

THE SECRET TO MAXIMIZING BEING HAPPY

A REVOLUTIONARY APPROACH TO BEING HAPPY & FULLY ALIVE

By Happy Heart Ray (Gebauer) ~ Man on a Mission



"When I was in grade school, they told me to write down what I wanted to be when I grew up. I wrote down "**happy**." They told me I didn't understand the assignment. I told them they didn't understand life." **John Lennon**

"I know there is nothing better for men than to be **happy** and do good while they live...it is the gift of God." **King Solomon** - Ecclesiastes 3:12, 13b

"We hold these truths to be sacred and undeniable; that all men are created equal and independent, that from that equal creation they derive rights inherent and inalienable, among which are the preservation of life, and liberty, and the **pursuit of happiness**." **The United States Declaration of Independence**

What They're Saying about Happy Heart Ray

"Wonderful revelations! Great concepts—good stuff!" Lynellen Carmony; Dallas, TX

"I just read Ray Gebauer's book in one setting with great delight. As I read the book it dawned on me that the 4 C's of Diamond Love are what I used to become a 10th degree Black belt and get voted into both the Black Belt and Motivational Speakers hall of fame. These powerful concepts also are what allowed me to go to the top pay structure in 7 different companies and start another company last year that I personally sponsored 697 people that lead to a team of almost 100 thousand members. Now I'm excited that Ray and I will have the chance to practice these powerful truths as we build a team together! This is a must read, only if you want to experience a breakthrough and make money while you make a difference." - **Dr Stan Harris aka Dr BreakThrough** www.DrBreakThrough.com

"Your seminar changed my life!"
Dennis Bane (Television producer) LA California

"Absolutely excellent day of information and inspiration and mind provoking paradigm shifting. Your handout is the best I've seen it 25 years of Medicine."
Lori Newton; Everett, Washington

"I've been to many seminars. This was new and fresh."
Matthew Brenton; Alberta, Canada

"After today I know I can achieve my dreams. Thank you!" Andrea Hill; California

"I can't put a price tag...is very valuable, more than gold."

Myriam Kowlessarr; Miami, Florida

"Immeasurable value!"

Doctor Pat Scott MD; Lacrosse, Wisconsin

"Financial value—more than I could ever imagine." Marj Tunall; Eston Sask. Canada

"Powerful, empowering! Cannot put a price tag on this."
Michael O'Connor; Miami Florida

"Exceptionally wonderful! Everything you cover added to my ability to be a better Leader." Joyce Oliveto; Michigan

"Very clear and passionate presentation—very real! I can do this!"

Value of \$100,000." Nancy Borden; Portland, Oregon

"Financial value of this experience is immeasurable!"
Deborah Fowler; Selah, Washington

"Super content. Financial value is thousands per month!"
Chuck Melcher; Lexington, Kentucky

"Thanks Ray—awesome training! Very impactful." Grace Nichols; Idaho

"Ray, you're the best I've ever listened to! The hours of time you put into honing the presentation really comes through." Seymour; Bellevue, Washington

"Empowering, motivating, fun! Great value." Vernon Wallace; Denver, Colorado

"Incredible! Ray, you helped me so

much today! I thank you from the bottom of my heart."

Linda Laszio; Grosse Pointe, Michigan

"Outstanding. Very helpful—I'm going to be more successful than I ever was."

Dave Underhill; Delta Junction, Alaska

"Well done and helpful. Financial value is incalculable." Ken Rygh; Mesa, Arizona

"I enjoyed this workshop immensely. I squawked about the fee to attend but by lunchtime I felt I already had my money's worth."

Shelly Buxton; Castlegar, BC, Canada

"This book, The Secret of Maximizing Being Happy, is a great tool. I love the "Questions to Ask Myself." I modified these questions to self-assess my relationship with work.

I have been experiencing a lack of happiness in my job. I had unplanned changes in my personal life and changes in my work environment that, together, occurred to me as unwanted circumstances that tainted my work experience, leaving me unhappy.

I used the 4-C's as a guide to self-evaluate my love of my job.

Using your self-assessing tools for "Caring," I discovered that I only cared about my job on a level of 4, yet I cared for my coworkers on a level of 8-10, and they cared for me on a level of 8-10. By shifting my context to caring about my coworkers, I am able to maximize my caring in my work.

In my self-evaluation of "Connecting" at work, I realized that I have been working in an isolated environment, working in a solitary way on many of my own projects,

and working hours when others are not around, justifying that I am less distracted and more productive.

By shifting my work to more traditional hours and finding ways my coworkers can collaborate with me in my projects, I am generating happiness by playing in the work environment with people that I care about, and people that care about me.

*"**Committing**" at work, I found , was best measured by me giving my word and then following through by taking the actions that honor my word. The more I give and keep my word, the more my commitment to my coworkers and our mutual success is visible for us all to experience.*

*"**Creating Value**" My work creates value for my clients and for our company. By bringing the earlier three C's up to higher levels, value is automatically generated by the actions that my coworkers and I are taking together.*

*One of the immediate results of applying your tool in my work environment is a **\$37,000** contract that is approved by my client and was signed by our company President. I recreated this project as a collaborative effort of 6 coworkers and 3 subcontractors, when I was previously going to do most of the work on my own. Sharing the work is providing much more happiness and peace of mind than my previous way of being.*

The life circumstances that had impacted my work environment no longer have any impact whatsoever, as applying this tool has shifted the context and effortlessly created teamwork, efficiency, and happiness for myself and others."

Bob Pope Orange County California

Table of Contents

- ✚ Introduction—The SHOCK of my Life
- ✚ The Discovery of the Secret that Transformed Me
- ✚ The Context for Maximizing being Happy
- ✚ Confusion about what Love Means Rips You off!
- ✚ The 4-C Diamond Metaphor/Model/Paradigm
- ✚ Diamond Point One: **Caring** with your heart
- ✚ Diamond Point Two: **Connecting** with your soul
- ✚ Diamond Point Three: **Committing** with your mind
- ✚ Diamond Point Four: **Creating Value** with your strength

APPENDIX:

- ✚ Invitation to Play...(in the Happy Movement)
- ✚ My Favorite Quotes
- ✚ A Spiritual Perspective on Being Happy (T.H.E.O.S.)
- ✚ Oriental Medical Model Perspective on Being Happy

The **S H O C K** of my Life—NOT a “happy day!”

4:45 pm Friday August 10, 2007

It was down to the final moment of a tense stressful 3 week trial fighting the IRS (not too smart!). The verdict was coming. I knew I would win—my attorney told me so. He said they had a very weak case. I wasn't worried ...well maybe a little. My wedding day with Carol was on Monday in three days so I was excited about that.

“The jury finds Mr. Gebauer guilty....”

I am shocked and stunned. Two US Marshals are standing right behind me. I now discover why. They grab me. They handcuff me, and take me away.

I am not allowed to even speak to my shocked mother and to Carol my new wife—all over an income tax dispute that I tried repeatedly to settle with the IRS, but they didn't care about the money—they wanted only to win.

They won alright, and instantly, I lost everything including my freedom—**NOT** a **happy** day! Time in Federal prison was not on my calendar!



Three days later, I managed to escape my internal prison of depression. I became optimistic that I'd be out of Federal prison in a few more days.

Didn't happen.

But at least I had a good solid residual/retirement income from my business of 14 years with Mannatech Inc. of about a million dollars a year.

But after ten days in prison, I get a surprise shock letter from Mannatech's attorney (I had helped build it to over a billion dollars)—I was TERMINATED! The founder had promised me and others multiple times that they would NEVER take away my business, but they did. My business and income is suddenly gone with my house on the lake soon to follow. NOT a **happy** day!

I'm thinking that surely I'd be out in no longer than 30 days—I could handle that. Now it's three months. Four months. After eight months, I'm standing before the judge again. I'm expecting to get "time served." Instead I get sentenced to three years in Federal prison. The prosecutor wanted 20 years! Unbelievable. Another shock. Not fair. Not at all what I had expected.

For three years, I kept telling myself, "*what doesn't kill me will make me stronger.*"

Most of the time I believed it. And I survived and actually thrived for my 3 year "sabbatical" because I discovered a secret I'm about to share with you.

One of the best things that came out of this dark time of my life in Federal prison where I could have been sad, mad or afraid, was a revolutionary paradigm shifting concept, a profound secret that I discovered about how to be deeply **happy** when life is harsh, hard and not fair, when it seemed like even God had deserted me. Do you know the feeling? Maybe even today?

Prison was not meant to be a nice **happy** vacation, but that is exactly what I created it to be. I was able to do that because I got these distinctions, this "secret," that I'm about to share with you, because I believe it really is the MISSING key to the treasure of being **happy**. Isn't that what YOU want?



Ever wonder why most people aren't very **happy**? In a study of more than 10,000 participants from 48 countries, being **happy** was ranked as being more important than other highly desirable personal outcomes, including becoming rich.

Yet according to a new poll, less than a third of Americans rated themselves as "very **happy**." Do you wonder why?

No wonder the song "**Don't Worry, Be Happy**" by Bobby McFerrin has **30 MILLION** views on YouTube (<https://www.youtube.com/watch?v=d-diB65scQU>)! Go ahead and listen now!

The song "**Happy**" by Pharrell Williams has over **469 MILLION views!** (watch this delightful video at <https://www.youtube.com/watch?v=y6Sxv-sUYtM&feature=kp>). (**but it doesn't tell you HOW to be happy!**)

Like needing oxygen, we are driven to be happy, but for some reason, so many people are NOT happy—they are anxious, sad or mad!

But the real question is this...why aren't **YOU** as **happy** as you used to be or as you would like to be? So what are you doing about it?

