"HAPPINESS IS THE ELIXIR OF LIFE AND THE CURE TO ALL SORROWS - DESIRE IT, SEARCH FOR IT, FIGHT FOR IT AND WHEN YOU FIND IT NEVER LET GO OF IT."

-Simona De Lorenzo

I am here today to tell you that happiness is the cure of all - there are many people who have been diagnosed with terminal illnesses who got cured through 'happiness - love' - in other words - by facilitating the ill person with what every individual desire, worry and consume itself with the most throughout an entire life. Freedom, Love, Money, and Health - everything else branches off from these 4 major fundamentals of life. When these major desires are fulfilled the human body is At Ease - there is no tension, therefore, no Dis-ease.

IN ORDER TO BE ABLE TO ACHIEVE HAPPINESS IN ANY OR ALL AREAS OF YOUR LIFE- HEALTH /FITNESS, LOVE / RELATIONSHIPS, CARRIER / WEALTH, YOU GOT

TO BE FREE - FREE TO BE YOUR TRUE SELF | FREE TO THINK YOUR OWN THOUGHTS | FREE TO EXPRESS YOUR TRUE FEELINGS & DESIRES | FREE TO DO WHAT FEELS RIGHT FOR YOU. ONLY THEN YOU CAN HAVE WHATEVER IS YOU WANT IN LIFE.

When the Soul is healthy both the mind and the body are healthy. Every Illness of the physical body is caused by the neglect and ignorance of the needs of the Soul or what others refer to as the Sub-conscious, emotional or spiritual mind. No matter what is you believe in, either God or Science, at the end of the day whether it is a low vibrating frequency or the divine spirit living within you that controls your emotional life - **Where there is no joy there is no life.**

"STUDY THE MEANING OF "LIVING FROM WITHIN" AND YOUR LIFE WILL CHANGE LIKE NIGHT AND DAY"

Regardless of what is, that can make one happy given that we're all different and that no one's needs and wants are ever the same (even if at times we like to convince ourselves of that) - nothing and no one, that was, is or still to come, was, is or will ever be created the same (**think about it**) Everything around us is unique - IS A LAW OF THE UNIVERSE - and because it was not created by man, it cannot be changed or destroyed by man - **THE ORDER IN WHICH ONE CAN ATTAIN TRUE HAPPINESS IN ANY AREA OF LIFE, IS ONE AND THE SAME FOR ALL MEN AND WOMEN.**

(Read further for the order and formula)

As with everything else in our lives the choice is ours - Only you know your true desires - no one can choose them for you. Only you know what really makes you happy. Whether we want **to be happy** or 'miserable' is entirely our choice. **IS NOT UP TO OTHER PEOPLE... IT'S UP TO YOU.** Only you can choose for yourself...**NO ONE ELSE**...because if you let someone else choose for you, you will never be happy. The same way goes for you - you cannot choose someone else's desires and if you are a somewhat control-freak thinking that you can dictate what should make others happy, (by way of reasoning) you do nothing but to set yourself up for constant disappointment and a life of misery for both, you and others.



"HAPPINESS, IS A CHOICE ONE MAKES FOR ONESELF, NOT A CHOICE MADE BY OTHERS OR FOR OTHERS."

