

Instant Harmony & Happiness

Activating Your Happiness Chakras

Alfred George Shaheen

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979-8-9868380-0-7 (hardcover)

Printed in the United States of America

Illustrations by Drew Wrightmore
Editing by Orange Street Editorial
Design/Layout by Van-garde Imagery
Cover Design by Van-garde Imagery

Derfla Publishing
P.O. Box 519
La Cañada Flintridge, CA 91012-0519
www.DerflaPublishing.com

www.EdenicLiving.com

This book is not intended as a substitute for the advice of health professionals. Readers should regularly consult health professionals in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Introduction

Thoughts and feelings are energy. After we have an unhappy thought or feeling, that energy doesn't disappear, but it moves through the world as emotional pollution affecting every other person.

Many people are unaware that unhappiness, depression, low self-esteem, bad choices, a lack of self-confidence, illnesses, and many other negative conditions are usually caused by the unhappy energies from the world that enter one's being. Because these energies come from outside oneself, appropriate names for these conditions are "environmental unhappiness," "environmental depression," "environmental illnesses," and so on.

How can you stop the unhappy energies in the world from entering you? By activating the natural harmony of your aura.

Your aura around your body is the living energy of your heart and mind. It is part of you. The energy of your aura is extremely interactive with the energies in the world. If you do not activate the natural harmony (*positive energy*) that is innate to your aura, your aura will not have what it needs to insulate you from the unhappy energies in the world.

A cell of a body is a perfect example of how this works.

The outer layer of a cell has a protective membrane that allows nutrients to enter the cell but prevents anything that is harmful to the cell from entering. The cell's membrane also allows for the expulsion of any waste that has developed in the cell. This protective process maintains the cell's natural harmony.

Your aura protects you from the unhappy energies in the world in the exact same way.

Harmony is the natural state of your heart and mind when you are protected by your aura. Like a cell, your aura has a membrane located about two feet away from and all around your body. The very moment you activate the harmony of your aura's membrane, your aura will produce a forcefield of harmony around your body that will insulate the natural harmony (*positive energy*) of your heart and mind from environmental unhappiness, environmental depression, environmental-illnesses, and so on.

When you experience the activated harmony of your aura, you will recognize that it is an extremely pleasant and stable type of harmony and happiness, a type that is not dependent upon the conditions of your life or on the conditions of the world. The *Happiness Activation Technique*[™] (HAT), presented below, will guide you in activating this extraordinary harmony.

Happiness Activation Technique[™] (HAT):

1. Think about the empty space that is two feet in front of you, in front of your entire body; especially in front of your eyes and your forehead, and in front of your chest and abdomen (*torso*).

2. Think about the potent harmony that is two feet in front of your eyes and in front of your forehead. Relax into that thought. As you relax into this thought notice how the energy in the area in front of your eyes and your forehead naturally begins to build and insulate your eyes and forehead with a stable and potent harmony.
3. Next, think about the potent harmony that is two feet in front of your chest and abdomen (*torso*). Begin on the centerline of your torso. Relax into that thought. As with your eyes and your forehead, notice how the energy in front of your torso naturally begins to build with and insulate your feeling faculty with a stable and potent harmony, and how any unhappy feelings or emotions you might have had immediately disappear into a calm happy state.

What has happened is that you have activated the natural harmony (*positive energy*) of your auric chakras. That harmony has filled your aura with the stable positive energy that is innate to the membrane of your auric chakras. The result is that a field of positive energy is now insulating your eyes, your forehead, and your torso from any unhappy energies in your environment.

Your auric chakras compose the entire membrane of your aura two feet away from and all around your body. Therefore, they are *everywhere* two feet in front of your torso. Once you have activated the positive energy two feet in front of the centerline of your torso, think about the harmony of your numerous auric chakras located everywhere two feet in front of your torso on either side of your centerline.

If your thoughts and feelings were already harmonious and happy before performing the HAT™, you will experience your positive energy elevate to a remarkable level that is higher and more stable.

4. Repeat the HAT™, as needed, throughout the day to refresh the active harmony of your auric chakras.

It is not necessary to sense your auric chakras to activate and receive their harmony. Measure the results of performing the HAT™ by how much negative thoughts and feelings are replaced with potent positive energy in your heart, mind, body, and aura, while and after performing the technique.

If you have benefited from performing the HAT™, I invite you to read the rest of this book and learn how to further develop the positive energy of your aura.

Environmental Energy

Chapter One

We pay a great deal of attention to the solid world around us, but we often give little attention to the fluid energies that permeate solid forms and the space between them.

Some people can sense the energies in and around their body and some have not yet developed that level of awareness. Whether you are aware of these energies or not, the environmental energies — *that is, all energies produced by everyone and everything other than yourself* — with which you are constantly interacting dramatically influence how you think, feel and act. These energies can be positive or negative.

Your aura is a living part of you; it is part of your heart and mind. Therefore, when we refer to “one’s being” or “oneself,” not only does this include one’s mind (*awareness, intelligence and memory*), heart (*feeling and sensorial faculties*) and physical body, but it also includes the living energy of the aura around one’s body.

As simple as this might sound, and as obvious as it might seem, negative energy in one’s being (*heart, mind, body, and aura*) naturally produces negative thoughts, feelings, and de-

structive behavior, and positive energy naturally produces positive thoughts, feelings, and constructive behavior.

The reason positive thinking does not work well for many people is that one is trying to think positive while filled with negative (*pessimistic*) energy. A positive attitude and positive action are not achieved by fighting negative thoughts, feelings, and behavior, but rather, by simply changing the nature of the energy in oneself from negative to positive, the energy that *naturally* produces optimism, happiness, constructive behavior and success.

