The background of the entire page is a golden sunburst pattern radiating from the center. In the center of the sunburst is a faint, glowing image of a smiling human face. The text is overlaid on this background.

# **The Happiness Guidebook**

**A Self-Guided Happiness Workshop  
From Advanced Awareness**

### **Author's Message to Participants**

*Advanced Awareness programs do not deal with psychological or medical influences on lasting happiness. Nor do they include psychotherapy. All of this is better left to the physicians, psychiatrists and psychologists.*

*Advanced Awareness programs do teach a simple but highly effective method of harnessing positive energy that can help anyone, from adolescents to seniors, learn how to improve lasting happiness in their life. It incorporates three well-accepted scientific theories: 1) Personality Temperaments; 2) the Science of Happiness; and 3) the Physics of Energy. Participants learn how to utilize the power of positive energy in creating a happier life within themselves and in their important relationships.*

*May your Path of Advanced Awareness be filled with the positive energy of love.  
Veeder South III, PhD  
Laguna Beach, California*



The Happiness Guidebook

Price: \$20

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# The Happiness Guidebook

## Table of Contents

	<u>Page</u>
<u>Session 1: Your Guide to Happiness Within Yourself</u> .....	4
1.1 Introduction .....	5
1.2 Personality .....	7
1.3 Personality Temperament Card Rankings .....	9
1.4 Your Personality Temperament Self-Assessment .....	11
1.5 Personality Temperament Balance .....	13
1.6 Your Spiritual Temperament of Higher Consciousness .....	17
<u>Session 2: Your Guide to Happiness In Your Relationships</u> .....	20
2.1 Creating Lasting Happiness in a Relationship .....	21
2.2 Personality Temperament Compatibility in Your Relationships .....	21
2.3 Consciously Diluting Negative Energy in Your Relationships .....	26
<u>Appendix</u> .....	29
A1. Personality Temperament Self-Assessment (Completed Example) .....	29
A2. Personality Temperament Self-Assessment Chart (Completed Example) .....	30
A3. Relationship Personality Compatibility Diagram (Completed Example) .....	31

*Note to All Participants:*

*If you have any comments, questions or concerns as you work your way through this Guidebook, please feel free to contact me via the "Contact Us" page of the Advanced Awareness website. I will respond to all inquiries.*

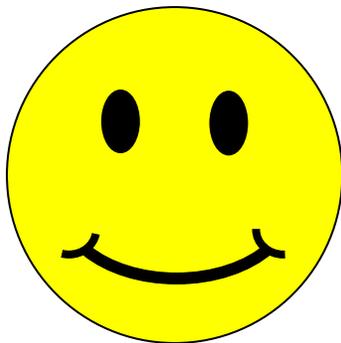
*Sincerely,*

*Dr. Veeder South III*

*www.AdvancedAwareness.com*

# SESSION 1

## YOUR GUIDE TO HAPPINESS WITHIN YOURSELF



## SESSION 1: YOUR GUIDE TO HAPPINESS WITHIN YOURSELF

*“Most folks are about as happy as they make up their minds to be.” - Abraham Lincoln*