-Simona De Lorenzo

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking." -Steve Jobs

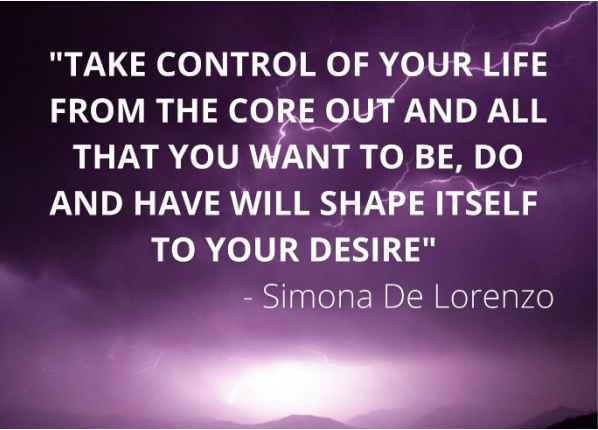
THE #1 LESSON I'VE LEARNED THROUGH ALL MY LIFE'S EXPERIENCES (and, believe me, there were plenty) **IS THAT IF YOU DON'T PUT YOURSELF FIRST, YOU CAN NEVER MAKE A TRUE DIFFERENCE EITHER IN YOUR LIFE OR THE LIFE OF THOSE YOU LOVE...SOMETHING THAT MOST PEOPLE GOT BACKWARDS.**

In order to make positive changes in any area of life, one must Acknowledge and Accept that happiness is personal - it cannot be given or taken. You cannot give something that is unique to you or take something that it was not meant for you, and expect it to bring joy...it will not fit. And when something doesn't fit, at first it becomes uncomfortable, then slowly starts to hurt or crack and eventually breakdown.

WE CAN FOUL OURSELF and most of us do **BUT WE CAN NEVER FOUL NATURE.** - Nature will always follow the order of the law by which everything was created in its particular category either physical or not physical in nature.

EVERYTHING IN THE UNIVERSE, EVERYTHING THAT EXISTS IS GOVERNED BY A LAW AND AN ORDER THAT MUST BE FOLLOWED AT ALL TIMES - in order for anything to come to life, grow and transform. Where there is no growth, there is no life. Without given what needed, what doesn't grow, eventually dies, regardless of time, - plants, people, relationships, businesses, quality of life...Everything. **HAPPINESS** for humankind is like the sun, the water, and the soil that helps a plant Grow - **Without Happiness, we cannot grow and if we are not growing, we are slowly dying.**

NEVER BE AFRAID TO FIGHT FOR YOUR HAPPINESS AND NEVER LET OTHERS MAKE YOU FEEL GUILTY FOR BEING HAPPY - THOSE YOU SURROUND YOURSELF WITH, WHO SAY THEY LOVE YOU AND CARE FOR YOU, IF THEY DON'T CHEER FOR YOUR HAPPINESS, THEY DON'T LOVE YOU, THEY LOVE THEMSELVES.



**"TAKE CONTROL OF YOUR LIFE
FROM THE CORE OUT AND ALL
THAT YOU WANT TO BE, DO
AND HAVE WILL SHAPE ITSELF
TO YOUR DESIRE"**

- Simona De Lorenzo

Everything that Nature has given you at birth along with your life - Freedom, Health, Love and Wealth was given to everyone else as absolute essentials to support your life and your growth.

The Happiness which most people underestimate its importance, confuse with 'satisfaction' or often compromise on - **is the keeper of the results you get from how you harness and grow each of the gifts you were granted at birth based on the decisions you make...which will determine whether you get to enter the land of joy or you're going to just hopelessly stare at its gates.**

You Should Never Be Satisfied With Your Life - You Should Always Be Happy With Your Life.

The satisfaction which I like to refer to as a vegetative state (comfort zone) - kills the desire to want more and better things in life, therefore it does not promote growth - which is man's only purpose in life. - To Grow & Contribute.

Being "satisfied" in one/two areas of your life and unhappy in all the others is not happiness. **You deserve to live a full life.**

Follow the formula and the order I am giving you below and you will be amazed by how extraordinary your life will turn out. **Do it NOW. Make the decision to break free and breakthrough today. Your wellbeing and your life are more important than anything and anybody else. Without a healthy, fulfilled and ALIVE 'YOU' nothing that this world of abundance has to offer including those you love will ever matter.**

THE FORMULA

Awareness + Desire (love) + Courage + Truth + Freedom + Passion = Happiness

Awareness - of the current situation replaces the Ignorance and the Dis-satisfaction with a burning desire for a better and happier you.

