

# Is Everyday Happiness Possible?

## Marci Shimoff



from  
**BEYOND THE ORDINARY**  
with John Burgos

an original transcription series



# Is Everyday Happiness Possible?

# Marci Shimoff

from  
**BEYOND THE ORDINARY**  
with John Burgos

[www.BeyondTheOrdinaryShow.com](http://www.BeyondTheOrdinaryShow.com)

Copyright © 2015 by John Burgos.

All rights reserved. No portion of this e-book may be reproduced, stored in a retrieval system or transmitted in any form or by any means – electronic, mechanical, photocopy, recording, scanning, or other – except for brief quotations in critical reviews or articles, without the prior written permission of the author.

This Edition published by Van Buren Publishing. All Rights Reserved. Editing, cover design and interior by Van Buren Publishing.

Van Buren Publishing  
1171 S. Robertson #124  
Los Angeles, CA 90035

[www.vanburenpublishing.com](http://www.vanburenpublishing.com)

For more high-quality mini-ebooks, visit [www.vanburenpublishing.com](http://www.vanburenpublishing.com)



# Marci Shimoff

Marci Shimoff is a Number 1 New York Times bestselling author, celebrated transformational leader, and expert on happiness, success, and unconditional love.

Her books include international bestsellers *Love For No Reason* and *Happy For No Reason*. She's also the women's face on the biggest self-help book phenomenon in history as coauthor of the *Chicken Soup for the Woman's Soul* series. With total book sales of more than 15 million copies worldwide in 33 languages, Marci is one of the bestselling female nonfiction authors of all time. It's absolutely incredible those numbers.

She's also a featured teacher in the film and book sensation *The Secret*.

Marci is dedicated to helping people live more empowered and joy-filled lives.



# The Formula for Success

John:

Well, Marci... You know, I don't want to start somewhere that seems logical, but I really want to start with... How did you go about creating this life that you have? I know you didn't plan when you were a teenager and in your twenties necessarily to be a person who sells 15 million copies of a book. How did all this come about?

Marci:

Oh, that's a major question. Let's see. There are so many different ways I can answer that. So I think I'll just share... I'll share the piece of the story about about how I ended up. Most people, you know, think, 'God, how did you get so lucky as to land the Chicken Soup for the Soul books?' I was the first coauthor of the Chicken Soup for the Soul books. And that's what really launched me getting into speaking and getting into writing and all that I'm doing now. So I'll just give you the quick version of the story.

I was 13 years old and I saw my first professional speaker, a guy named Zig Ziglar. So it was 1971 - and for those of you who're doing quick math, I'll do it for you. It makes me 55. And I somehow ended up at this lecture of Zig's, and I saw him walking across the stage and inspiring people and I knew that that's what I was supposed to do with my life.

And I went home and told my parents that I was going to be a professional speaker and they'd never heard of that and they were kind of disappointed, because my dad was a dental hygienist and they wanted me to do that. But my mom teased with me. She said 'Honey, you sure talk enough. You might as well get paid for it.' And that was it. I was off on my quest to become a speaker.

And I learned when I was... Early on, I learned from one of my life coaches that the formula for success in anything there's three steps. And by the way, I'm going to give a lot of specific techniques while we're talking, so if you've got a pen and paper I highly recommend that you... If you don't have one I highly recommend you grab a pen and paper because you're going to want to write down some of these things.

So this formula for success that I got from an early life coach of mine is three rhyming steps and they are intention, attention and



no tension. And, you know, we're all quite familiar with intention - being clear on what you want. Attention - putting your thoughts, your words, and your feelings and your actions behind it. And no tension is the step that most of us are not as good at and that's the one where you surrender and let go, and let the universe meet you half way.

And so I was really clear on my intention when I was 13. I put a lot of attention on it. I got an MBA in training and development and I started my speaking career speaking in Fortune 500 companies, and giving all kinds of courses, and Jack Canfield became my mentor of the Chicken Soup for the Soul series, but this was well before Chicken Soup was even conceived.

