



# Simply Happy

A little guide to  
happiness from within

Amy Rogers





I've written this little eBook as a gift and a way to spread some much needed happiness. It's a mini taster of my book Happy Happens Here (It's an Inside Job) and the work I do.

There is far too much suffering going on and so much of it is unnecessary and often based on a misunderstanding. People are searching for happiness in all the wrong places, over- thinking and over- complicating life. Happiness is an inside job and I hope that by the end of this little guide you will not only see that but feel it.

Before I came across the understanding which I will be sharing with you, my life looked very different. I was insecure, I worried about most things, had a very busy mind and spent a lot of time over-thinking. I had a background feeling of fear and anxiety a lot of the time, I was self conscious, had a lot of tension in my body and was held back hugely due to fear and lack of self belief.

If you can relate to any of these feelings and would like to feel different and see life differently, then this little eBook is for you.

I don't live a perfect life now and I don't feel happy 100% of the time, but my inner world has completely transformed. I have a much quieter mind, I experience mostly inner peace, the fear I suffered from has mostly evaporated, I am doing things that used to look impossible and I am creating a life I love.

I'm passionate about sharing what I've learned because I know how life-transforming it can be. And I hope this little guide lights a spark for you too. ✨

Love and sparkle

Amy



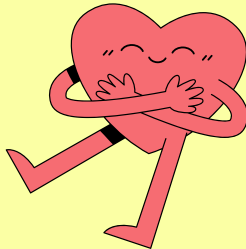
# ***So, what is this thing called happiness?***

Where does it come from? Does it come from outside of us or is it generated from within us? Are some people born with more of it than others? Can it be given away? Can it be taken from us? Can it be lost?

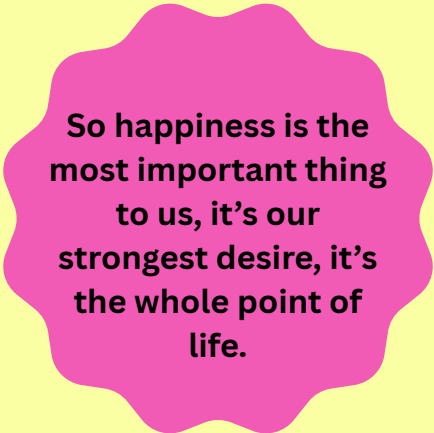
I see it like this - happiness is our natural state of being and we feel it as a nice feeling. Simple.

It looks to me like you can feel a subtle nice feeling which we might call contentment, right through to a totally incredible feeling that you can't even put words on.

Happiness is our natural state, it's not 'out there', it's 'within us'. It always has been, and it always will be. It can never go anywhere because it's what we are made of. We have access to it all the time, even when it really doesn't feel like it. Now if that's not something to be happy about, I don't know what is!



Happiness seems to be the only thing that we search for, for its own sake. For example if we were asked the question, “If you could have anything you want, what would you choose?”, even if at first you said “wealth” or “success” or “the perfect partner” like most people do, the reason why you would want these things is because you think it would lead to happiness. You don’t want money just for the sake of having money, you want it because of the things that you can do with it that you think will bring you happiness.



**So happiness is the most important thing to us, it’s our strongest desire, it’s the whole point of life.**

Happiness is not a “thing” we pick up or buy. It’s a way of experiencing life. It can’t be given away, taken from us, or lost. And the good news? It’s always available — even when life feels tough. As the saying goes .....

***‘Happiness is not a destination, it is a way of life.’***



When we really see this, it stops us from putting our happiness on hold until we ‘get there’. How many times have you heard people say “I’ll be happy when.... When I get a promotion, when I get a bigger house, when I find the perfect partner, when I lose weight, etc.

Happiness and peace of mind is our natural state, and it is always available to us 24/7. We already have everything we need inside of us to live a happy and meaningful life. How exciting is that?!

***“All we are is peace, love and wisdom, and the power to create the illusion that we are not” Jack Pransky***

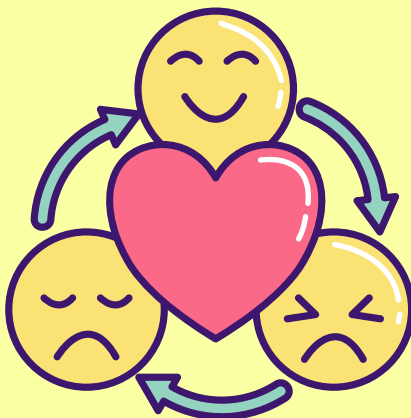


# The Inside-Out Understanding

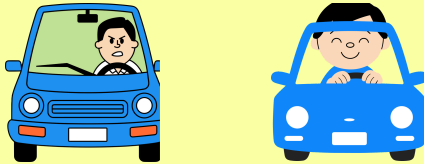
Here's the game-changer: **your feelings and experiences come from within, not from outside circumstances.**

So you might be thinking “this all seems lovely Amy, but if my happiness is always within, why can't I feel it all the time?”

