

**THE PATH OF ADVANCED
AWARENESS TO
LASTING HAPPINESS**

PREVIEW

Welcome to Advanced Awareness



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Author: The Path of Advanced Awareness
to Lasting Happiness – Online Workshop

This short preview will introduce you to the “Path of Advanced Awareness to Lasting Happiness” online workshop. It takes about 3-minutes to browse through. When you have finished, you will have a good idea of what the workshop is all about. You will be ready to participate in this online workshop in your own time and at your own pace.



The Path of Advanced
Awareness to Lasting Happiness

Guidebook

An Online Happiness Workshop
From Advanced Awareness

Online Interactive Guidebook

The Guidebook that leads you through the online workshop consists of four sessions. In each session you will learn how to incorporate positive energy more and more into your everyday life as you discover a simple yet highly effective new way to improve lasting happiness within yourself and in your relationships. This is “The Path of Advanced Awareness to Lasting Happiness.”

SESSION 1

INTRODUCTION



What is Lasting Happiness Anyway?

Contentment?

Excitement?

Satisfaction?

Bliss?

Serenity?

Joy?

Love?

Fun?

Security?

Elation?

The “Habit of Happiness”

Happiness cannot be defined in words. It can only be felt. As we learn how to feel lasting happiness more and more in our life, we are creating the “Habit of Happiness.” This is what the path of Advanced Awareness is all about.

SESSION 2

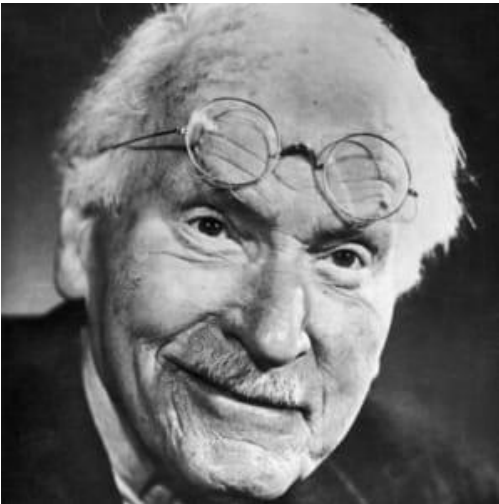
CREATING LASTING HAPPINESS WITHIN YOURSELF



Your Personality

Your personality is defined as how you prefer to use mental energy in your conscious brain to think with, make decisions, act on your decisions, and interact with others. **Your personality plays a major role in creating lasting happiness in your life.**

Personality Temperaments



Carl Jung, the famous Swiss psychiatrist, published his book “Psychological Types” in 1921 in which he suggested that everyone on the planet, regardless of religion, sex, ethnic background, age, or any other difference fits into a combination of **four distinct personality types** (he called them “temperaments”).

Jung's Four Personality Temperaments

Jung labeled his four personality temperament types as: THINKER, SENSOR, INTUITOR and FEELER. These personality temperaments can be represented by four Personality Temperament Cards that are considered in Jung's model to occupy four quadrants of our conscious brain:

Personality Characteristics of Each Temperament

Jung's four personality temperaments can be described by a set of words on four Personality Temperament Cards as shown below:



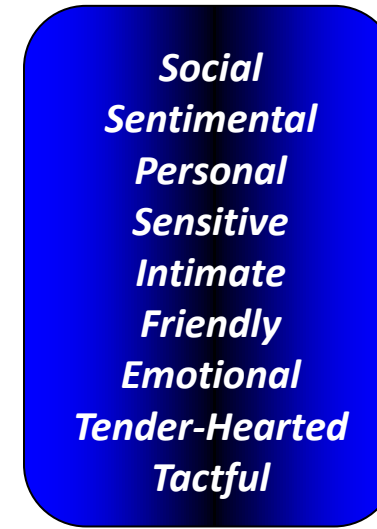
THINKER (T)



SENSOR (S)



INTUITOR (I)



FEELER (F)

Personality Temperament Rankings

We all exhibit 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 **2nd Temperament** that is less developed; a **3rd Temperament** that is even less developed; and a **4th Temperament** that is our least developed personality temperament.

Happiness and Balance

You will learn how to increase positive energy balance in all four of your personality temperaments. Carl Jung believed that increasing balance in your four personality temperaments leads to a happier life.

