

Happiness Flush Empowerment Manual



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About the Happiness Flush Empowerment

The Happiness Flush Empowerment has been given as a gift from the Source to rid us of blocks to our happiness in life. This includes any mental and or emotional clutter, including feelings, emotions, memories and remnants that we have held onto from our past and current life experiences so that they can no longer block our happiness and cause dysfunction in our lives.

This will free us to be happy and do things like achieve our goals, have fulfilling relationships, successful careers and receive abundance in all areas of our life. The flush will clear negative emotions from past and current life experiences such as wounds from childhood and traumas, past events and situations that have caused us pain. This will allow us to be free from negative things that we have experienced and the emotions we have attached to those negative experiences.

It will clear any limiting, false, and negative beliefs about us that affect our self esteem. The new energy will enter and form a protective barrier or boundary so that we do not leave ourselves open to more negative experiences, drama from others, or susceptibility to disrespectful treatment from others.

Any victim based thinking will be washed away. We will be empowered so that we develop faith and belief that we can change anything in our lives, experience happiness and reach our goals no matter what is going on around us or within us. The Happiness Flush empowerment will release anything that blocks us from using the unlimited resources available to us that are needed so that we can move forward fearlessly and happily on our life path.

We will no longer hang onto negative emotions and beliefs that block us from happiness and creating the life we desire. Any mental blocks that create behaviors that sabotage our happiness

or dreams will be removed. Finally we can make our dreams and goals a reality. New dreams that we have not even thought of yet will come to light.

The empowerment energy will give us the energetic boost we need to maintain happiness in spite of any obstacles or difficulties we experience. Sabotaging behaviors that have become automatic patterns and responses will cease to exist. Negative and lower based emotions will leave us so these do not hinder our goals, rob us of happiness or keep us from living the life we desire in our heart of hearts.

Lower nature emotions that have caused blocks to our happiness or produced behaviors that are self defeating will be cleared so that we are achieving our goals. This transforms lower energies into positive life affirming energy.

The new energy will bring feelings of happiness, contentment, and confidence to achieve our goals. We can run the flush in times when we are struggling to manage unpleasant emotions, maintain emotional stability, achieve calmness, and rid ourselves of out of control thoughts and emotions.

This will result in a calmer, more positive, pleasant, happy, optimistic, mood and attitude no matter what is going on around us. As well, we will experience more confidence in overcoming obstacles and challenges and greater mental, emotional and physical energy to cope with the challenges and responsibilities in our lives.

As the energy of the Happiness Flush Empowerment enters our bodies it will open our heart and mind in loving gratitude to receive the presence and power of Spirit so that all negativity from our cellular memory which blocks our happiness is transformed into positive energy, purifying us in body, mind and

heart. Dissolution of painful memories and negative traits are washed away so that we experience true soul freedom and happiness.

Our being will be infused with a deep sense of Divine Perfection as our cellular memory is cleared. This will remind us that the Divine is benevolent, give us a deeper connection with Divine nature, and remind us we are infinite, eternal, sacred beings so that we can make choices in our lives based on love rather than fear.

The Happiness Flush Empowerment will drastically change our life experience so that we have live our life happy, joyous and free in this moment and each moment.

Benefits of the Happiness Flush Empowerment

- *Release from mental and emotional blocks to happiness and success*
 - *Happiness and Success will flow more naturally*

- *Ability to let go of the past*
- *Experience greater happiness in the now*
- *Embrace the power of happiness and all the abundance it brings to life*
- *Maintain serenity and Joy even in the midst of crisis*
- *Freedom from self defeating behaviors, lower natured emotions, false and limiting beliefs*
 - *Ability to make dreams and goals a reality*
 - *Increased abundance in all areas of life*
 - *Removal of emotional and mental clutter*
- *New Feelings of happiness, contentment and confidence*
- *Personal power to overcome obstacles and challenges*
- *Experience fulfilling relationships and successful careers*
- *Protection from future negative experiences, emotions, dramas, mistreatment from others*
 - *Much more!*

Usage of the Happiness Flush Empowerment

The Happiness Flush Empowerment can be used anytime it is needed. It can be used as often as needed. The Happiness Flush Empowerment is activated by intention. There are no symbols used with this empowerment.

*All that is needed is a simple intention statement that the
Happiness Flush Empowerment is to be activated. The
empowerment will activate on its own with an intention statement.*

*To use for Self Healing simply state aloud or silently, “I now
activate the Happiness Flush Empowerment for my Highest
Good.” To use in healing for others simply state aloud or silently,*

*“I now activate the Happiness Flush Empowerment for
_____ (person’s name) for his/her Highest
Good.”*

*In person healing is also possible. When activating the
Happiness Flush Empowerment in person place hands on the
recipient’s head and activate the Happiness Flush Empowerment*

*by intention by stating aloud or silently, “I now activate the
Happiness Flush Empowerment for _____*

(person’s name) for his/her Highest Good.”

Happiness Flush Empowerment Attunement

Activating this energy is not complicated therefore you can activate the energy with any attunement procedure or method for which you are accustomed or feel comfortable with using.

Before you begin the attunement process, activate the Happiness Flush Empowerment for the person receiving the attunement. Then ask the recipient of the attunement to sit in front of you. Ask them to take two to three deep breathes and to close their eyes.

At that time, all you need do is ask the Higher Self of the recipient to receive the energies of the Happiness Flush Empowerment that you are sending to the Crown Chakra. Ask for the Divine's assistance in the process. Focus the energy through the Crown Chakra with the intention of attuning them to the Happiness Flush Empowerment for their Highest Good.

Distance attunements will be done in the same fashion except you will be doing so by visualization, in your mind's eye. You will simply do everything mentioned above by visualizing in your mind sending the energy to the Crown Chakra with the intention of attuning the recipient to the Happiness Flush Empowerment

*No matter which procedure you choose for sending the attunement, the recipient simply needs to state, either out loud or silently, **"I AM NOW RECEIVING THE HAPPINESS FLUSH EMPOWERMENT SENT BY (YOUR NAME) FOR MY HIGHEST GOOD."** Then all the recipient needs to do is let the energy flow which takes approximately thirty minutes.*

When you are done, thank the Higher Self and the Divine for their assistance in the attunement process.

The Happiness Flush Empowerment is not affiliated with any form of Natural Energy Healing, Reiki or any other form of energy and is not to be confused with any other form, attunement, initiation or empowerment now or in the future.

The Disclaimer: This is a form of energy healing. As such, it always helps and will never harm. If you have any type of illness, see your physician immediately. Natural Healing is a great adjunct to medical treatment but is not meant to be a replacement for medical attention. This report has been written to provide you with information about the Happiness Flush Empowerment. It is provided to you with the understanding that the author and publisher are not engaged in rendering medical services of any kind.

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