Desire - for being your true self, doing what you love, what makes you feel happy and having better and more of the things you want in life will help you find the courage to make a Committed Decision to express and fulfill your true feelings and desires. A desire is not just a wishful thought " I wish I can be happy, I wish my life would be different, I wish my man or my woman would love me more, I wish I had more money, I wish I had more of this or more of that...but...I can live without it, I have no choice but to deal with what I have, I can't have that, etc.". A true desire keeps you up at night, it follows you everywhere, you think it, you feel it, you imagine it, you visualize it, you fantasize about it as you see yourself living it...that's a true desire that would lift you up and give you the courage to do whatever necessary to get it, whether is the you that you want to be, the things that you want to do or have, whatever it is you want.

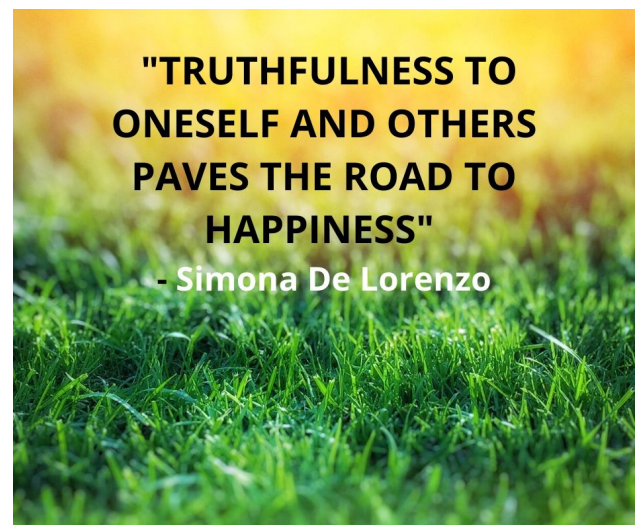
Courage - is necessary whenever there is a call for a new change. Anything that is new, meaning different than what we're used to is part of the unknown (lack of knowledge) which causes worry and doubt - turns into fear. Through learning (studying), we gain knowledge...knowledge provides understanding... understanding eliminates the fear of the unknown and builds confidence which helps us find courage. The stronger your desire for change is, the more courage you'll find to express your truth and stay committed to your goals.

Truth - expressing how you really feel about the current situation, what makes you happy or unhappy, what you want or don't want and what feels right for you, will make you feel liberated of everything you've been bottling up inside for who knows how long.

Freedom - in its entire meaning starts with the **Freedom of Speech** (expression) followed by **Freedom of Choice** (what you want) and concluded with the **Freedom of Being** (who you want to be) **and Living** (enjoying the life you want to live) Once you fully and honestly express your true feelings you'll automatically develop the passion for what you want and how you want to live your life.

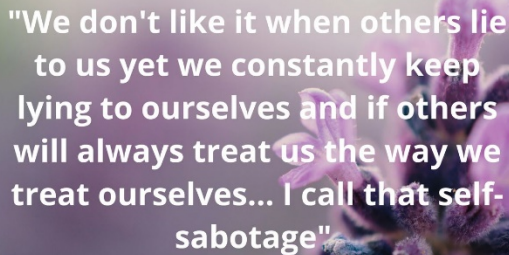
Passion - automatically gives birth to Faith, Determination, and Perseverance which leads to achieving the happy and peaceful life you have always dreamed of. A wealthy life, meaning being happy in all areas of your life. **Fulfillment is the ultimate success**...anyone can achieve it and it all starts with being true to oneself and living life on your own terms. **Choose what's right for you and never feel guilty to be happy.**

YOU CANNOT HAVE HAPPINESS WITHOUT LOVE (for self, what you do, who you do it with, what you have or what you want) - **LOVE WITHOUT FREEDOM** (emotional, mental, physical) - **AND FREEDOM WITHOUT TRUTH.**