SESSION 3

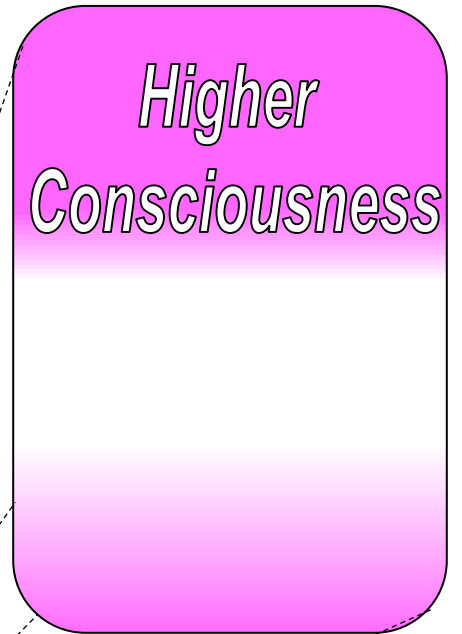
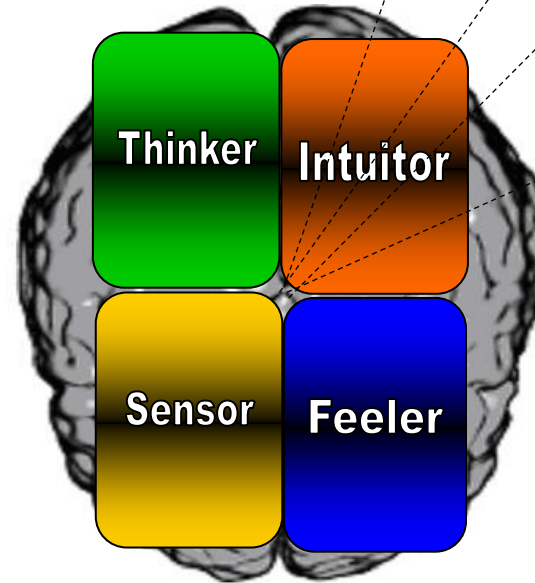
HIGHER CONSCIOUSNESS



Higher Consciousness

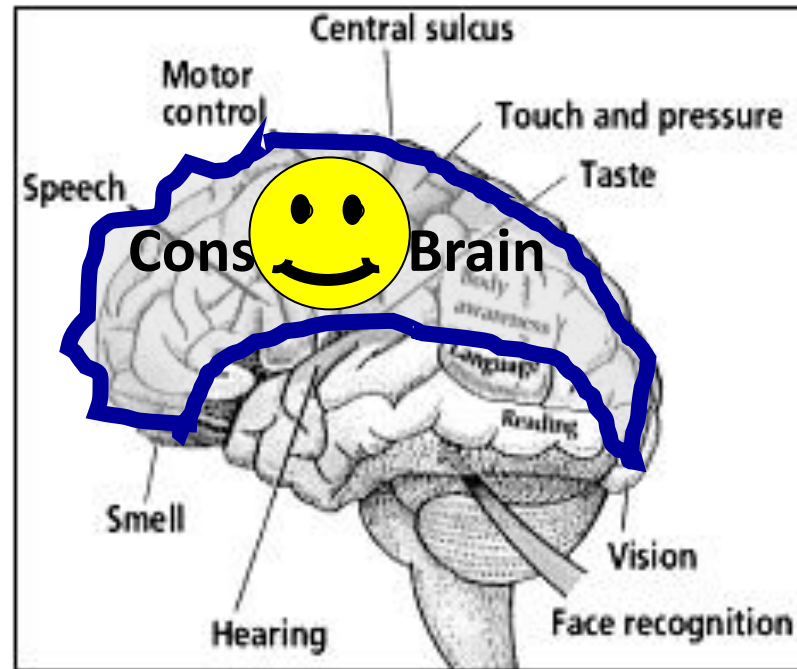
Shown rising above your four ego-based personality temperaments is your spiritual temperament of Higher Consciousness. This is an unlimited source of positive energy that is always available to you to dilute (and eventually eliminate) the negative energy of fear and unhappiness whenever it appears in your life - if you choose to use it.

Conscious Brain



Increasing the Positive Energy of Happiness

As you work through the Guidebook, you will learn how to eliminate the negative energy of fear and unhappiness from your conscious brain with the positive energy of love and lasting happiness.