All we are ever feeling is our thoughts and signals from our bodies. If we are feeling sad, we are thinking sad thoughts, if we are feeling angry, we are thinking angry thoughts, if we are feeling happy, we are thinking happy thoughts. It really is that simple. I realise that this seems obvious, and maybe ridiculous, but it is surprising how often we are not aware of it.



We feel our thinking, moment by moment. For example, if you're stressed in traffic, it's not the traffic itself making you feel stressed – it's your thoughts about it. This is why sometimes in traffic you're calm, sometimes irritated. It's why you might be stressing out in your car but the person behind you (in the same traffic jam) is dancing to their music. When this really lands with you, and you understand it on a deep level, it changes everything.



As Captain Jack Sparrow said, ***“The problem is not the problem, it’s your perception of the problem that’s the problem”***.

Another great way of putting it is, how you relate to the issue ***is*** the issue.

Another good example of this is when you think about a certain behaviour from your partner or a close friend. When you are in a low mood the behaviour can seem really annoying or irritating, yet when you are in a good mood the exact same behaviour can seem cute or endearing. If it was the behaviour, it would cause the same reaction in you every time. But it varies depending on your mood.





When you realise this, life becomes a lot less scary as all we are ever dealing with is our perception, that's as bad as it gets! Even when we are in the middle of a very difficult, stressful or painful situation, the feelings we are having are still coming from within us... It's even less scary when we realise that our thoughts are not 'ours', they are not 'who we are' and they are not even 'true'. Our psychological suffering is simply a result of us believing that our thoughts are true, we make up stories about things, then we believe them.

Take a look for yourself at where your experience is coming from. Don't take my word for it, see if you can spot examples, look closely, is it coming from 'out there' or is it coming from within you? When you feel stressed, angry, anxious, is it coming from the outside circumstance or is it coming from your thoughts and perception of the circumstance? If you change your perception, if you look at it from a different direction, does the feeling change? Are there things that in the past made you feel angry that don't anymore? What's the difference? What's changed?

# The weather system of the mind

The sun is our natural happiness – always there.



The clouds are our thoughts – always moving,



sometimes stormy, sometimes fluffy.

Thoughts may cover our happiness for a while, but they never take it away. One moment a thought storm rages, the next, the sky clears. Happiness is always underneath.

We don't need to do anything or fix anything because it's always changing.



# You Are Not Broken

What do you mean I'm not broken?!!

I first heard Dr Bill Pettit say: "Nobody is damaged or broken. It's not even possible."

At first, I couldn't believe it. I had felt broken by past experiences and trauma. But then I realised: our past doesn't define us. We are energy, formless, whole, and unbreakable. Nothing in life can truly damage the essence of who we are.



Knowing this gives a comforting sense of security: underneath the surface stress, there's an infinite well of calm, love, and wisdom. That part of you can never be taken away.



This is why I am so grateful for coaching and how it can be so transformative. My past has hardly any effect on me now, I know that it's all in the past and not happening now. It doesn't exist anymore. That's not being in denial, I know it was real when it happened, it's about understanding that it can only exist now as a memory and a memory is a thought. So my past can only have an effect on me if I bring it into the present moment via thought.



# Your very own happiness hub

We've all heard of mental health drop-in centres, well I'll let you know the best secret ever: you've got your own one and it's open 24/7. At any moment you can drop into your mental health, your happiness, your inner peace; it's available to you always, how cool is that! Underneath the surface level of stress or pain is a deep level of calm and love, an infinite well of peace and wisdom.



I might not be able to access it all the time, but just knowing that it is there gives me a lovely feeling of comfort and security. That part of me could never be taken, broken or damaged. It's the same energy that the whole universe is made of. It's the creative life force, the thing that turns acorns into oak trees, spins the planets and makes our hearts beat. We are not just plugged into this energy, we are it.

As Rumi said, ***“We are not just a drop in the ocean, we are the ocean in a drop.”*** Now that is definitely something to be happy about!





## 5 Simple Tools for Everyday Happiness

Here are 5 simple tips and tools to help you on your journey. These are not necessary for your happiness as now we know it's an inside job. But they are great ways of helping you to create nice feelings and to let go of tension in the mind and body.

### Gratitude

It is impossible to feel stressed and grateful at the same time so cultivating a gratitude practice is a very quick route to happiness. At the end of each day when you get into bed think of 5 things that you are grateful for.

***“ Every day may not be good but there’s something good in every day ” Alice Morse Earl***



## Breathe



The breath is the gateway to inner peace. This is my favourite breathing exercise, it has the same effect as Valium but it's free and has no side effects. Practice it for a few minutes and you will feel the difference. Breathe in for the count of four, hold for two, breathe out for the count of six.