THE ORDER - IN 10 STEPS

1st. Take an **HONEST** look at all areas of your life - Personal Life (health & fitness, emotional life, intellectual life, spiritual life) Relationships (intimate, social, parenting), Professional life (career, finances), Quality of Life (car, house, clothes, etc.) - Is this what you envisioned your life to be like 5, 10, 20, 30 years ago or do you often tell yourself "I thought I will be further ahead by now". Write down what is you are not happy with and like to change - Don't Think about HOW you going to change it. **JUST MAKE A COMMITTED DECISION THAT YOU ARE GOING TO CHANGE WHATEVER IS THAT YOU ARE NOT HAPPY WITH.**



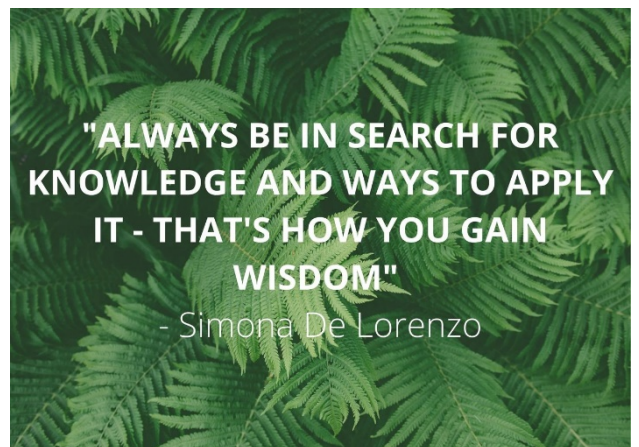
"We don't like it when others lie to us yet we constantly keep lying to ourselves and if others will always treat us the way we treat ourselves... I call that self-sabotage"

- Simona De Lorenzo

2nd. Take This Word and imprint it deep in your mind **"TRUTH"** - without it, you will never find true and long-lasting happiness. Temporary pleasure, maybe... but not Happiness. Mother Nature will always run its course to seek expression. Promise yourself that no matter what you'll always be honest to yourself and others. Don't allow your mind to think of possible circumstances that might occur in the future. Focus on the NOW. **Remember that the future is the unknown which we automatically start to fear...and fear is what stops us all from moving ahead in life.**

3rd. Ask yourself this question **"WHO AND/OR WHAT IS IN CONTROL OF MY LIFE?."** it will help you understand who or what keeps you stuck and stops you from being, doing and having what you really want in life. Decide then who or what has to go. If there are people in your life that are stopping you from being you and doing what you want to make of yourself happy, I am not saying to eliminate them from your life (unless is truly necessary) but truthfully express your desires and your intentions and if they are not supportive, just stop listening to them and avoid their criticism...don't even share your ideas with them. If there are things that hold you back, whether things you do on a daily bases or things you cannot give up on, let go of one habit and one item at the time. If for whatever reason you find that you are not strong enough to do it, **THING OF YOUR BURNING DESIRE AT ALL TIMES - THE GOAL YOU WANT TO ACHIEVE.** If necessary, seek professional help.

4th. Seek knowledge about what is you want to accomplish by gathering resources to help you with your BIG change. Regardless of which area of your life you desire to change - be it personal, social or professional - **start with what you currently have in hand. Write down 10 to 20 things and people who/which easily come to mind that can help get started in your journey.** Create a plan of action (who to call and what to do first)



- Simona De Lorenzo

5th. BELIEVE - IN YOURSELF AND IN ALL THAT YOU DO AT ALL TIMES...Don't let trials and errors get you discouraged. Believe that everything is possible... because it is. Everything that existed, exists and always will exist. There is always a solution to every problem...you just have to want to find it. Don't be afraid to ask for help!... even though it might seem like it at the start, you are not the only person on earth faced with whatever you are dealing with ...there is always someone there that has been through what you are going through who already found the solution to whatever problem or hardship you might encounter.