And so I was good at this intention and attention step, but I was very bad at the no tension step. And so I had some success in my career, but then I wasn't really getting to those masses that I imagined. And I had a dear friend one day come to me and say, 'Marci, you are just burned out and you're getting nowhere fast. You're hitting your head against the wall, because you're just persisting, which is a great thing, but you're not kind of also letting go.' She said, 'So I want you to go with me on a 7-day silent meditation retreat.' And I looked at her and I said, 'You're crazy. I've never been silent for more than two hours in my life.' She said, 'No, no, come with me. It'll be really good for you.'

And off I went, and on the fourth day in the middle of the meditation a light bulb went off in my head and I saw the words 'Chicken soup for the woman's soul' and I knew that that was what I was supposed to do. There was only one problem with this whole scenario and that is that I still had three more days of silence and I couldn't tell anybody! But as soon as the silence was over, I ran to the closest pay phone and I called up Jack Canfield and I said... Nobody had conceived of these specialty books in the series. The only book that was out was the first one. And I said, 'I've got the idea.' I said, 'What about Chicken Soup for the Woman's Soul?' And he said, 'Oh my god, what a great idea.' He called the publisher, who said the same thing, and a month later I have a contract, and a year and a half later I had a book that was Number 1 on the New York Times bestseller list.

And so I share that story because I know that for me it has always been that it's all three of those steps that I need to have the magic happen in my life - the intention, the attention, and then the no tension. And that was the going off for 7 days of silence was the part where I let go and just sort of the idea came to me. And I will tell you that every amazing thing that's happened to me in my life has come from all three of those steps.

John:

Now, I think what's amazing is that you had a clear intention of what you wanted to do. You knew you wanted to be a speaker. It just hit you and it's like something, I guess, opened up in you that said 'yes, that's absolutely what I want to do'.

Marci:

I knew it was my calling. And I recognize that not everybody has that clarity. And, you know, in *Happy For No Reason* I talk about the seven main areas of our life that we need to focus on to be happier, and one of them is being clear on our life's purpose and living a life that's inspired. And so if that doesn't happen to be one of your strong suits then there are things that you can do to get that kind of clarity, and I actually even teach a number of those and talk about those in *Happy For No Reason*.

I absolutely believe that each of us was put on this planet for a specific purpose and that the goal of our lives really is to live in alignment with that purpose, to be really connected with what am I here for? what am I here to do? and to be doing that.

# Life Cycles

I don't normally do this, especially within the first ten minutes of a conversation. But I just feel moved to go for this.

I believe that there are definitely cycles in our lives and there are some cycles that are more an inward cycle, a cycle when we're just dating or when, you know, something's just being, you know, birthed in us, and that there are cycles that are outer cycles and where we're really in activity around them. And I have for a long time been a great follower and believer in Vedic astrology.

Vedic astrology is the astrology of East India and it's a 5,000 year tradition that has, you know, really in many, many, many ways withstood the test of time and a lot of people have had profound experiences with it. As I have. And I'm a very practical person and I only use what works.

And so the backstory of what I've just told you is that in 1990 I went to a Vedic astrologer. And I was told that in September of 1996 I'd have a bestselling book. And I looked at him and said, 'You're crazy'. I said, 'I don't write. I don't like writing and I don't have anything to write about.' And he said, 'I can't help it, it's right here.' And I left that reading thinking, 'Okay, that was a waste of money.'

Well that epiphany that I had of the idea of *Chicken Soup for the Woman's Soul* came in January of 1995, and on September 15th 1996 my first book came on and went to Number 1 on the New York Times list, the exact month that he predicted six years earlier.

And I've have had that happen since then time and time and time again. So I have come to see how, you know, how there are these cycles in our life and our best work is to put ourselves in alignment with those cycles of our lives.

John:

That's fantastic. And what also happens in those cycles is that you get to express really your soul essence, really what you came here to do. And our soul, you know, it's a journey for all of us.