Are you ready for a revolutionary quantum leap into the secret dimension of being DEEPLY **happy**?



What if you could enter the surprising invisible dimension where you can maximize and create being **happy** on demand?

Why live with worry or anxiety, or feel bad, sad or mad, if you can be **GLAD**, even if you are in a prison?

A prison can be anything—a disease, depression, poverty, anxiety attacks, bitterness, resentment. A prison can be anything that takes away your freedom to be fully alive and **happy**. *Most of the time, we put ourselves into a prison and then blame others for our loss of freedom and **happiness**.*

On a scale of 0 to 10, ten being the highest level of **happiness**, how would you rate yourself on the average? If it's not close to a ten, why not?

What's missing that if provided would put you back to a 9 or 10 where you belong, where you would be maxing out your **happiness**?

How do you become more **happy?**

Many people seem to think that they can "find" **happiness** as if it existed out there somewhere, like it was finally finding the "ocean of **happiness**" and then just jumping into it!

But the fact is that **happiness** is not a state of mind or a decision or a choice as some claim. **Happiness** is simply the natural emotion you generate automatically when you experience or anticipate something good.

For emotion to exist, it must have a **context**. The best context for fish is water, for birds is air, for lions it is a jungle, for people, it's love.

The context necessary for anger is injustice, for sadness it's loss, for fear it's the **anticipation of PAIN**. Meaning is ALWAYS determined by context (the surrounding circumstances, information and perception).

The necessary **context** required for **happiness** is the **anticipation of GAIN**. Gratitude is simply being happy (for something we perceive as good) *while giving credit to another person*.

So to have what everyone wants most, to be **happy**, you simply have to create the proper **context/perspective** of anticipating **gain**. When you do, you generate **happiness** automatically, instantly, on demand. Sound good?

So what is the actual specific ideal internal **context** you need to create in order to generate the maximum possible **happiness**? It's the "red pill!"

*Once you "download" this revolutionary secret/paradigm/context (the "red pill") into your mind, you will be immediately upgraded to being **happy** more of the time with greater depth and fulfillment and maximized **happiness**!*



So do you want the blue pill or the red pill? (2 minute video clip from *The Matrix*: www.tinyurl.com/BlueorTheRedPill) ["This is your last chance. After this there is no turning back. You take the blue pill: the story ends, you wake up in

your bed and believe whatever you want to believe. You take the red pill: you stay in Wonderland and I show you how deep the rabbit hole goes." – Morpheus]

The "red pill" has become a common phrase that signifies waking up from a "normal" life that is mostly illusion, and coming into the real world.

*Why not take the "red pill" so you can make YOUR escape from your prison of unhappiness, and learn the secret to creating being **happy** on demand?*



The **SECRET** "red pill" to being **happy**—that resides deep in your soul, that bubbles up out of your heart and shines like a blazing bon fire warming the hearts of others around you—is found and experienced by embracing the dynamic context/paradigm of **4-C Diamond Love**.

Would you agree that "love" is a key element to being **happy** and having a fulfilling meaningful life? And everyone wants love too, right?

But if everyone agrees on that, why is being **happy** still so elusive for most people if it is that simple? Isn't it almost like trying to find that phantom pot of gold at the end of the rainbow?

What if the problem lies in our perception of love being FAR too vague and incomplete? The result is that for most people, "love" is missing, fleeting, or it's so weak that it does not really add that much **happiness** to your life.

Many are looking for love in all the wrong places, but what if the bigger problem is that people don't really KNOW what love is and how to create it?

What if as a culture, we have LOST the clear understanding of what love is, and as a result, without the proper *distinctions* of love, have **lost access** to fully experiencing it and the way to maximize **happiness**?

If "love" were like the chair in which you are probably sitting in right now, how well would it work for you if your chair had only one good leg, or the other three were different lengths or missing entirely?

I say this is exactly what has happened—in over simplifying love and downgrading it to just a feeling we have lost the full understanding, experience and functionality of real love. The love of which most people

love is either just a feeling of pleasure, is incomplete or not even real love at all, regardless of what you call it.

It's like driving in a thick fog, trying to see the car in front of you!

So what does "love" mean to you? How do YOU define it?

It's not just the culture that's lost the meaning; even our dictionaries offer an incomplete, inadequate and I think misleading definition of love. Here is a typical dictionary definition of love:

- ***A feeling of strong or constant affection for a person***
- ***An attraction that includes sexual desire: the strong affection felt by people who have a romantic relationship***
- ***A person you love in a romantic way***

So clearly, in our culture, and for most everyone, love is merely a **FEELING!**
How solid or stable or lasting is ANY feeling? Isn't that like trying to build a house on shifting sand instead of a solid rock?

Ever hear people use the word "love" like this?

"I love pizza"
"I love football"
"I love shopping"
"I love ice cream"
"I love steak"
"I love my car"
"I love my cat"
"I love to travel"

"I love the ocean"
"I love my children"
"I love video games"
"I love my wife/husband"
"I love sleeping in on Saturday"
"I love tennis"
"I love God"
"I love my dog"

For the most part, what people really mean is that "pizza" or whatever they say they love, makes them FEEL good, particularly feeling **happy**.

I say that this is a dangerously incomplete, shallow and distorted concept of love that leaves you confused and holding an empty bag. **Happiness** is a feeling we generate when we enjoy or anticipate good/gain, but love is not actually even a feeling or affection. The first of the four elements of love can be a feeling, but that's like thinking that one tree is the whole forest!

So are you ready to learn the secret of the four distinctions of full mature love, that I call "**4-C Diamond Love**" that can maximize your being **happy**?



I am very excited to introduce you to the 4-C Diamond Love metaphor because it expanded my world in a dramatic way, and I know that it can open up a whole new world for you too of **happiness and fulfillment!**

As you probably know, all gemologists and jewelers around the world use a standard criteria of 4 “C’s” to objectively determine the value of a diamond:

 **Color**

 **Clarity**

 **Cut**

 **Caret** (weight)

These four C’s provide us with a new dynamic way to look at and understand the essence and function of love so that it is **accessible** and practical because they parallel the four C’s of mature love.

These four C’s of love, like the four legs of a chair or your four fingers, create the **context** (context determines how you look at things) that allows you to maximizing being **happiness**.

“When you change the way you look at things...the things you look at change.” Wayne Dyer

“You know that tingly little feeling you get when you really like someone? That’s common sense leaving your body.” Author in hiding!

Here is a chart that shows the correspondence between the 4 C’s used to determine a diamond’s value and the four C’s that comprise love and create the **context** for maximizing being **happy**:



DIAMOND

LOVE

Loving With

Color	Caring (the color of love)	Heart*
Clarity	Connecting (clarity comes from connecting)	Soul*
Cut	Committing (cutting away the other options)	Mind*
Carat (weight)	Creating Value (the weight/action of love)	Strength*

* The greatest commandment is to love God with all our heart, soul, mind and strength—Deut. 6:5; Matt. 22:35-40; Mark 12:28-31; Luke 10:25-28.

Here is a short overview of the four C's of Diamond Love model you will be using from now on to create the necessary context for being **happy**.

1. * **CARING**—enough about yourself, your future, and others to take action that enriches and makes a meaningful difference
2. * **CONNECTING**—to your heart and with others in such a way that the other person feels appreciated/valued and important with a sense of oneness; accountability
3. * **COMMITTING**—cutting off the other options...having the attitude of doing **whatever it takes** for the well-being of another person;
4. * **CREATING VALUE**—this is where love shows up in the world: in

action with serving, giving and making a meaningful difference



If you are a lady, think of this 4-C Diamond analogy as a Diamond in a ring on your finger.

Caring is the first point of the diamond, connecting is second point, committing is third point and creating value is the fourth point. You got the point, right?



So when you have a diamond

ring, you have scored, right? You're **happy**!

When you care and feel cared for, you have really scored! Would you agree?



If you are a man, you can think of this 4-C Diamond model as a baseball

Diamond, where in order to score, you have to make it around ALL four bases.

Caring is the first base, connecting is second base, committing is third base and creating value is the home plate. It's

great to get to first, second or third base, but you don't really score a point until you get around all four bases, right?



The best home run is when the bases are loaded! We call that a Grand Slam! So not only do YOU score, but you bring in three of your team members so you all score together! Now that's a good play, right? And you're **happy**!

In life, when you live a 4-C Diamond-Love lifestyle, you've really scored! Big time! You're a star and EVERYONE wins!

When you DON'T have 4 C Diamond Love as your internal **context**, it's like being a fish out of water, or a lion being trapped in a cage. But if you live in this internal **context** of 4 C Diamond love, it's like being the lion escaping the cage and back into its **ideal context** of the jungle.

Your **ideal context** for really living and maximizing being happy is 4-C Diamond Love! Ready to learn how to really upgrade your life? Keep reading!

1. CARING

Everything good in life starts with caring

If you don't care, nothing good will happen! You must care deeply, about what is best for you, for your family, for your future and about others.

Caring is the first element of diamond love like "color" is the first criteria of determining the value of a diamond.

Caring is compassion, and for your caring to have maximum impact, you need to not only feel it, you must EXPRESS it—say it and show it. You have more impact and influence when you are **expressing** your heart in caring.

For ladies, caring is the first point of a brilliant beautiful diamond on a finger! For the guys, caring is getting on first base, with three more to go to score!

The *source* of happiness is NOT things, stuff, success...it's a **context** of a 4-C Adventure starting with "Caring"...so care and show it!

When I was in Federal prison, I guarded and cultivated my capacity to care, and resisted the temptation to be upset, resentful, angry and bitter in a harsh hostile environment. I developed and directed my caring to the few remaining people on the outside who showed that they cared about me. I hand wrote a letter to my wife Carol everyday—over a 1000 letters.