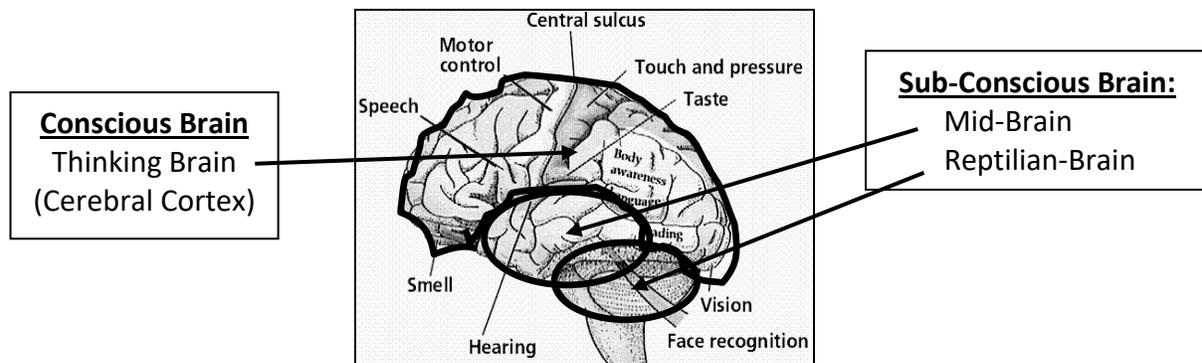
### 1.1 Introduction

**What is Happiness Anyway?** - How about contentment, excitement, satisfaction, bliss, love, joy, etc. Notice that these words don't really define happiness, they simply try to convey what happiness feels like. The truth is, happiness cannot be defined in words, it can only be sensed. We naturally sense when we are feeling happy because happiness makes us “feel good”. If our senses are the only means of determining whether we are happy or not, maybe we have the option of interpreting our senses as we choose to. That's what Abraham Lincoln thought.

**The Scientific View of Happiness** – The “Science of Happiness” has determined through research that lasting happiness evolves from balancing and satisfying three general areas in life:

1. Pleasure – this is the “smiley face” part that triggers dopamine and other “feel good” chemicals in the brain. It is short-term but keeps life interesting.
2. Healthy Relationships – this relates to the depth of involvement with family, friends, partners, work groups and other personally interactive activities. Healthy personal relationships have been found to highly correlate with lasting happiness.
3. Meaning – this has to do with using personal strengths to selflessly serve some larger purpose in life.

**Energy and the Human Brain** - There are approximately 100 billion brain cells (called neurons) that make up your brain. These neurons have intertwined since birth into billions of strands called neural networks. Throughout life, neural networks organize, reorganize and reinforce themselves again and again in response to new stimuli and new learning experiences. This body/mind interaction is what stimulates brain cells to interconnect in complex ways to control physical energy in the body as well as mental energy in the brain.

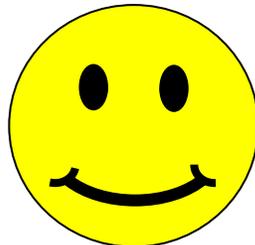


**The Human Brain**

**The Negative (Mental) Energy of Fear and Unhappiness** - Unhealthy psychological fears that remain alive in our conscious or sub-conscious mind can keep us trapped in unhappiness. Feelings of anxiety, unease, tension, stress and worry are all sources of negative energy associated with fears about the future. Feelings of guilt, regret, resentment, grievance, sadness and bitterness are all sources of negative energy associated with fears about the past. Unhealthy fears in our mind are potential sources of negative energy that cause unhappiness in our life.



**The Positive (Mental) Energy of Love and Happiness** - We all have the ability to access a state of Higher Consciousness within us that provides an unlimited source of positive energy, the true essence of love. The positive energy of love has the power to dilute and eventually eliminate the negative energy of fear that may be causing unhappiness in our life. Studies have found that consistently implementing the positive energy of love in whatever life situation we find ourselves in is a major factor in creating lasting happiness in our life.



**Positive Thinking** - When we choose to view our so-called “negative life experiences” as “positive opportunities for growth”, we are practicing “positive thinking”. Positive thinking uses the positive energy of love to dilute (and eventually eliminate) the negative energy of fear whenever it appears in life. Eliminating the negative energy of fear more and more from your life with the positive energy of love is the key to lasting happiness. This is the path of Advanced Awareness to lasting happiness. This is the path of love.