# The Happiness Setpoint

John:

And, you know, what I love about what you do, Marci, is that you really bring the positive spin with *Happy For No Reason*. You know, why did you create *Happy For No Reason*? Why is it so popular?

Marci:

Right. So the reason I created *Happy For No Reason* was that I wasn't happy!

I actually had had all the success I thought I needed in life to be happy. Everything was working. You know, I think most of us live under a myth that our society teaches us that... it's called 'the myth of I'll be happy when' - I'll be happy when I have the right job, I'll be happy when I have the right husband or wife, I'll be happy when I have the right bank account, I'll be happy when I have the right body. And so we are always postponing our happiness for some later day and we're waiting for all of our ducks to get in a row for us to be happy. And I was the same way.


And I had a big awakening in 1998 when at the time I had three books on the New York Times bestseller list at the same time. I had just... Everything in my life seemed to be working on the outside. I was in a good relationship. I was living in a comfortable home. Things were good.

And I had just finished giving a speech to 8,000 people and I had just signed 5,432 books and it felt like being an author rock star in some ways. And I remember going up to the penthouse suite of the hotel where my client had gotten me the room, and I plopped onto the bed and I burst into tears. And I burst into tears because I realized that I had everything that I thought I needed to be happy and I still wasn't.

And it was then that I dedicated to finding out what I could do to be happier - what you could do, what anyone could do to be happier. I couldn't anymore deceive myself thinking that it was something out there that was going to make me happy.

And so here's the most important piece of scientific research or anything that I have discovered about happiness. I learned it right around that time and it changed everything for me. And that is that we all have what's called a happiness setpoint.





What that means is that no matter what happens to us on the outside, whether good or bad, we will hover around our happiness setpoint. So, for example, people who win the lottery, you think that's going to make you so much happier. And it would make you happier for a couple of months, but within about a year you would return to your original happiness setpoint. And the same is true of people who have tragedies that happen to them, people who become paraplegic. Within about a year they return to their original happiness setpoint.

So it's the setpoint that is the key to everything and here's how the setpoint is determined. It's 50% genetic - you're born with it - it's in the DNA. I did not happen to get...I was not born with the good happy DNA. Then 10% of it is your circumstances. It's only 10%. So you can influence your happiness a little bit by changing your circumstances but not very much. The other 40% is your habits of thoughts and behavior, and that's what we can do the most about to change to raise our happiness setpoint.

And I'm going to take you a step further and say that there are progressive scientists these days in the field of epigenetics - for example, Bruce Lipton who wrote *The Biology of Belief* - who will say that we change our DNA - we can change our genetics - by changing our habits of thoughts and behavior. And if that's true then up to 90% of our happiness setpoint can be changed when we change these habits.

And so what I've done is for the last 15 years now I've found what are habits of thoughts of behavior that will raise your happiness setpoint? And there are 21 of them. And I want to make sure that we get very practical with everybody today, so I'm going to at least share with you three, three specific tools that you can use to raise your happiness setpoint.

There are seven main areas that affect our happiness, you know, to raise our happiness. These 21 habits they fall into seven areas. And in a minute I'll go through those seven areas, but I just want to know from you where have you been on the happiness scale? I mean, you know, did you start off happy? Are you happy now? How've you gotten there?



John:

You know, I am happy, but I was always one of those people as 'I'll be happy if this happens' or 'I'll be happy when that happens'. I'm a delayed happyist.

Marci:

I love that phrase! I've never heard it before. A delayed happyist.

John:

Yes.

Marci:

So the first step is to be aware of where you're doing your delayed happiness, as you call it. And so what I suggest for everybody listening is to really look at your own "I'll be happier whens" or "I'll be happier ifs" and get clear on what they are. What are you delaying your happiness for?

# Building Your Inner Home for Happiness

Marci:

Great. So I know that it's hard for people to remember seven of anything, so I created a metaphor. I call it building your inner home for happiness.