As my caring became deeper and stronger, displacing hidden dark pockets of arrogance and pride with humility, I became happier and happier. I was **happy** in the moment, as well as being optimistically happy about being reunited with my wife Carol someday. Her daily caring was oxygen for me, and my daily 10 minute phone call with her was oxygen for both of us. We thrived and were **happy** bathing in the healing life giving waters of caring, as the first element of 4-C Diamond love.

If you really don't care about people that much, being more calculating than caring (like a computer), then you're not acting fully human—you are betraying your true nature, like a lion or eagle imprisoned in a cage.

You are ripping yourself off—you are not fully alive, and your heart is dead as will be your ability to experience any real depth of being **happy**.

When caring is missing, on either the receiving or giving end, you are living in a desert. Life does not work very well. It's impossible to be very **happy**. It's like wandering in a hot dusty desert with no water!

Without caring, or even a low amount of caring about another person's well-being, it's like sitting in a chair that's missing a leg—how stable is that? How secure would you feel sitting in that kind of chair?



One of the ways you CARE, beyond just feeling it, is to SHARE. In this caring dimension of 4-C Diamond Love, you are sharing your heart, which means you are sharing your feelings—you are authentically vulnerably sharing WHO YOU ARE...the good, bad and ugly and how you see life.

Yes, caring is risky, because you may not be appreciated. You could be taken for granted. You could be misunderstood. You could be viewed as weak. You could be rejected. In fact, life is so risky, no one gets out alive!

And if any or all of this happens (and it's inevitable that it will), what does it really mean? It really does not inherently mean anything...other than what you say (make up) that it means.

Why would you allow what someone does or doesn't do determine your character or your level of caring, and consequently your happiness?

Some people say, *"WHY should I care when others don't care about me?"*

First of all, I say you are designed to care—life void of caring is not being fully alive. It's being partially dead.

Actually, you don't have to care, but if you don't, it will be like settling for being not fully alive. Not caring stops you from showing up in life as a person of love, and most likely will be a thick wall that keeps the potential caring from others at a distance. It puts you in a virtual desert. It's like cutting off your index finger or one of your legs—you are now disabled!

So how is that working for you?

Sure, it's easy to care when everyone is nice and things are going your way. It takes a context of integrity, strength and courage to care when people are jerks and life is not fair.

If someone says, "Who cares?" you can respond with "I DO!"

Many people are so stuck in feeling stressed, hurt, anxious, or sad or mad,

that they have disabled themselves in their ability to care. They may act caring sometimes, but their programming does not allow them to care much.

But YOU don't have to be that way. You can deprogram anything and reprogram yourself to be very caring if you commit to doing that.

Declare yourself to be caring and create an **internal context/mindset** for yourself of being a caring person, because honestly that's WHO YOU ARE!

That's your true nature underneath all your protective armor, acting and walls. So to not care, is to deny and betray your real self! It's being an "imposter," ripping yourself off of the **happiness** you could have had.

So I invite and dare you to care without any inhibitions SO THAT you can be fully alive and far more deeply **happy**! Why not? Why not now?

QUESTIONS TO ASK MYSELF:

1. On a scale of 0-10, how willing am I to care full out and express it?
2. Who do I care most about?
3. Who cares most about me? How does this enrich my life?
4. On a scale of 1 – 10, my level of caring with my spouse is _____.
5. On a scale of 1 – 10, my level of caring with _____ is _____.

Physical Gesture (a Ritual) to Reinforce the Caring Dimension of Diamond Love

Close your eyes. Release any stress, irritation, frustration, anger, worry and anxiety. Stretch your arms out in a welcoming gesture, opening your heart demonstrating your caring heart. Imagine someone who cares about you opening their heart to you, inviting you to a warm embrace. How does that feel? Intensify that feeling, letting it nourish your sense of value and being loved. Say to yourself, **"I am SO happy that I am a caring person!"**

Caring



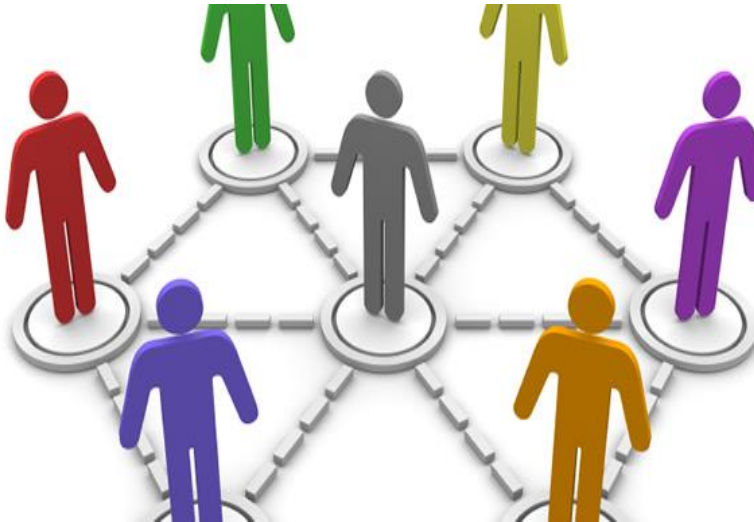
Creating Value

Connecting

Committing

2. CONNECTING

Everything worthwhile in life starts with connecting.



This second “C” of 4-C Diamond Love is absolutely essential to being **happy** because without this connecting dimension of love, it is just impossible to have the full measure of being truly **happy**. Connecting to another person’s soul or heart starts with a desire

and commitment to connect and bond.

Connecting is fundamental for life and for love to really be fully alive. Being fully alive and human requires relationships which requires KNOWING the person, which requires connecting on multiple levels, and especially on a soul to soul level. In quantum physics, energetically, we are all already connected, but we create an illusion and experience of separateness, and to some degree, make that separation real so that we need to “reconnect.”

Being disconnected results in no love or shallow love, which reduces your being **happy** to a dribble. Without connecting, really knowing the other person deeply, what people call “love” is merely a nice but temporary feeling that leaves you ALONE, DIS-connected, weaker, more susceptible to low self-esteem and not feeling valuable and important. You don’t even live as long.

Many studies indicate the perhaps the number one factor in how long you live is your social connectivity. One study found that people who attended church or a club weekly lived an average of 8 years longer. So the more connected you are, the longer you live! That itself should make you **happy**!

*“So many believe that it is love that grows, but it is the **knowing** that grows and love simply expands to contain it. Love is just the skin of **knowing**....”*
Papa (God) in The Shack (p. 155).



Read these words from the popular song, "Everything I do, I do it for you"...

Look into my eyes you will see

What you mean to me

Search your heart, search your soul

When you find me there you'll search no more

Don't tell me it's not worth trying for

You can't tell me it's not worth dying for

You know it's true

Everything I do, I do it for you

Did you notice the element of connecting in the first and fourth lines?

This is one of the important and fundamental ways we can connect...looking, gazing into the soul of another through their eyes. Clearly this is far beyond physical sight. It's connecting with another priceless man, woman or child, touching their invisible soul.

In this almost mystical connection, we experience this 2nd C of Diamond Love. The natural effect of this connection is being **happy**.

With our words, we can connect deeply as well. That was my experience with my wife, Narine three years ago in 2011. 1000 miles apart, we talked for 2-6 hours a day which created a deep connection over the phone without ever seeing each other. Eventually I knew I had to take our connection to the next level of being in her presence and connecting visually. That's exactly what we did, and a month later we married.

Connecting is easy to do, but it's also easy NOT to do. Being too busy is our biggest enemy to connecting, along with anger and anxiety which blocks all

4 elements of love. Merely connecting physically without connecting emotionally gives us only short term happiness.

But if you are not connecting, i.e. you are disconnected, you are incomplete, and unable to experience full love and its natural effect of being happy.

In the chair analogy, missing or having a weak connectivity with people, especially your spouse, is equivalent to missing one of the legs of your chair! Is that the kind of chair you want to be sitting in? Not a **happy** place to sit!

In sales, sometimes people pretend to connect. I've even caught myself looking for common ground so as to build trust and rapport, only to later realize it was a subtle form of manipulation instead of authentic connecting.

Do you know people who pretend to care and connect for their agenda? When was the last time YOU did that? How often and how much do you do that?

What is the real price you pay for being shallow and not really connecting?

Without authentic heart to heart connecting, love is, at best, immature and incomplete, and at worst, your "love" is only an illusion or pretense.

But when real connecting lives with real caring, you have real **happiness**. Once you blend these first 2 C's with the next two C's in Diamond Love, you maximize your **happiness** and fulfillment.



QUESTIONS TO ASK MYSELF:

1. On a scale of zero to ten, how willing am I to connect to another

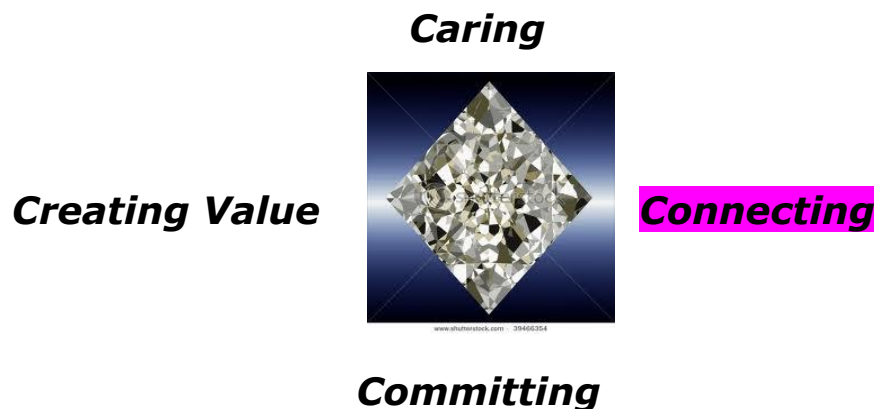
- person? _____ How important is it to me?
2. With whom am I already most connected? _____
 3. What can I do to connect or connect more deeply?
 4. Who is most connected with me? _____
 5. How would I rate that connection with ten being the highest? ____
 6. How does this enrich my life?
 7. On a scale of 1 – 10, my level of connecting with my spouse is _____.
 8. On a scale of 1 – 10, my level of connection with _____ is _____.

