

Happiness Hack #1

~Be of Service to Others~

Start simply by sending your loved ones peace, wellbeing & prosperity.

IMAGINE THEM HAPPY!

Do the same for friends, colleagues and strangers.

This simple, DAILY act of GIVING brings instant happiness, synchronicity and inner-peace.

My Spiritual Butterfly 

This is so simple and works so quickly! Picturing your friends and loved ones happy, smiling and laughing fills your heart with love. Their happiness grows and because you get back what you give ten-fold, your happiness grows too!

Life just gets better and better and you find yourself wanting to give more and more. Starting this way may naturally lead to you wanting to take more physical action to help others. You may choose to surprise a friend with something they need or go out of your way to help a stranger or even volunteer with a local charity.

Giving is a beautiful gift in itself no matter where you start.