

## The Easiest Way to Achieve Happiness

People always think that what they want is money, relationships, and material possessions, but what they truly want is happiness. Wealth, health and relationships are just the rewards of being happy. Happiness is a state of vibration that is in harmony with the universe. As you already know, the same frequency vibrations tend to attract each other, so the vibration of happiness is going to attract more wealth, better relationships and better health, since these things are going to add more happiness to your life, and they are in the same vibration. If you go after money, you may not get it, but if you go after happiness, money will flow to you. The same applies to relationships and health. I believe the ultimate goal in life is to achieve a state of well being, or we can simply say happiness. Is there an easier way to achieve happiness The answer is Yes! and I am now going to show you how. I have learned one phrase from Dr Wayne Dyer, that I will never forget. The phrase is "How may I serve". Dr Dyer said that before his seminars, he always meditates, and repeats the phrase as a mantra "How may I serve... How may I serve". He never brings any notes with him, and when he speaks, the words just keep flowing to him. He knows exactly what to say, and what to teach. Dr Wayne Dyer is one of my favourite role models. He has achieved great success in almost every area of his life. I believe the one single most important element in Dr Wayne Dyer's success is this mantra "How may I serve" Ask yourself now "How may I serve". This is the key to ultimate happiness and fulfillment in life. I would like to share some of my own experience. The most enjoyable thing in my life at this stage is writing articles that can make a difference to the quality of people's lives. Whenever I finish writing an article, I feel positive energy throughout my body. I sometime get puzzled myself! Where does this information come from How do I write so many articles, having thousands of people read my articles every week I have finally realized the secret is within this phrase "How may I serve". Every time I write an article for my newsletter, I sit in front of my computer, and ask myself "How may I serve How may I serve". Strangely, the ideas come, and I put my fingers on the keyboard, and words just start flowing. I didn't understand how this process works, until one day I realized that the information does not come from me, it comes from God (or the Higher Intelligence), I am only a channel for the information to flow. I am a channel that God has created to serve the world. Because that is what I am here for, when I am serving, I feel positive energy, and I feel happy. I have learned that my life purpose is to serve, and I think this is applicable to everyone. This is what God wants me to learn, this is also what God wants you to learn. You will only feel truly fulfilled once you realize this truth. "Your life purpose is to serve". I am sure you have heard that "If you seek happiness for yourself, it will always elude you, if you seek happiness for others, you will find it for yourself." I know this is why every time I finish an article, I feel so happy, because I know that my article is going to benefit thousands of people, and it is going to change the world to some small extent. Maybe 90% of people will not take any action after they read my articles, this is the nature of human beings, but I know as long as they read them, their awareness will be expanded, and they will see a difference in the long run. For that less than 10% of people who do take action, I know my words are going to change their lives for the better. What a great thing I am doing! I am proud of it. I feel very happy about it. So starting from today, find ways to help other people. Find some way to serve. You will get addicted to it, because it is so enjoyable helping others. Your help is going to change people's lives. I often receive emails from my subscribers asking me for help. Can you imagine how happy I am after Ive answered their questions I know that this person's life is going to change for the better just because of my words. How wonderful that is! Here is a secret I want you to know... The person who benefits the most is not the one you give service to, but yourself. You may find it sounds strange, but this is true, and it is governed by the universal law of cause and effect. Anything you cause others to experience will come back to you, and multiplied. If you cause others to experience love, you will find more love in your life; if you cause others to have wealth, you will have more in your own life; if you cause others to succeed, you are guaranteed to succeed. This is the law of the universe, and it never fails. So, whatever you want to experience in your life, cause others to experience it first. This is the most powerful way to attain your own desires, and the easiest way to achieve happiness.

### About the Author

Song Chengxiang is the author of popular online ebooks "Rapid Manifestation" and "The Lost secrets of Manifestation". His words have helped thousands of people greatly change the quality of their lives and manifest their true desires easily and effortlessly. He has recently developed a powerful mind programming system- Quantum Mind Power, with a top brainwave entrainment Engineer Morry Zelcovitch. Check out this amazing new system and get a FREE 5 part Quantum Mind Power ecourse at <http://www.quantum-mind-power.com/ezGaffurl.phpoffer=stiqan19&pid=1>

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