Physical Gesture (a Ritual) to Reinforce the Connecting Dimension of Diamond Love

Close your eyes. Release any feelings of anxiety, sadness, worry, frustration and anger—just let it go. Gently hug yourself so as to create a deep internal connection between your heart and mind. Feel totally connected and integrated within yourself. Feel and enjoy the peace and tranquility.

Now vividly imagine someone who cares about you looking into your eyes with total acceptance and admiration for several minutes. Feel that soul to soul connection becoming deeper and deeper. Amplify that feeling even more, letting it be like a fountain of pure water bubbling out of the ground. Now see yourself receiving a connecting hug from this person.

Say to yourself, ideally out loud, ***"I am SO happy that I am a connecting person!"***



3. COMMITTING

Everything great in life starts with commitment.

"Success is like wrestling a gorilla. You don't quit when you're tired—you quit when the gorilla's tired" Robert Strauss

Committing is the third dimension of the four essential "C's" in Diamond Love, which is the context and foundation for being [happy](#).

The third "C" in gemology is the "cut." The "cut" is the angle at which the diamond is cut which determines how much light is reflected through the top of the diamond which determines its brilliance. A poorly cut diamond will be larger, but will not be as brilliant because there is less light coming out.

In Diamond Love, the "cut" is equivalent to commitment because in committing, you are CUTTING away the other options.



Most people get faked out with thinking that happiness and success is simply in figuring out what they want and then writing it down as goals. Goals very often can be more a point of embarrassment than a point of empowerment. This will be true most of the time if they lack the critical dimension of **commitment**.

Wanting, desire and decision have the *feel* of power, but in reality, they are all weak and impotent:

- ✚ Root meaning of "want"—to be without, lacking, destitute, wish
- ✚ Root meaning of "desire"—to long for, wish for, crave, covet, want
- ✚ Root meaning of "decide"—to cut off, separate, to kill off (the other options)

Even decision is not a positive word in its origin. “De-**cide**” comes from the same root word as do these words: sui**cide**, homi**cide** and geno**cide**!

Besides, “decision” is not an opening or a promise for action.

If ten birds are sitting on a fence and one decides to fly off, how many are left?

Probably all ten—deciding does not automatically result in taking action!



There is NO POWER in wanting, wishing, desire or deciding. Zero!

Everyone WANTS to be “rich and thin” and most people have decided many times to do just that. But so what—it doesn’t always mean anything! “Wanting” does not create action—it is only the first step toward action.

Desire or wanting creates an OPENING for action, but not the result itself!

Desire without commitment is delusion. The Power is in the PROMISE!

- ✚ The root meaning of “Commitment”— “together” + “to send” (as on a mission)
- ✚ The root meaning of “Promise”— “forward” + “to send” (as on a mission)
- ✚ What is the source of commitment or promise? We simply create it by saying it! We declare it.
- ✚ For others, we create commitment by simply asking them to make a commitment or promise to us, which then empowers them toward action.

WHAT INTERFERES MOST WITH MAKING A COMMITMENT?

It's the **FEAR** of getting hurt (a disempowering interpretation) or the **FEAR** of not being adequate or good enough that keeps people from committing. It's an emotional **DUI—Driving Under the Influence...of FEAR**.

Without committing, there is no solid love. This results in only shallow fleeting happiness. Fear can hijack your happiness in a nano-second.

Because of this **FEAR** acts as a wall or protective barrier, very few people are able to be fully committed to others and their well-being.

But in a broader way, I say that everyone, including YOU, is already fiercely committed and there is no lack of commitment at all for anyone. The real issue is this: to **what** are you really committed?

People are universally, to one degree or another, very committed to:

- **Being right and avoiding appearing wrong**
- **Looking good and avoiding looking bad or stupid**
- **Playing safe and avoiding risk and pain**
- **Avoiding being dominated or being in control to avoid control**

These commitments are all **DUI's—Driving/Living Under the Influence** of feeling insecure—so we compensate. This does not leave much room for being committed to another person's well-being, because there is a possibility of not being right, "failing", not looking good to your friends, being rejected, etc. which could cause "pain." For most people, "emotional pain" is to be avoided at all cost, even it costs your own happiness.

So with these competing commitments already in place, the commitment (of 4-C Diamond Love) must be so much stronger that it over rides the self-oriented fear based commitments already in place. This is why it's more important to focus on empowering someone in the broadest way possible than to just go through the motions, including even the mechanics of getting agreements and commitments, which are empowering in a different way.

The DARK dangerous side of commitment is when we are unconsciously "committed" to living in our past memories instead of living in the present moment. Even though the past does not even exist, and therefore cannot cause any real pain, we fake ourselves out to think and live as if it is still real, and with our imagination create it to be a source of perpetual pain.



When we commit to one thing, by definition, we CUT away something else. Do you want to maximize your happiness? Then you need to CUT yourself loose from your emotional links to the past—keep the memories in their files, but don't keep staring at them as if they were still happening!

If you make the deadly mistake of not cutting off your emotional connections to the past, you're guilty of a **DUI**—**Driving Under the Influence** of the emotions from the past!

When you have this kind of DUI, you automatically will be CUTTING off love, life and your own happiness which can only exist in the present.

So real committing to a better life requires you to CUT the emotional link to past memories SO THAT you can commit to something that actually does exist: the here and NOW...because the present moment is the only place in which you can love, be fully alive and happy!

How strong would your grip be if you were only using a couple fingers? Pretty weak, right?

How well would your life work if you lived using only two or three fingers, in other words, only two or three of the 4 C's of Diamond Love?

In the chair analogy, missing or having a weak commitment is equivalent to missing one or even two or three of the four legs of your chair! Is that the kind of chair you want to be sitting in? How secure is that?

So in what ways are YOU willing to love in terms of **committing?**

Without commitment, you can NOT have maximum or mature love. And without mature love, you will never have much happiness.

It's like trying to build a house on soft sand of "we'll see how it works out" instead of a solid rock of "doing whatever it takes".

If you realize that your fear of getting hurt or failing is in the way of you committing, I recommend you just choose to let go of the fear. Try it now!

If you can't do that, then just relax, let the fear be there, feel the fear, and commit anyway, because too much is at stake to live a small life void of love and happiness which fear prevents.

So on a scale from 0-10, how committed are you to the well-being of the people with whom you have relationships? ____

Be honest! If it's not a ten, what is missing that would take you up to a ten?

Say this out loud every day to strengthen your commitment "muscle":

"Over, under, around or through...whatever it takes, I WILL DO!"

QUESTIONS TO ASK MYSELF:

1. On a scale of zero to ten, how willing am I to commit to what is best for another person? _____
2. With whom am I most committed? _____; at what level? _____
3. Who is most committed to me? _____; at what level? _____
4. How does this enrich my life?
5. To what causes or goals am I most committed in my life?
6. On a scale of 0 – 10, my level of committing to the well-being of my spouse is _____ (not just the commitment to stay together)
7. On a scale of 0 – 10, my commitment with _____ is _____.

Physical Gesture (a Ritual) to Reinforce the Committing Dimension of Diamond Love

Close your eyes. Place your right hand over your heart to signify that you are committed with all your heart as in the Pledge to Allegiance to the flag. Now visualize a trusted friend placing their hand over your hand that is still over your heart to symbolize their commitment to you and your well-being. Intensify that feeling of security and being valued that comes from commitment (although commitment and determination is actually created in the mind, it is only energized and sustained by the emotions of the heart). Say to yourself, ***"I am SO happy that I am a committing person!"***

Caring



Creating Value

Connecting

Committing

4. CREATING VALUE

I say what counts most in life is Creating Value because that is the whole purpose in life. Creating Value is the action element of 4-C Diamond Love! It's the full manifestation of love. Without creating value, being happy is merely a short term shallow experience.

CREATING VALUE NOW

The internal context of **Caring, Committing and Connecting** will not do much good for you or anyone until you complete the four C's of the Diamond analogy with the fourth dimension of **CREATING VALUE**.

Creating value is where we really create and experience the "**WOW!**" in life.

While caring, committing and connecting inherently create value, the MAIN event is in the physical world, which is creating value in the lives of others in both intangible and tangible ways.

"We must put love into action. Where? In the family first, and then for others." **Mother Teresa**



Creating value is the fourth leg of your chair. If this leg is missing, or "broken", how well is that chair going to work for you? Even with three good legs, would you keep a chair with one short, broken or missing leg? In the same way, can what we casually call "love" really be love if it is missing this 4th C of creating value? What do you think?

Creating value corresponds to the “Carat” measurement of a diamond, which is a measurement of its physical weight. So creating value in life is the actual physical “WEIGHT” of and a critical MEASUREMENT of mature love, which creates a rock solid foundation for being happy.

Even small acts of kindness are important, because it is the IMPACT on the other person that counts more than what you actually did.

Every act of creating value is like giving someone a gift of a diamond. It’s sourced out of YOU being a valuable 4-C “Diamond” yourself which is dependent upon seeing yourself as a valuable diamond.

When you create value for another person, it affirms YOUR inherent value, because **value can only come from value.**

You are *already* creating value for at least yourself continuously, and to some extent for others too. The real question is HOW MUCH VALUE am I creating?