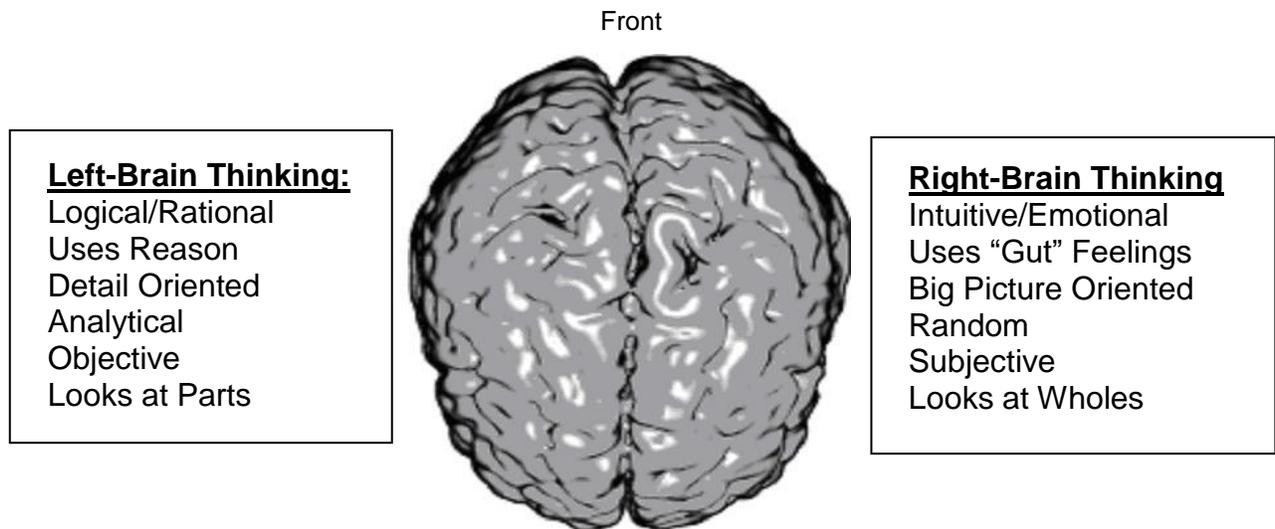
**Happiness Prescription #1**

*“You are responsible for your own happiness.”*

## 1.2 Personality

Your personality is defined as how you prefer to use mental energy in your conscious brain to think with. It is a combination of genetics (the way your brain cells were “wired” at birth) and your experiences so far in life. All your experiences, all your decisions, all your actions and all your interactions have influenced and helped to mold your personality right up to this very moment.

**Left-Brain/Right-Brain Thinking** - It is well known that humans have two different hemispheres that make up our conscious brain. Experimentation has shown that the left and right sides of the brain are responsible for different manners of thinking. The left-brain prefers more rational and logical thinking while the right-brain prefers more intuitive and emotional thinking.



Our conscious mind can only focus on thinking from one side of our brain at a time. We can switch our thinking process from one side to the other very quickly, but that is not always the most efficient way to operate. Eventually, most people develop a personality preference for thinking more in one side of their brain than the other. Which side of your brain do you prefer to think in?

Left Brain? \_\_\_\_ Right Brain? \_\_\_\_ No Preference? \_\_\_\_

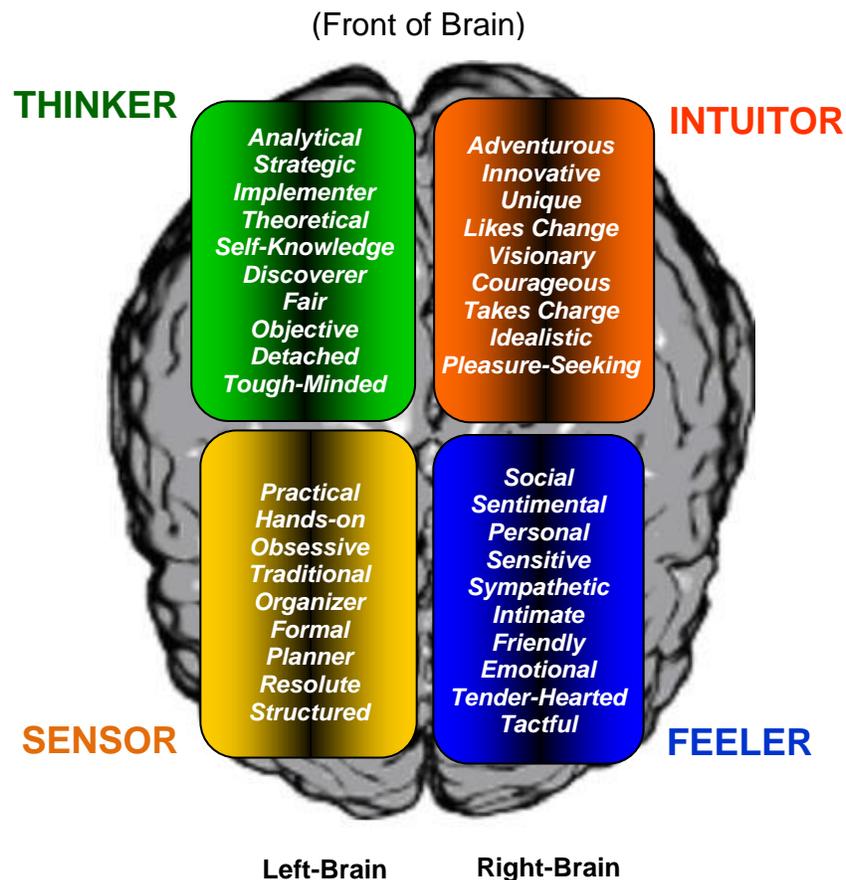
**Personality Temperaments** - Carl Jung, the famous Swiss psychiatrist, published his book “Psychological Types” in 1921 in which he suggested that the personality characteristics of just about every person on the planet, regardless of religion, sex, ethnic background, age, or any other difference, fits into a combination of four distinct personality types he labeled: **Thinker**, **Sensor**, **Intuitor** and **Feeler**. Jung’s characterization of the four personality types (he called them personality temperaments) is depicted in the table on the following page. Each personality temperament can briefly be described by a set of words on four Personality Awareness Cards as shown beneath the table on the next page drawn over an image of the human brain.

