

The hypnotist secret to eternal happiness

I'm going to rewire your brain in this blog.

By the time you're finished reading this, your perspective on happiness WILL forever be changed. And there's no going back. Because once you see this new perspective, you're going to find it so powerful, so useful. . . you won't be able to unsee it.

And if you're wondering whether or not I'm going to hypnotise you in this blog. . .

Yep. I'm going to connect your understanding of happiness and "to be happy" with something you've probably never thought of before.

A new thought so simple, most of you will probably think this is a lot of hype for big nothing. You might even laugh at the simplicity.

Then, you're going to think about it.

And like an ear worm, it'll keep gnawing its way into your skull. Into your thoughts. Endlessly repeating. Until one day, you realize it's true. And, you'll never see happiness the same way again. . .

So don't come crying to me saying, I didn't warn you!

Ready for your brain rewiring?

Here it is, with full hypnotic power:

Happiness. . .

is a skill!

Surprised by how simple it is?

I'll explain:

Most people think happiness is an emotion. But emotions are fleeting. So if you think happiness is an emotion you also have to believe it's fleeting.

Think of happiness as a skill. . .

Happiness becomes a choice. Because you'll find ways to create happiness. And when you decide to be happy, you'll find it easy to make happiness happen. Either by removing unhappy things from your life. Or by adding happy things in. Probably both.

When you realise happiness is a skill. . .

You realise happiness is internal!

Thinking happiness is an emotion makes people chase it "out there". In the external world. Hunting down purple dragons. And drinking from dopamine drips like the lab rats of society.

When you chase happiness, it's a fleeting emotion.

Because it's never enough to satisfy you. The moment you hit a high, your brain adjusts. And suddenly, you need a bigger hit to reach the same high!

Thinking of happiness as an emotion has made you into a crack addict!

But, realising happiness is a skill. . .

You've probably already figured out that part of the skill is in removing the unhappiness. Burning energy vampire. Severing the toxic people from your life. And avoid the addictions that promise you quick dopamine hits.

Here's where most people mess up!

They ignore the biggest source of unhappiness!

The internal pain that caused them to start chasing happiness, like a crack head. Instead they'll start by cutting out everyone else from their lives claiming they're toxic, even if they're not. Then, they'll fall back into their addiction.

And in 10 years, they'll stare into their mirrors and wonder why they're so miserable!

Because they never started learning the first part of the skill! Clearing out repressed emotions, internal pain, and all the dark stuff we humans love to pretend doesn't exist.

If you're one of the few people who's actually willing to clear out your dark stuff, join my newsletter, lawrencebartley.com. Because I'll show you how to clean out your skull. End your anxiety. And start enjoying life again!