***“ Sometimes the most important thing in a whole day is the rest we take between two deep breaths ”***  
***Etty Hillesum***



## Self care

Self-care, self-love and self-compassion are essential ingredients to a happy life. Make a list of as many things as you can that you love doing and that make you feel good. Pick something each day from your list. If you don't have much time it can literally be stopping for 1 minute to take a few deep breaths or just to smile.

***“ Loving yourself isn't vanity. It's sanity ”*** ***Katrina Mayer***



## Being in nature



Any time spent in nature is time well spent. There are so many science backed benefits to our physical and mental health. Go for a walk, hug a tree, do some gardening or put your bare feet on the ground. Find a lovely spot and just be. Use your senses to help you relax, what can you see, what can you feel, what can you smell, what can you taste and what can you hear?

Forest – For rest. ***There is no wifi in the forest but you will definitely find a better connection.***



## Kindness

Kindness benefits everyone: increases happiness hormones, lowers stress, and strengthens connection.

Just do something, anything that is kind. It can be as quick and as simple as giving someone a smile.

***“ Be kind whenever possible. It is always possible ”***

***Dalai Lama***





# Coming home to yourself



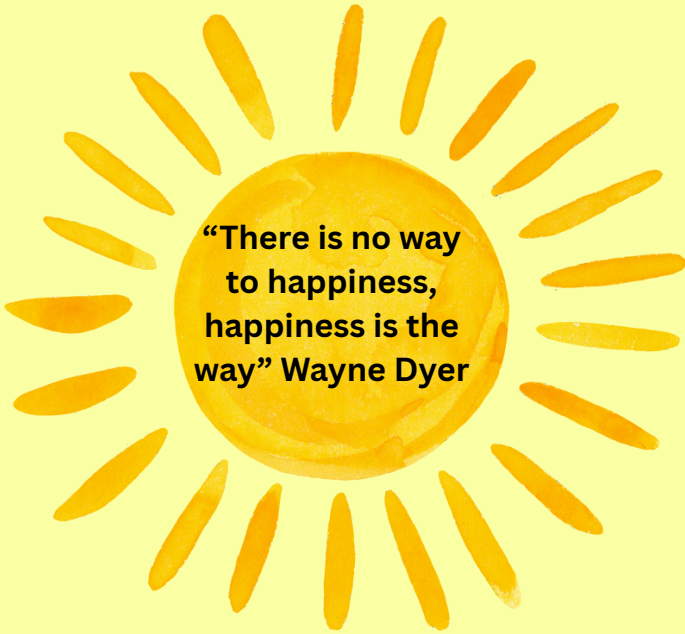
Happiness is always with you. It's about returning to yourself and noticing what nourishes your mind, body, and soul in the moment.

I hope you have enjoyed this little gift and have gained a better understanding of what happiness is and how to experience more of it. Always follow your instincts and your own wisdom. You are the expert on you.

It's about learning to take care of you in your own individual way, to nourish yourself and come back to yourself. The things that help you to do this change all the time, because you are changing all the time. One day going for a walk might help, the next day you might feel like meditating, the next day you might feel like dancing to 90's rave music.

What is tonic for the soul on Tuesday can look and feel really different to tonic for the soul on Sunday, so don't fall into the trap of thinking that if something really made you feel happy you should try and do it all the time; it doesn't work like that because it's 'in the moment'. And remember that it's not the 'thing' that made you feel happy. The 'thing' just helped you to quiet your mind, or to settle your nervous system or to change your focus or perception. The happiness was there all along, it was just being covered up.





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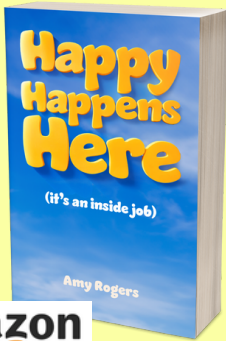
Thank you for letting me share this with you. You deserve a life filled with ease, joy, and your own natural well-being.

Love & sparkle,  
Amy 🧡





If you've enjoyed dipping your toe in the water and want to dive a bit deeper you can purchase my book **Happy Happens Here** (it's an inside job)



I have been a holistic therapist for over 20 years practicing Massage, Reflexology, Reiki and Mindfulness. I trained in NLP, Counselling, EFT, Forest Bathing, Meditation, Mind/Body connection, Trauma, Suicide prevention and various mental health topics.

I qualified as a transformative coach in 2019 which was when my own life truly transformed. I trained as a happiness coach and then as a happiness facilitator with the Museum of Happiness.

I have a keen interest in mental health and wellbeing.

I have 1:1 clients, run workshops, courses, wellbeing events and retreats . You can find out more at

[www.holisticheppiness.uk](http://www.holisticheppiness.uk)