**Thinker (Left-Brain)** – evaluates and uses information logically

**Sensor (Left-Brain)** – evaluates and uses information practically

**Intuitior (Right-Brain)** – evaluates and uses information intuitively

**Feeler (Right-Brain)** – evaluates and uses information emotionally



**Happiness and Balance** - Everyone exhibits these four personality temperaments. We just have them in different proportions. We typically have a dominant temperament that is the most developed in us; a 2<sup>nd</sup> temperament that is less developed; a 3<sup>rd</sup> temperament that is even less developed; and a 4<sup>th</sup> temperament that is our least developed. Carl Jung believed that increasing personality temperament balance in all four temperaments leads to a happier life.

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## SESSION 2

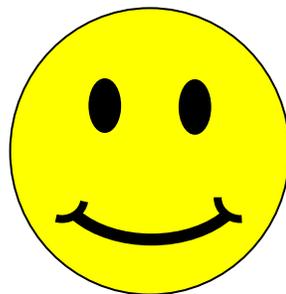
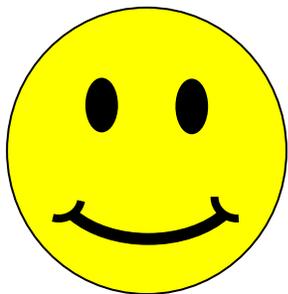
# YOUR GUIDE TO HAPPINESS IN YOUR RELATIONSHIPS

*Before you begin Session 2, please select up to 3 important people in your life that you would like to learn more about and possibly improve your relationship with them. Ask each of them to complete the 4-page "Individual's Personality Temperament Self-Assessment" included with this Guidebook. If any of these people are not available, you can take their self-assessment(s) for them (called a 180-degree assessment). You will need at least one of their results (or your 180-degree assessment results you have taken for them) in order to complete Session 2. After you have completed Session 2, you might (or not) want to get together with your closest relationship people and discuss your results with them.*

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_



## SESSION 2: YOUR GUIDE TO HAPPINESS IN YOUR RELATIONSHIPS

### 2.1 Creating Lasting Happiness in a Relationship

There are several different types of people in our life that we interact with, some are chosen, and some are not. Typically, the people we choose to establish friendship relationships with are people with whom we have things in common. Some examples of these might be that we: like the same music, play the same sport(s), like to sew, like the same people, enjoy algebra, like romantic comedies, like to cook, play the guitar, like to read, love to dance, like to travel, etc. These people are potential candidates to become our friends, perhaps even our best friends.

On the other hand, some of our relationships are with people we don't really have the luxury of choosing and we may or may not have much in common with them. These non-chosen relationships are with family members, in-laws, classmates, teachers, bosses, teammates, neighbors, and so on. Most of us get along reasonably well with these people. However, from time-to-time we come across someone that we just don't get along with, but we still need to interact with them. This can become a difficult relationship. Even with our family or close friends, we can sometimes experience personality conflicts with them that threaten our happiness.