Eating junk food creates the value of short term pleasure and maybe the value of saving you some time. But it’s tiny value that in the end will cost you more than you can afford to pay—maybe cost you your life!

Even using dangerous drugs creates some short term value, but it’s totally self-serving, benefits no one else and can really cost you a lot long term!

If you worked for \$5/hour, that’s *some* value. If you earn \$100/hour, well, that’s more like it, right? The MORE value you create the better!

If you say good morning to your wife, that creates some value (vs. ignoring her). But if you add eye contact, that creates even more value. If you give her a kiss and hug, that’s even more value, right? Plus if you say “I love you and I appreciate all that you do for me,” that’s creating even more value.

The more value you create, the happier everyone is—does that make sense? *“A happy wife makes a happy life.”*

So why settle for creating a little bit of value instead of a lot? Why not do all you can to make a difference in creating value? Everyone wins, right?

So if you are not creating much value for others, you are coming from a mindset of being “small” and the **FEAR** of being inadequate or worthless. You are also eroding your own internal sense of value and self-worth, which disempowers and disables you even more from creating value in the future.

So the beginning point and source of creating great value for others is to

SEE yourself of great value and as one who **CREATES** real value for others. Here is a visual example of a **REALLY** valuable physical diamond!

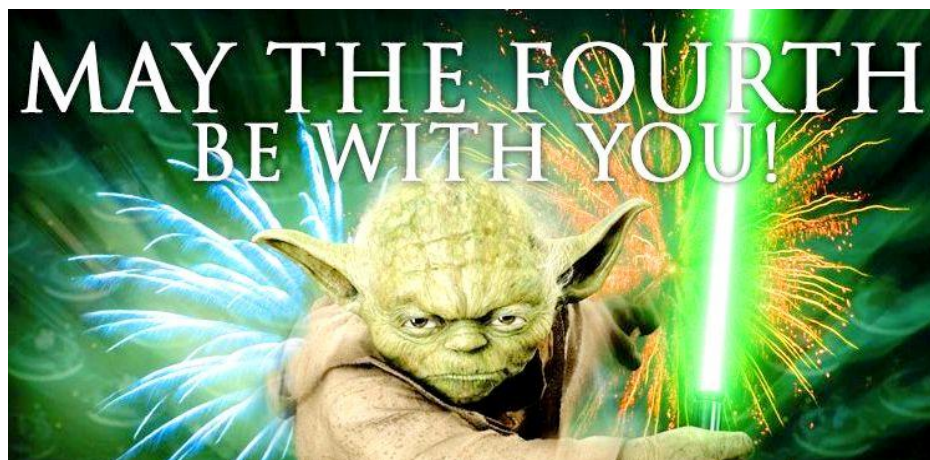


This Archduke Joseph Diamond just sold for \$21,474,525. It's a **76 carat** diamond, with perfect color and internally flawless clarity. It came from the ancient Golconda mines in India. Named for Archduke Joseph August of Austria, the great-grandson of both a Holy Roman emperor and a French king, the diamond passed to his son, Archduke Joseph Francis.

That is what **YOU** are—a precious diamond of priceless value. But unlike a physical diamond that cannot create new value, you are a **LIVING DIAMOND!** You can and **MUST** create value to be fully alive and human. To do otherwise is to be functionally subhuman, and not fully alive—sort of like a dead battery!

But as a living dynamic 4-C Diamond, by using the 4 C's of Diamond Love, you can "love/jump start" a "dead diamond" so that they too can create value for others, and not merely for themselves which makes you and the other person happy or happier.

For the ladies, this fourth point of creating value is what makes your internal diamond complete, beautiful and brilliant.



For the guys, this fourth point of 4-C Diamond Love (creating value) is like

the baseball diamond home plate—this is where you score! This is where love becomes tangible. Creating value is the ACTION stage of both love and life, and is the solid necessary foundation for being happy.

In creating value, your mental positioning or mental POSTURE needs to be that of a servant and a lifeguard. Your goal is not to GET something from someone, but to see yourself in a position that you are able to GIVE something of great value to them.

Here is another portion of the song, “**Everything I do, I do it for you**”...

Look into your heart you will find
There's nothing there to hide
Take me as I am, take my life
I would give it all, I would sacrifice

Don't tell me it's not worth fighting for
I can't help it, there's nothing I want more
You know it's true
Everything I do, I do it for you

While this song includes the first three C's of Diamond Love of **Caring, Connecting and Committing**, the real focus, *where life really happens*, is in **Creating Value**, in the “**Everything I DO, I DO it for you!**”

The action of creating value can be verbal as well as physical. E.g. one of the fastest and easiest ways to instantly create value is to truly BELIEVE in someone, and actually SAY to them, “I BELIEVE IN YOU!” For best results, rinse and repeat—that is, say it frequently! Just make sure you mean it and your actions are consistent with what you say.

The MAJOR impact of saying, “I believe in you” or “I appreciate you” is ENERGIZING and INSPIRING them with your positive optimistic energy.

And even tell yourself, “I believe in ME!” Most likely others believe in you, but even if not, you got to believe in yourself if you are going to create much value. In fact, I also tell myself that GOD believes in me, and most of the time, I really believe it. This empowers me to believe in myself which empowers me to create more value, which makes me more of a loving person, which dramatically generates deep happiness.

Here's an important question for you I got from my friend Brian Klemmer:



"Do dogs love bones?"

I bet you said, "of course dogs love bones."
I say, dogs don't really love bones—they
settle for bones.

So my question for you is this: why **settle**
for a life that is not full of Diamond
Love...**Caring, Connecting, Committing**
and Creating Value?

If you really want to be the happiest person you know and maximize yours and others' full potential for being happy, I invite and urge you to embrace and learn to live the four C's of Diamond Love by being fully alive with ***Caring, Connecting, Committing and Creating Value.***

The AAA Way to Create Value:

Here is a tool that I created that I use daily that works really well for me!

✚ **Attention**

✚ **Appreciation**

✚ **Affirmation/Admiration**

Give **ATTENTION**. Pay attention to possibilities of how you can create value! Stop, Look, Listen and Observe...what opportunity already exists, or how can I create an opening to do something good for this person, i.e. create value?

Rick Warren states in his wonderful book, which I've read five times, Purpose Driven Life, that the way to spell "LOVE" is "TIME!" I really like that. So take TIME to give your attention. Even just being WITH someone, before you say or do something by itself creates value because just taking time conveys that this person is important.

Give **APPRECIATION**. First, FEEL appreciation in your heart for _____. Then SAY that you appreciate something about them or what they did. E.g. "I appreciate that you are so understanding (or wise, smart, patient, kind, that you forgive me, etc.)" or "I appreciate that you made such a great meal for me and the family! It's an A+ meal...again! Wow! You're great! Thanks!"

Give **AFFIRMATION/ADMIRATION**. The world tears us down—we need others to build us up, starting verbally. E.g. “You’re really good at____” or “I enjoy being around you because....” Or “You are special to me—there’s no one like you!” or “I really admire how you_____” or “I felt proud of you when you _____.”

When you come from this triple A point of view, you generally will be living ALL FOUR of the C’s of mature Diamond love. You are caring, connecting, committing as well as creating value. The automatic result of this is that you are maximizing being happy, for both yourself and for whomever you are interacting with, which makes it a really good win-win!

Here are some specific ways to create value for yourself and others:

1. Ask yourself (or God), “what can I do today that would likely cause _____ to feel **appreciated** and happy?” Listen, and then just DO IT!
2. Ask, “What can I do for you today to help you feel happy or loved?”
3. Smile 20+ times a day—it’s a gift. Laugh, play, enjoy life!
4. Ask questions about a person’s life; listen with caring and connecting
5. Take care of your temple (body) by living a healthy lifestyle, including getting enough sleep, sunshine, movement (vs. sitting), water, healthy fat (nuts, coconut oil (3-4 tablespoons/day), avocado, seeds and no vegetable oils), less stress and worry, less sitting, less (ideally NO) sugar or high glycemic foods (such as potatoes, corn, wheat, rice or most anything in a package), more eggs, berries, vegetables, home fermented foods and sprouts (buckwheat, lentils, sunflower, mung).
6. Stop sitting so long (VERY harmful)—stand up (for the health of it), and bounce on a ball or the floor every 15 minutes for 10-30 seconds.
7. Give someone flowers...A research study conducted by Nancy Etcoff, Ph.D., of Massachusetts General Hospital and Harvard Medical School aimed to discover why flowers are such a popular gift for women. The study concluded that flowers positively affect human behavior, causing people to be more compassionate and feel happier when fresh flowers are around.
8. Meditate and pray; breathe more slowly; let go of “the past”
9. Reflect on your blessings, what’s good in your life; feel appreciative, grateful and thankful; say “thank you” out loud 10-20 times a day
10. Being transparent, vulnerable and open, sharing your feelings (when you had stress (usually fear based), felt sad, mad or glad/happy)
11. Volunteer work once a week; Donate blood every 60 days
12. Go for a walk, ideally with your spouse, child or a friend

13. Write in your Journal everyday (what you did, your feelings, your struggles, your wins, what lessons you learned, what you appreciate)
14. Take a class; learn a new skill or hobby
15. Do something, *anything*, that is congruent with the AAA's and the 4 C's of caring, connecting, committing and creating value



“What about NOW?”...what about living the 4-C Diamond Love starting NOW? Be touched, moved and inspired by this 4 minute music video by Daughtry, “What about Now” at <http://youtu.be/roDXSHSEuoo> (I invite you to watch it now!)