SESSION 4

CREATING LASTING HAPPINESS IN YOUR RELATIONSHIPS

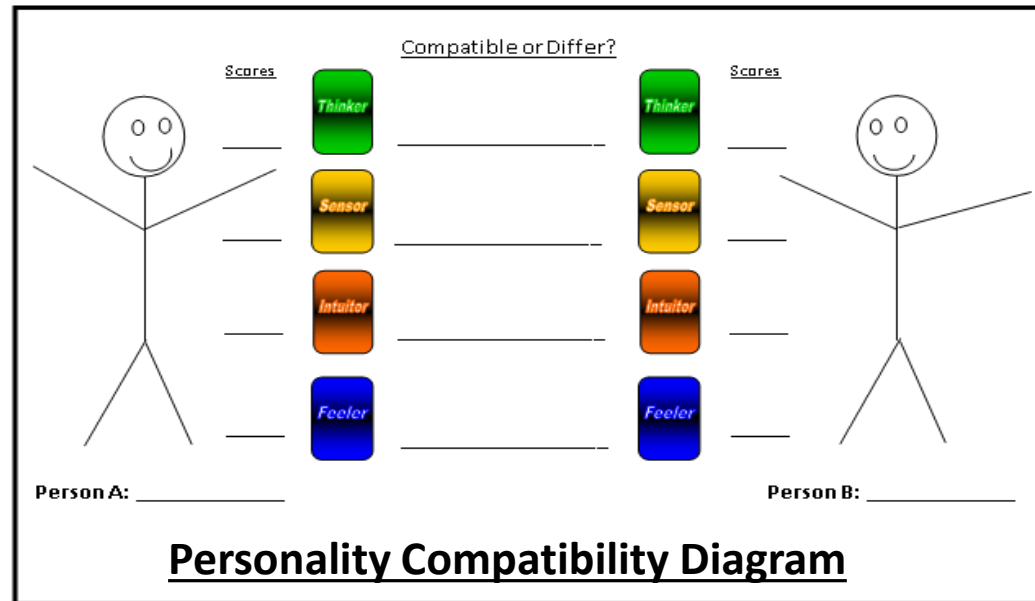


Lasting Happiness in Your Relationships

People we are attracted to are typically people with whom we think similarly. As a result, they are likely to be reasonably compatible with us. These are the people we are likely to choose in creating happy and lasting relationships.

Personality Compatibility Diagram

A blank Personality Compatibility Diagram is shown below. It compares corresponding Personality Temperament Self-Assessment scores between any two people to discover how compatible they are with each other.

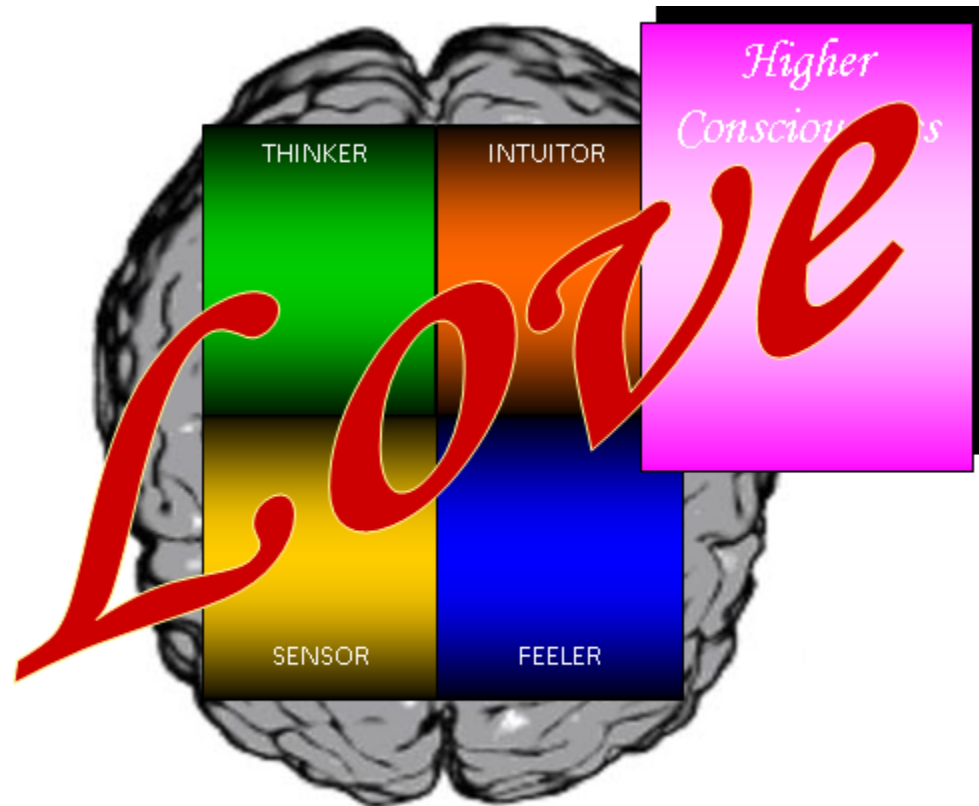


Your Personality Compatibility Diagram

In this workshop you will complete a Personality Compatibility Diagram between you and any selected person in your life. You will discover how compatible you are with this person and what you could do to improve it - if you choose to do so.