Whenever personality conflict occurs in any of your relationships, you always have the option of rising above your ego into Higher Consciousness to bring the positive energy of love into the situation. The positive energy of love has the power to dilute (and eventually eliminate) the negative energy of fear in any relationship. This leads to a much happier relationship.

#### **Happiness Prescription #4**

*“Don't expect a relationship to make you happy –  
you are responsible for your own happiness.  
Relationships exist for the purpose of helping you  
experiences the great adventures in life.”*

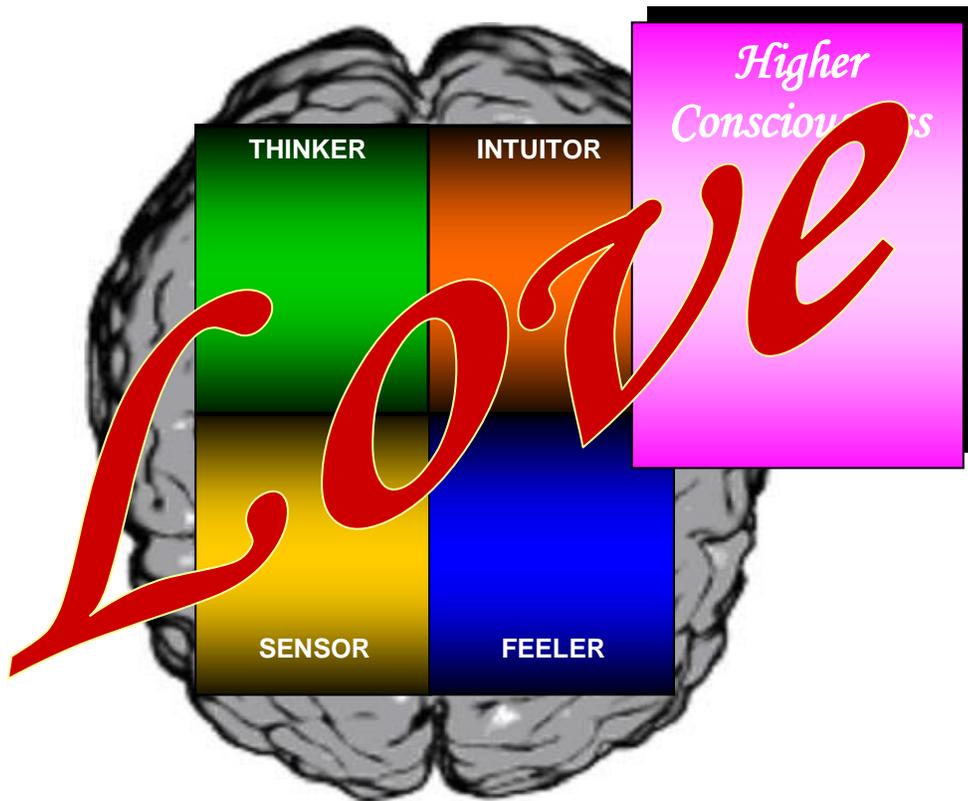
### 2.3 Personality Temperament Compatibility in Your Relationships

Corresponding scores from any two people's Personality Temperament Self-Assessments that are within 4 points of each other are considered "Compatible". Corresponding temperament scores with a difference of 5 points or more are considered to "Differ". Where corresponding personality temperaments are "Compatible", mental energy naturally flows back and forth between the two people since they both will have about the same level of interest in that area of consciousness. Where corresponding personality temperaments "Differ", mental energy naturally flows more in one direction, that is, from the person with the higher score to the person with the lower score. In general, compatible temperaments indicate areas of consciousness where the two people

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## The Path of Advanced Awareness

The Path of Advanced Awareness is a lifelong spiritual journey from fear to love. Feelings of lasting happiness come from continuous progress along your path, not on reaching some unrealistic goal. Don't always expect to feel happy as you travel your path. Don't be surprised if you sometimes fall out of spiritual integrity. That is human. We all make mistakes. The idea is that whenever you have temporarily lost your way, you simply pick yourself up, get back on your path, and do better the next time. This is how you grow. This is your path to lasting happiness.



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