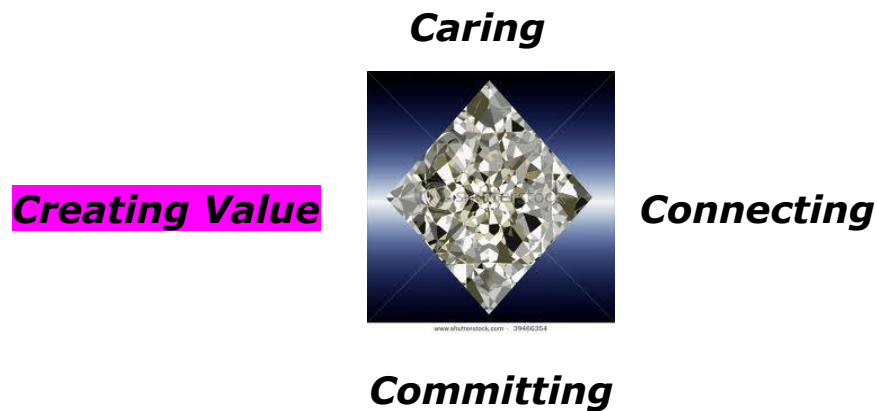
QUESTIONS TO ASK MYSELF:

1. On a scale of zero to ten, how willing am I to create value for another person? _____ How important is it to me?
2. For whom am I creating the most value? _____
3. Which people are is creating the most value for me? _____
4. How would I rate that creating value with ten being the highest? ____
5. In what ways does this enrich my life?
6. On a scale of 1 – 10, my level of creating value for my spouse is ____.
7. On a scale of 1 – 10, my level of creating value for _____ is ____.
8. On a scale of 1 – 10, desire to be creating value in the world is ____.

Physical Gesture (a Ritual) to Reinforce the Creating Value Dimension of Diamond Love

Close your eyes. Extend your hand out with your palm up, turned slightly in, symbolizing giving a helping hand that is creating value in doing something good for the other person. Amplify the feeling of satisfaction and fulfillment in your heart knowing you are making a meaningful difference for another, and indirectly for yourself.

Say to yourself, "***I am SO happy that I am a creating value person!***"



Thank you for investing your time into reading this. To create the maximum value for yourself, I urge you to read this short book 3 times over the next three days—can you do that, not for me, but for YOU, your family and your better future? It is just impossible to get the full value from reading it just once. I’ve read it many times myself, and even as the author, I get value every time I read it and I know you will too. Trust me on this! It gets in deeper and it becomes easier to live this, and you WILL BE MORE HAPPY!

After you’ve read it three times, then I highly recommend that you read some portion of this booklet every day for 30 days. Share with others how YOU are getting value from it. Sharing reinforces and makes these 4-C Diamond Love dynamics even more real and permanent in your life.

If you really want to put Diamond Love into practice at a higher level, and further maximize your being happy, join me in this crusade / movement that you will read about on the next page!

Thank you!

INVITATION TO JOIN THE SECRET TO HAPPINESS MOVEMENT

Paying Forward the Gift



Now that you know **THE SECRET** of being **HAPPY**, I invite you to join me in creating the **RIPPLE EFFECT** by doing two things:

1. **LIVE** it yourself so that you can experience this 4-C Diamond Love as the primary **CONTEXT (DUI)** in your life so that you can be fully alive, *maximizing being happy!*
2. Join me and thousands of others in this global **MOVEMENT** to spread/ripple this **SECRET / Gift** to everyone you know so that we can touch and transform 100 million lives. It's my **Gift**

from my heart to yours and it will be your **Gift** from your heart to everyone with whom you share it.

Let's look at this as a "ripple effect" game. Within just 30 days, if 100 of us join this 4-C Diamond Love Movement / Crusade (there's no cost join) and pay it forward by sharing this secret/gift with 100 people who in turn share this gift/secret with 100 others (the ripple effect), together we will have IMPACTED and ENRICHED the lives of a MILLION people!

Wow! That's a MILLION lives who are now enlightened and empowered to be HAPPY because they are fully living a life of 4-C Diamond Love on a whole new level! Wow!

What if those million paid it forward to just 100 each? Now we've touched and impacted 100 million lives! Does that inspire you?

Imagine...what kind of impact this could have on our world in making it a happier more loving secure world?

With your help, we can make the world a better place, and YOU will have played your part in making a global difference to make this world a happier, better, safer and more loving place! Don't we all deserve a better world? Thank you for starting your Ripple of Love!

Free download of this book is available at www.SecretToBeingHappy.com



Ray Gebauer is a Holistic Health Doctor (non-licensed), kinesiologist, psychologist, student of quantum physics, speaker, educator and author of seven books including How to Cure and Prevent Any Disease and The Single Cause and Cure for any Health Challenge. My passion is to help you be happy and healthy by applying 4-C Diamond Love in every area of your life, and to encourage you to pay it forward with me in this movement, spreading love and happiness in

your heart to the hearts of others. www.RayGebauer.org

My Favorite quotes on being Happy:

"Happiness cannot be traveled to, owned, earned, or worn. It is the spiritual experience of living every minute with love, grace & gratitude." - **Denis Waitley**

"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes." - **Hugh Downs**

"Remain in my love...I've told you this so that my happiness will be in you and your happiness will be complete."
- **Jesus** (John 14:10-11)

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."
- **Marcel Proust**

"When I think of the last time somebody made me feel good... the last time somebody made me really laugh... the last time somebody made me happy... I was with you."
- **Author unknown**

"For every minute you are angry you lose sixty seconds of happiness." -
Ralph Waldo Emerson

"Happiness is not something ready made. It comes from your own actions." - **Dalai Lama**

"People are just as happy as they make up their minds to be."
- **Abraham Lincoln**

"Happiness doesn't depend on any external conditions, it is governed by our mental attitude."
- **Dale Carnegie**

"If you think sunshine brings you happiness, then you haven't danced in the rain." - **Unknown**

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."
- **Groucho Marx**

"A bad attitude is like a flat tire, you can't get very far until you change it." - **Unknown**

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself."
- **Alice Walker**

"People love others not for who they are but for how they make them feel"
- **Irwin Federman**

Happiness comes when your work and words are of benefit to yourself and others. - **Buddha**

"Just because it didn't last forever, doesn't mean it wasn't worth your while." - **Unknown**

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."
- **Frederick Keonig**

"Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of

a difficult task that demanded our best."
- **Theodore Rubin**

"Be with people who know your worth sincerely, you don't need too many people to be happy, just a few who appreciate you for who you are."
- **Unknown**

"Happy people have two things in common. They know exactly what they want and they feel they're moving toward getting it. That's what makes life feel good: when it has direction, when you are heading straight for what you love." - **Barbara Sher**

"Never let anyone steal your happiness, it was never theirs to take."

"The time to be happy is now. The place to be happy is here. The way to be happy is to make others so."
- **Robert Ingersol**

"The fruit of the spirit is love, joy (happiness), peace...." - **Apostle Paul**
(Galatians 5:22)

A Spiritual Perspective on Being Happy

Like gravity and mathematics, love works, with or without God. If the idea or person of God is already in your thinking, you may enjoy this **optional** section. It may create a lot of additional value for you—I hope so. But if God is not part of your thinking or life, you can just ignore or skip this, unless you are curious. Regardless, I invite you to see how these insights may create more value and happiness for you!

According to the apostle John, “God is love.” It also says that God is light and God is life. This does not mean that love, light and life is God, but that love, light and life are fundamental attributes of the nature of God.

We are made in the image of God, so it is natural that our deepest propensity would be to live as beings of love, light and life as opposed to hate, darkness and death. Yet we all struggle with internal and external opposing dark forces (sin) that inevitably move us away from what we want most, which is love, light and life, all of which are the context for maximizing being happy or joyful (“joy” is the same word as “happy” in the Greek).

Clearly love is one of the highest values of God, according to the scriptures, along with holiness, worship, faith, trust, obedience and delighting in Him as our greatest treasure and pleasure.

I believe that loving God and experiencing being loved by God is best defined by the 4 C’s of Diamond Love. As with any other person, we feel loved by God to the extent that we feel cared, connected (one with Him), believe His commitments / promises to us and appreciate the many ways He has, is and will be creating value (blessings) for us.

As in all relationships, the 4 C Diamond Love model can be an extremely valuable tool to MEASURE how real or strong love is between you and God.

Ask yourself these questions and seriously reflect on your answers:

1. On a scale of 0-10, how much does God really CARE about me? ____
2. On a scale of 0-10, how much do I really CARE about God? ____
3. On a scale of 0-10, how much does God really CONNECT with me? ____
4. On a scale of 0-10, how much am I really CONNECTING with God? ____
5. On a scale of 0-10, how COMMITTED is God toward me? ____
6. On a scale of 0-10, how COMMITTED am I toward God? ____
7. On a scale of 0-10, how much is God really CREATING VALUE (good) for me? ____
8. On a scale of 0-10, how am I doing at CREATING VALUE for God? ____

I created an acronym using **T.H.E.O.S.** (the Greek word for one of the titles of God) that I use daily to cultivate and deepen my relationship with God in receiving and giving my 4 C Diamond Love with Him.

T REASURE—As my greatest treasure, YOU are my greatest pleasure

H APPINESS—YOU are the greatest REASON for me being happy/grateful

E VERYTHING —YOU are my EVERYTHING, my greatest Experience

O NENESS/OPEN—I want to feel ONE with YOU; so I OPEN my heart

S OURCE—YOU are my source of real life, light and love...and joy

T You will be wise to apply this same acronym in your marriage or with your children. Your wife or husband can be your **TREASURE**—think that, feel that, and SAY that to your spouse, e.g. “You’re my **treasure**...I love and appreciate you...you are God’s greatest gift to me...there’s no one like you....”