The Path of Advanced Awareness to Lasting Happiness

The path of Advanced Awareness is a lifelong spiritual journey that leads away from the unhappiness of fear to the lasting happiness of love.



Lasting Happiness Workshop - Participant Feedback

“I love the idea of getting a better connection to myself and others. This should be mandatory for everyone.”

“I made a list of ways to offset my “big five” areas of negative characteristics (like insecurity, my need to be in control, my tendency to be bossy and judgmental). I would highly recommend it to anyone.”

“The workshop opened up my way of thinking and handling situations. Loved it. I rate it 10 out of 10.”

“I did the Guidebook and found it enlightening. I rate it 9 out of 10.”

“I liked everything about the workbook! I would rate it a 10+++.”

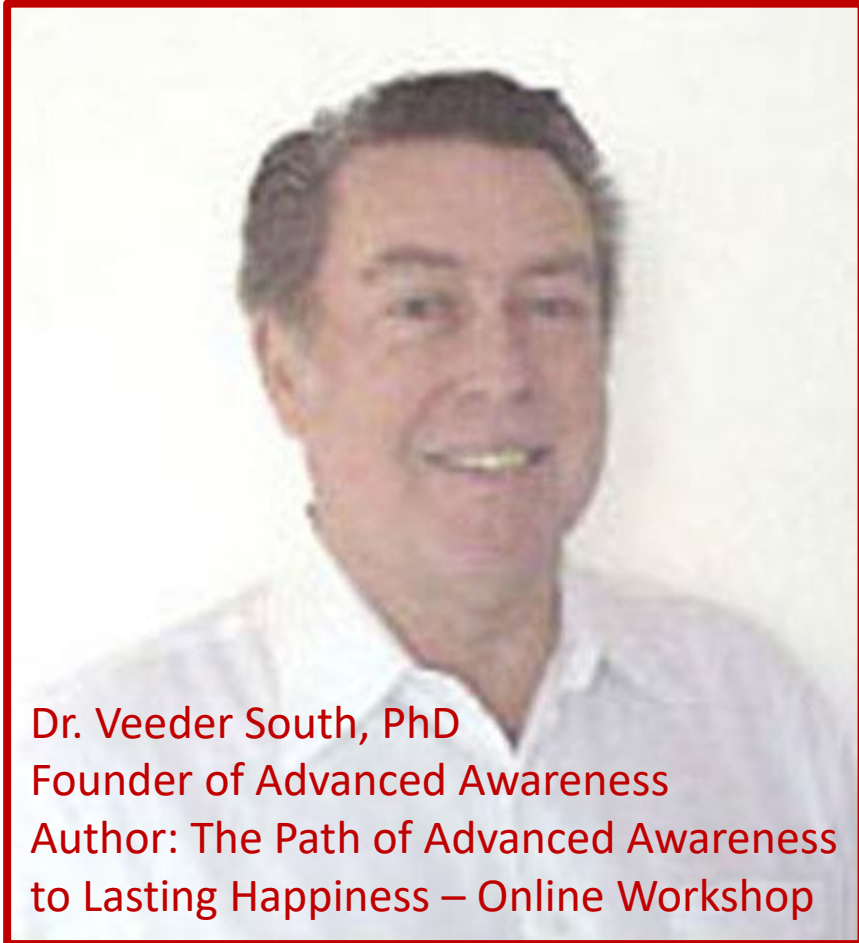
“I particularly liked the introduction of the Higher Consciousness concept. It provides a clear bridge/transition for individuals to realize that while they have their unique preferences, they also have the ability (responsibility?) to make conscious choices.”

“Wow, this program is fantastic!!”

“The workshop made it easy to see where I stand and what I can do to make my relationship better with myself and others. I rate it 8 out of 10.”

“I thought it was well balanced and informative, easy to understand and much to think about. I will use the tools. I rate it a 10 out of 10.”

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You can participate in this life-changing online interactive happiness workshop by going to the [“Learn more ...”](#) page associated with this Guidebook. If you have any questions or comments about this online workshop, or any of the other guided or semi-guided products from Advanced Awareness, please contact me through the [“Contact Us”](#) page of this website.

[“Learn More ...”](#)