6th. Find a role model (if you don't already have one) and follow his/her success patterns. Someone that has gone through the same life experience as you and succeeded at breaking through. Someone who inspires you and you resonate with. No matter what you're faced with, no matter what area of your life you are not happy with, remember that you don't have to go through it alone. We live in the information age, help is available everywhere online and offline.

7th. Invest in your self-education and self-development...is the most valuable and most profitable investment you can ever make for yourself. Every day and a lot of times without even realizing, we end up spending money on things that we never get to use and that doesn't add any value to our lives whatsoever...yet we are reluctant on spending money on a course or a seminar that is going to change as for better and make our lives worth living.

8th. SURROUND YOURSELF WITH LIKE-MINDED PEOPLE - is crucial for your progress, your success and your growth.

9th. ALWAYS STAY FOCUSED ON THE END RESULT OF YOUR DESIRE and work from the end result downward. Visualize the outcome just the way you want it - Feel it as you are already living it and THE HOW will step by step start to unfold right before your eyes, getting you closer and closer to achievement.



10th. PRACTICE GRATITUDE DURING THE ENTIRE PROCESS and THEREAFTER - be grateful for everything you do and everything that comes your way...good or not so good. First and foremost, be grateful for being gifted the 'Gift of Life', each day 150K people worldwide don't get to wake up the next day...you are here now. Be grateful for what you discovered through these pages and for understanding NOW that only through your happiness you can serve your true purpose in life - which is to GROW & CONTRIBUTE...grow for yourself so you can contribute to the life of others which in turn will help make our world a better, happier place. Be grateful for the wisdom you receive each and every day through life's teachings, your Faith, your Courage, your Good

Heart and that of others. Be grateful for what you have no matter if a little or a lot but never give up on your desire to grow and improve for more and better. **THE MORE YOU HAVE THE MORE YOU CAN GIVE...YOU CAN NOT GIVE WHAT YOU DON'T HAVE AND IT ALL STARTS WITH YOUR LOVE AND HAPPINESS.**

You Are Powerful, You Are Invincible, You Are The Perfect Creation Of A Perfect Universe Blessed With Unlimited Potential and Guided By An Infinite Intelligence - Don't Be Afraid To Be Happy!

This Is The Formula And The Order I Always Follow To Overcome Adversities And Better Every Area Of My Life. - I Hope It Serve You As Well As It Served Me And I Really Can't Way To Get To Know You Better, Share My Life Experience And Successes With You And Help You Overcome And Exceed Yours.

Become Part of My Family and Together Let's Discover the Powerful and Invincible You.

With Lots of Love and Gratitude,

Simona De Lorenzo

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<https://calendly.com/sdl23remax/the-right-to-happiness>

THIS IS A LIFE CHANGING SESSION THAT WILL HELP YOU TAP INTO YOUR MOST HIDDEN DESIRES; EXPRESS THEM, SO YOU CAN REGAIN YOUR FREEDOM TO BE, DO AND HAVE WHATEVER IS YOU WANT IN LIFE. AND BRING THEM TO LIFE, SO YOU CAN **CLAIM BACK WHAT'S RIGHTFULLY YOURS...YOUR HAPPINESS.**



YOU ARE GOING TO PROVE TO YOURSELF AND THE WORLD AROUND YOU THAT YOU ARE A POWERFUL & INVINCIBLE BEING DESTINED FOR MUCH GREATER THINGS IN LIFE THAN YOU WERE LEAD TO BELIVE.

Using powerful tools and life tested strategies - In this two hours masterclass, together we will...

- 1. Take a close and honest look at all areas of your life, and identify your true desires along with all the good the bad and the ugly. :)**
- 2. Pinpoint who and/or what is in control of your life (stealing away your freedom) and establish the best approach to face it/her/him/them based on our unique situation.**
- 3. Put together an immediate and easy to follow plan of action.**
- 4. Set up an accountability squad to keep you on track, monitor your accomplishments and celebrate your successes.**



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