H Then reflect on and speak in terms of being **HAPPY** with your spouse. E.g. “I feel so happy when I am with you...I am SO grateful for you being in my life, and all you do for me...what can I do today to make you happy...”

E Think about and feel this... “**EVERYTHING I do, I do for you**...everything you do, you do for me...you are my everything...I’d die for you, and right now I live for you...I enjoy experiencing life with you...you enrich my life.”

O Think about what it means to be **ONE** with your spouse...one not just physically, but in your heart, soul, mind and strength/action/plans/goals. ONENESS is the highest level of connecting. E.g. “I love feeling connected or ONE with you...what can I/we do to create more of a sense of oneness? How can we be more open with each other? What is interfering with us experiencing oneness on a higher level?”

S Think about what it means to be a **SOURCE** of love, joy, peace, strength, protection, wisdom, security, etc. for each other as opposed to being independent and

not really needing each other? Ponder on how you can be a primary source with God being your ultimate source—what does that look like?

Now take all your thoughts and feelings about THEOS in your marriage, and explore how you can apply them back to your relationship with God your loving Father!

"It is a Christian duty for everyone to be as happy as he can." **C.S. Lewis**

I highly recommend that you reflect and meditate for a few hours on these key passages I selected for you, looking as well for how the 4 C's of Diamond love show up in these verses:

²⁸One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

²⁹"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. ³⁰Love the Lord your God **with all your heart and with all your soul and with all your mind and with all your strength.**' ³¹The second is this: 'Love your neighbor as yourself.'^[a] There is no commandment greater than these."

³²"Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. ³³To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices."

³⁴When Jesus saw that he had **answered wisely**, he said to him, "**You are not far from the kingdom of God.**" And from then on no one dared ask him any more questions. Mark 12:28-34

"The only thing that counts is faith expressing itself through love." Galatians 5:6b

"I pray that you, **being rooted and established in love**, ¹⁸may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to **know this love** that surpasses knowledge—**so that you may be filled to the measure of all the fullness of God.**" Ephesians 3:17-19 (Wow! What does that mean to you, to be **filled up to all the fullness of God?**)

"I will show you the most excellent way..." ²If I have the gift of prophecy and **can fathom all mysteries and all knowledge**, and if I have a **faith that can move mountains**, but do not have love, **I am nothing.**

³ If I give all I possess to the poor and give over my body to hardship that I may boast, **but do not have love, I gain nothing.**

⁴ **Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.**

¹³ And now these three remain: faith, hope and love. **But the greatest of these is love.**" I Corinthians 12:31b-13:13

"But the **fruit of the spirit is love, joy (happiness), peace**, patience, kindness, goodness, faithfulness,²³ gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (remember, since we are all driving/living under the influence of something, why not make your **DUI a driving under the influence** of your (or God's) spirit?)

"His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴Through these he has given us his very great and precious promises, so that through them **you may participate in the divine nature.**" II Peter 1:3-4

"I have told you these things so that my joy may be in you and **that your joy (happiness) may be complete (maximized).**" John 15:11

HAPPY H.E.A.R.T. PRAYER VERSES

By Ray Gebauer www.RayGebauer.org (Written while in prison—2007-2010)

H eart—**H**appy—**H**elp—**H**umble—**H**ealing

E xperience—**E**xpecting—**E**nter—**E**xpressing

A wesome—**A**sking—**A**ppreciating—**A**dding Value

R evealing—**R**eleasing—**R**eceiving—**R**esting—**R**eprogramming—**R**eframing

T rust—**T**est—**T**riumphant—**T**ransforming—**T**eacher—**T**reasure

H (1) **O my Father, O my God! I love you with all my HEART.** You show me so clearly the path of life. So I promise to never depart.

Deut 6:5; 10:12; 11:13. Ps 16:11; 18:1; 25:4; 119:57-60. Jer 6:16. 1 Pet 1:8. Mt 22:36-38.

(2) **I open my HEART to see your Face,**
I listen for your voice; I want to feel one with you;
You are my very best choice.

II Cor 6:11-13. Eph 1:18. Ps 5:3; 25:14; 27:8. Is 30:21. Jn 17:3. Col 3:17

(3) **I love you Father, and open my HEART;**
I open it wide to you; Fill me up with yourself right now, as only you can do.

Ps 18:1; 17:10; 63:1, 8. II Cor 6:11-13. Eph 3:18-19; 5:18

(4) **A wise son makes his Father glad,**
As Jesus showed us the way;
Making you **HAPPY** is my aim too,
I want to make your day.

Pro 10:1; 23:15, 16, 24. Mt 3:17. Mk 1:11. Lk 3:22. I Th 4:1. Eph 5:10. Col 1:10. Rm 12:1-2

(5) **Father I promise to live for you,**
doing whatever it takes, To make you **HAPPY**
and honor you, knowing how much is at stake.

Ps 119:57, 12. Col 1:10; 3:17. Ph 3:8, 12-14. I Cor 9:24-27; 10:31. Heb 12:1-3, 14. I Th 2:12; 4:1. Jm 1:12. Heb 6:4-6; 10:26-31, 35-39. II Cor 4:17. Rev 2-3

E (6) **Father I want to EXPERIENCE you;**
To taste and see that you're good;
Feeling your presence, your peace & smile,
knowing you as I should.

Jer 9:23-24; 15:16. Ps 27:4-8; 34:8; 36:8; 37:4; 63:1-8. Jn 7:38; 17:3. Eph 1:17; 3:18-19

(7) **You're FOR me and WITH me, and face to face, I EXPERIENCE** you now as my friend;
We talk all the time and I know you so well;
I TRUST you to the end.

Rom 8:28, 38-39. Nu 6:22-27; 14:14. Ps 27:8. II Jn 12. Jn 15:14-15. Jm 2:23. I Th 5:17. Ps 62:8. Jer 9:23-24. Jn 17:3. Heb 12:1-3

(8) **I ENTER in and turn to your face,**
Your presence fills my soul;
Oneness and joy with you my Lord,
Is my purpose and daily goal.

Ps 16:11; 4:6-7; 27:8; 21:6; 43:4; 100:4. Jn 15:11; 17:11, 13, 21. Heb 10:19-22. Jm 4:8-10

(9) **In my heart I know you are good,**
So I'm always **EXPECTING** gain. I'm optimistic in everything, To doubt you would be insane.

Ps 136; 119:67-68. Rom 8:28, 31. Ps 20:4; 21:1-7; 37:5-6. Heb 6:10; 11:1, 6, 39-40; 3:12-4:3

(10) **My Father, My God, I pour out my HEART, EXPRESSING** myself to you; My joy or loss, my anger or pain, I open my **HEART** to you.

Ps 62:8; 13:1-6; 55:1-7; 56:8 II Cor 6:11. I Cor 14:2, 14-18

A (11) **O my God! How AWESOME you are!**
You're great, but show me more! I bow my knees to your Majesty, I'm shaken to the core.

Deut 6:5, 10:12; 11:13. Ps 16:11; 18:1; 25:4; 119:57-60. Jer 6:16. 1 Pet 1:8. Mt 22:36-38

(12) **Almighty God, Sovereign Creator;**
You're **AWESOME**, Majestic and Great!
The fear of your judgments I do embrace;
HUMBLY I bow prostrate.

Ps 47:2; 8:1. Dan 9:4. Is 8:13; 11:1-3. Pro 9:10; 14:27; 15:33. Isaiah 33:6. Mt 10:28. Rev 14:7. II Cor 7:1. Phil

2:12. Heb 5:7; 10:26-31

(13) **AWESOME** Yehovah, you are Light,
The all consuming fire; You're good and you're
great, but even more, You are my **HEART's** desire.

I Jn 1:5. Heb 12:28-29. Rev 4. Ps 27:1, 4, 8, 13; 63:1-3

(14) **Father I want to ADD more value,**
So I **ASK** you now for wisdom.
To make a difference that really does count;
For this is my life long mission.

Gal 6:10; 5:6, 13. Heb 10:24. Tit 3:8, 14. I Tim 6:18. Jm 1:5-8; 3:13-18. Pro 22:1-10; 3:13-28; 4:6-13, 23. Phil 3:12-15. Rom 13:8; 15:1-2; 14:19

(15) **I'm ADDING VALUE as your dear son,**
And in your nature I'm sharing;
AUTHORITY and power you've granted me,
So I speak in faith declaring.

Mt 5:44. Gal 6:10. Eph 1:17. Col 1:9-11. II Pet 1:3-11. I Pet 4:11. I Cor 2:15-16. Ac 1:8. I Cor 4:20. II Cor 4:13

(16) **I APPRECIATE your kindness to me all the time,**
Your daily **EXPRESSIONS** of Love;
Blessings and gifts, too many to count,
From you, my Father above.

Ps 9:1. Rm 8:28-32; 11:22; 2:4. Jm 1:17. I Tim 4:4. I Jn 3:1

(17) **Father I ASK in your son's name,**
Give me my daily bread;
And wisdom to be **TRIUMPHANT** today,
EMPOWERED from morning to bed.

Mt 6:11; 7:7. Jm 4:2; 1:5-8. Ps 5:3; 27:4-8; 63. I Chron 4:9-10. II Cor 2:14. Pro 2-4:23. Col 1:11. Eph 3:16; 1:19

***R* (18) Father REVEAL what I need to know;**
TEACH me my lesson today;
I'm listening now and I'll do all you say;
So speak to me now I pray.

Pro 29:18. Eph 1:17-18. Jn 16:13-15; 10: 27. Ps 25:4-5, 9, 14; 119:130, 135. I Sam 3:10

(19) **Father, RELEASE me from my fears,**
Worry, anger or pain. I let it all go as I **TRUST** in
you, With peace and joy to gain.