The positive or negative energy one receives from their environment influences one's being with that nature. Likewise, the nature of the energy produced by one's being affects the energy in their environment. It is a circuit of energy, and the positive or negative energy in one part of that circuit affects the other.

The natural state of your being is harmony. When you protect your natural harmony from negative environmental energy, you naturally maintain a level of positive energy.

There are events in our lives that cause us to be unhappy, angry and depressed. Unhappy events will occur in our lives. What is important is our ability to control the negative feelings those events cause in us so that we avoid a perpetuation of their destructive influences.

Harmonizing negative feelings caused by a traumatic event might seem counterproductive to the natural processing of the emotions relating to that event. But this is not the case. It simply allows one to *control* the feelings and one's behavior during

the processing. If one permits those feelings to takeover and perpetuate in their being, they can lead one into a continuing downward spiral of self-destructive behavior and unnecessary additional consequences.

It is healthy to channel painful emotional energy into constructive action, especially if that action is directed toward a healing of, or a solution to, that which caused the traumatic event. Too often, however, unhappy emotional energy becomes directed in self-destructive ways.

One might think that self-destructive behavior affects oneself only, but it really isn't possible to draw a line where self-destructive behavior doesn't also affect the lives of others, especially family, friends and business associates.

When you become aware of the impact environmental energies have on you, it will become clear that your being, and thus, your behavior (*speech and actions*), are expressions of the nature of the energy that vibrates in you. Moreover, it becomes obvious that we do not transgress one another, but it is the destructive environmental energies we allow to enter our beings (*hearts, minds, physical bodies and auras*) that influence transgressive activity in and through us.

Although we are not the primary cause of transgression, when we give speech and action to a body of transgressive (*negative*) energy, we become complicit in its activity and suffer the consequences of that behavior.

The degenerative nature of negative environmental energy is the cause of most of the ill conditions of one's body and life. Prolonged exposure to negative vibrations can cause them to

imbed at a cellular level, resulting in cellular mutation and/or to activate latent inherent genetic defects. This, of course, is not only a contributing factor to numerous illnesses, but when we consider the self-destructive behavior negative (*unhappy*) energy influences in many individuals: addiction, self-harm, an unhealthy lifestyle, for example, it also causes significantly more physical health problems than the negative energy alone idling (*vibrating*) in one's body is causing.

Willpower alone is no match against the influence of a body of negative environmental energy. But one *can* guard (*harmonize*) oneself against the unhappy energies in their environment with the *Happiness Activation Technique*[™] (HAT), and thereby, regain possession of the natural harmony of their being.

Unhappiness is the nature of negative (*disharmonious*) energy and happiness is the nature of positive (*harmonious*) energy. The degree of the disharmonious or harmonious energy in one's being is the degree of one's unhappiness or happiness, respectively.

It might be hard to believe that unhappiness is simply an energy that you can remove from yourself. But this will become obvious to you when any level of unhappiness (*negative energy*) you might be experiencing at any moment is instantly and automatically replaced with harmony and happiness upon performing the HAT[™].

Not only can the HAT[™] remove unhappy energy, but the resulting happiness of one's being (*heart, mind, body, and aura*) will pull anyone who feels withdrawn from the world out into happy interactions with society.

A common reason why individuals withdraw from society is a weak auric field. This weakness gives way to a barrage of environmental energies that disorient one's ability to harmoniously interact with other people. If one does not know how to harmonize their aura against the turbulent currents of environmental energies, one can become reclusive, even agoraphobic.

How one perceives and interprets the world and their life in it might appear to be a contributing factor. But a negative perception, negative interpretations, and withdrawing from society are all caused by the same energy. A negative perception, a withdrawal from society, unhappiness, anxiety, fear, etc., are all self-fulfilling aspects of negative energy morphing into different negative forms.

Negative energy manifests as *every* negative thought, feeling, sensation, behavior, and condition, in varying degrees of darkness.

Our positive energetic connections with one another are essential to our happiness. In the same way that a circuit of positive energy between people increases and strengthens the positive energy of each of those individuals, the chronic absence of these positive circuits results in a weakening of one's life energy.¹

People suffering from this condition, and many others like it, can instantly control them by harmonizing their auras against the entrance of the negative environmental energies that cause them.

1 For detailed information on life energy, refer to the book *Particles from Heaven: Self-Realization* by Alfred George Shaheen.

The HAT™ does not protect us against physical matter. But it does harmonize us against the negative thought-energies, feeling-energies and sensorial-energies produced by living beings (*organic energies: people, animals, plants, etc.*).

The organic negative environmental energies we encounter were and are produced, past and present, by living beings as thoughts, feelings, emotions, sensations, speech and actions. Once produced, these energies do not disappear, but they continue and become part of a collective body of hate-energy, anger-energy, envy-energy, fear-energy, self-loathing-energy, greed-energy, lascivious-energy, and the like.

The degree to which one is affected by this body of energy is primarily determined by the nature of one's speech and actions (*behavior*). Behavior, however, is highly dictated by the nature of the energy in one's being. Harmonizing (*Guarding*) oneself against the entrance of negative environmental energies, therefore, avoids the negative state of being and destructive behavior those energies would otherwise influence.

By simply activating your auric chakras, you strengthen the natural harmony and happiness of your being. This is the purpose of the HAT™.



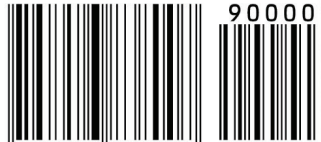
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DP Derfla
Publishing

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ISBN 979-8-9868380-0-7

90000



9 798986 838007