Ps 25:15; 34:17-19; 119:36-37. Rom 6:11-22. Jam 4:10; 5:13-16. Phil 4:6-9, 11-13. Mt 6:25-31. Habakkuk 3:17-19

(20) **By your grace, I RELEASE myself,**
From all that's holding me down; I want to be free
and powerful, Overcoming, winning that crown.

Pro 6:3, 5. Eph 4:22-24, 31. Mt 16:19; 21:21. Lk 4:18. Isa 61:1. Jn 8:31-36; 16:24; 8:21. Gal 5:13. II Cor 3:17. I Pet

5:4. Jm 1:12

(21) **Father HELP me REPROGRAM my mind,**
To see life the way you do; This culture has brain-
washed my thinking so much, I need a new point of
view.

Rom 12:2. I Cor 2:12, 16. II Cor 4:4. I Jn 5:19. Eph 4:17-5:21. Ps 25:4, 9, 12, 14; 52:8. Is 48:17 Eph 1:17. Jn 5:19. I Cor 2:9-10. Col 3:10

(22) **O my Father, I REST in you;**
This **TEST** is just so hard! I **RECEIVE** your peace
and **ASK** you now, My tender **HEART** to guard.

Jn 14:1, 27. I Pet 5:7. Ps 62. Mt 11:28. He 4:11. Ph 4:6-7 Ps. 26:2; 66:10-12

(23) **Your goodness and grace in abundant supply,**
I truly do believe. I **HUMBLE** myself and
RENOUNCE my pride, So I can freely **RECEIVE**.

II Cor 6:1-2. Jn 1:16, 12. Rom 8:15. James 1:6-8, 12

(24) **Father, REMIND me, I quickly forget,**
These **Trials** are but a **TEST**!
Though I am weak, in you I'm strong,
With you I'm at my best.

Gen 22:1. Job 23:10. II Pet 1:12-15. Jm 1:2-4, 12-15. I Thes 2:4; 5:21. Deut 8:2-3. Pro 17:3. Ps 66:10-12

(25) **Father I come with all my concerns,**
En**TRUSTING** myself to you.
I see the big picture and it's all very good,
I'm **REFRAMING** my short sighted view!

Ps 62:8. I Pet 5:7. Phil 4:6-9. Ps 31:5; 14-16. II Cor 1:8-11. Rom 8:28, 31-39. Eph 1:11. Mt 5:25-34

***T* (26) I TRUST in you Father with all my HEART,**
No more on self to lean. I count on you,
my solid rock, No matter what it may seem.

Pro 3:5-6. Ps 62: 1-8. Rom 15:13. Ps 18:31; 37:5; 28:7. Mt 5:11-12. II Cor 4:7-11, 16-18. II Tim 2:3. Heb 10:35-39; 12:1-13

(27) **Father I ASK, TRANSFORM me now,**
To make me like your Son! From glory to glory, and
down to the core, Don't stop until you're done.

Rom 12:1-2; 13:14. II Cor 3:18. II Pet 1:3-4. Col 3:12-17

(28) **Be my TEACHER, I am your student,**
I want to learn & grow. Learning obedience by what
I suffer, Discerning yes from no.

Ps 25:4-5, 9, 12; 119:102. Is 30:20-21; 48:17-18; 50:4-5. Eph 1:17-18; 4:11-13. Phil 3:15. Col 1:9-11. Heb 8:10-11; 5:8, 14

(29) My dreams are shattered—where are you, God? It feels like you just don't care!
So I press in to know you as my real **TREASURE**
'Cause nothing else can compare.

Ps 13. 31:9-24. 38. 42:5-11. Jer 15:18. Hab 3:17-19. II Cor 1:8-9. 6:4-10. 12:7-10. Phil 3:8. 4:12-13. Heb 11:33-39.

(30) EVERYTHING I do, I do for You,
With all my **HEART**, soul, strength and mind.
You are my **TREASURE**, so precious forever,
You are my greatest find!

Col 1:10; 3:17. Rom 12:1-3. I Thes 4:1. Ex 19:5. Is 62:3.

(31) EVERYTHING You do, You do for me,
With all your **HEART**, soul, strength and mind.
I am your **TREASURE**, so precious forever,
I am your greatest find!

Rom 8:28. Is 62:3-5. Deut 32:10. Eph 1:3. I Pet 2:4, 9

(32—Extra) Above all else, I LOVE you my God,
With all my **HEART**, soul, strength and mind.
You are my **TREASURE**! What more do I need?
You are my greatest find!

Deut 6:4-6, 24. Mk 12:28-34. Luke 10:25, 37. Mt 22:35-40; 13:44-46. II Cor 9:15. Ex 19:5. Col 2:3

I sincerely hope that these Happy Heart poetic prayer verses I've shared with you are a blessing to you as they are to me. I suggest that you read through all 32 verses everyday as I do, and especially the verse that corresponds to the date of the month. E.g. on the 1st read and focus on verse one, and on the 7th read or focus on verse 7, etc.

I have also discovered that I get far greater value from meditating on the key capitalized words and what they mean to me than I do with just reading the poetic verses.

You can further increase your value by looking up and reflecting on the supportive bible verses that are the basis of the Happy Heart verses, as well as add your own that you know of or discover yourself.

May the Father blessing you with the joy he intends for you as you progress in greater love and intimacy as you journey on the path of life with Him.

Happy H.E.A.R.T. Ray

Oriental Medical Model Perspective on Being Happy

As an acupuncturist as part of kinesiology, I've enjoyed using acupuncture points for 36 years. I use them every day on myself and others. I get great results very consistently, though I don't use needles—I use a laser or just pressure to stimulate these little "switches."

Acupuncture is a part of and based on the Five Element Oriental Medical Model which is useful in many areas including physical and emotional health. I am not saying that this model is "true" or absolute, but that it is very useful, just as the Newtonian model of physics is not consider true or absolute any more either, even though it is extremely useful and we all us it every day!



Each of these five elements contain the 12 acupuncture meridians that are associated with 12 organs or systems as you will see below. They also each represent one of the five main emotions:

FIRE = **Happiness** (Heart, Small Intestines, Triple Warmer, Circulation-Sex)

Earth = **Empathy/Compassion** (Stomach and Spleen) (**Caring**)

Metal = **Grief/Sadness** (Large Intestines and Lungs) (**Connecting**)

Water = **Fear/Anxiety** (Kidneys and Bladder) (**Committing**)

Wood = **Anger** (Liver and Gall Bladder) (**Creating Value**)

Actually all five of these emotions are valuable and important, and we need to experience all five of them appropriately. However, many people are spending way too much time and are even stuck in the last three elements of grief/depression, fear/anxiety/worry and anger/frustration/irritation.

Ideally we want to be spending most of our time in the Fire and Earth elements.

There are two fascinating and useful patterns in this model of how each of the five elements relate to each other.

Creating Cycle

The first pattern is referred to as Creating Cycle. It is sequential in which each element supports or feeds the following element in a clockwise direction. For example, Fire produces ash (earth). Earth produces and contains metals. Metals and rocks displaces water. Water feeds wood (vegetation). Wood feeds Fire.

One application of this first cycle is the emotional pattern, of how each element feeds or can promote the next emotion in this clockwise cycle.

Happiness can promote Empathy/Caring which can lead to Sadness or Grief, which can lead to Fear, which often leads to Anger, and then achieving justice out of the power of anger, there can be happiness again.

You want to be moving through all of these, and never get stuck in any one of these, especially Metal, Water and Wood (Sadness/depression, Fear, Anger).

Control Cycle

What I find more useful is the Control Cycle. In this clockwise pattern, each element controls or opposes the element after the next one instead of the very next one—sort of like leap frog.

So Fire controls Metal by melting it. Metal controls Wood by chopping it. Wood controls earth by penetrating it with roots. Earth controls Water by containing it (e.g. a lake). Water controls Fire by extinguishing it.

So **Happiness** (Fire) controls or stops Sadness (Metal element). So if you want less sadness or depression (Metal), you need to increase your happiness (using the 4 C's of Diamond Love)!

Sadness (Metal) controls or can diminish Anger (Wood element). So if you want less anger (Wood), you need to first shift from anger (over a loss, usually related to an injustice) to just feeling sad about that loss or injustice.

Anger (Wood) controls or kills empathy and compassion (Earth element). So if you want more empathy, you have to deal with and get rid of anger because anger is blocking your experience of empathy and compassion.

However, anger is not inherently bad—it is critical sometimes to have anger over an injustice because that anger energy empowers us in a constructive way to take greater action for the greater good and eventually create value.

But most of the time, anger is dark and destructive and can kill off all four C's of Diamond love. Here are the two seductive dangers of anger:

(1) getting angry over little and petty things that are mere inconveniences (this comes from being overly self-occupied), and

(2) letting anger consume you and getting stuck there for too long, because it can quickly become an internal poison that can hurt you and others emotionally and physically. According to Jesus on the Sermon on the Mount, anger can be a form of murder (Matthew 5:21-24) in that you are “killing” people off in terms of all 4 of the C's of Diamond love.

Empathy/Caring controls or overcomes fear/worry/anxiety (Water element). So if you want less fear/worry/anxiety/stress in your life (Water), you need to focus on and increase your Empathy and caring.

One shortcut way of reducing anxiety in this model is tapping on the Stomach 1 acupuncture point (in the Earth element) which is right under the middle of your eyes on the socket (great for instantly reducing anxiety). This can even reduce or get rid of phobias.

Fear controls or extinguishes Happiness (Fire element). So if you want more happiness, you have to reduce the fear. Tapping the Urinary Bladder 1 point can be useful for this as well (inside corner of both eyes—especially good for trauma).

I have found this Five Element Model extremely useful—I hope you will too in your pursuit of happiness, using the 4 C's of Diamond Love!