So picture a home and it's got seven main building components to it. Every home has a foundation, it's got four corner pillars, it's got a roof, and it's got a garden. And here's how these seven areas, these seven components, relate to building your home for happiness.

So the foundation is taking responsibility for your happiness. It's really part of what we've just been talking about - not delaying it, not waiting for something else to change to be happier. Not blaming anything for your unhappiness. Not complaining. You know, not putting it off, but recognizing and taking responsibility for making changes in your habits now. That's the first step.

The four corner pillars - the next four steps - relate to the mind, the heart, the body and the spirit. So the pillar of the mind has to do with changing the neural pathways in your brain so that they support your happiness.

Most of us have what's called a negativity bias where we spend a lot more time thinking about the negatives than the positives. And there's a reason for that and we can talk about that later in our call. But I just want to basically, you know, convey the idea that we've got to change our neural pathways, our thought patterns and our beliefs in order to be happier. So that's the pillar of the mind.

The pillar of the body has to do with whether we have the right biochemistry for happiness. You know, happiness is in the body. Do have the right endorphins and the serotonin and oxytocin to be happy - the neurochemicals of happiness?

Then there's the pillar of the heart, which has to do with feeling gratitude and forgiveness and loving kindness.

And then there's the pillar of the soul, which has to do with feeling connected to your spirit and to the greater energy of the universe. Whether you call it god or the divine or you know, creative intelligence or nature it doesn't matter, but feeling that connection to the greater energy of the universe.

And then there's the roof of our home for happiness, which is our passion or our purpose in life, living an inspired life.

And then finally there's the garden, and the garden has to do with who we surround ourselves with. You know, are we surrounded by negative toxic people and a negative toxic environment, or are we surrounded by really people who support our happiness and an environment that supports our happiness?

So what I suggest you do is you look at all seven of those areas and you see where are you the weakest. And for each of us we have one or two of those areas that are probably strong and one or two that are probably pretty weak, and then the others are kind of in the middle. So what I suggest is that you start where you're the weakest and that's where you'll get the greatest transformation with the least amount of energy spent.

John:

Wow. I love, love, love that you put these in some practical applications, Yes it's fantastic to go out into the esoteric, to travel to different dimensions, to get information, to meditate and feel like you're floating somewhere else, but to be able to take that information and bring it in and put them into use by using tools to help us ground it in is such an important part of why we're here on earth and it's really how we're going to make the changes that we need to see in the world.

Marci:

Well, it's completely true. I mean, I've been around the world of esoteria and meditation for most of my life. I mean, I started meditating when I was 16 and I've spent many, many hundreds of hours - thousands of hours - I went to a college at a meditation university - and I know that people can... these are wonderful things to do to develop our consciousness. But I also know that, you know, there's the practical that matters too - taking care of our bodies...

I know a lot of meditators who are very ungrounded, who are not present in their body, who cannot deal with emotions very well, who really are depressed because they don't have the biochemistry of happiness. If you don't have enough serotonin you're not going to be happy.

# Happiness Tip #1: Heart Coherence

So I promised you I would give you at least three practical things that you can do right away to raise your happiness level, and I'm going to start actually with one of my favorites, because it's so simple and it takes two minutes to do. And it's a process that I learned. It's called the inner ease technique and I learned it from the Institute of HeartMath. They're the world's leading researchers on the heart and how it affects our happiness and they've found that when we're angry we go into heart rhythm incoherence, they call it, where our heart rhythms are very incoherent, very erratic.

When we are feeling love and compassion we go into this heart wave coherence or synchrony where our heart rhythms are very smooth and coherent. They have this technique called the inner ease process that will move you into heart rhythm coherence. And what science calls the incoherent state is the stress response and they call the coherent heart state the love response.

And HeartMath found that five minutes of being in the stress response or feeling angry or, you know, just frustrated can suppress your immune system for up to six hours, but five minutes of the love response can stimulate your immune system, can support your healing system, for up to six hours.

So it's really dramatic what just a few minutes... We're not going to do five minutes, we're going to do two minutes. But it has profound effects. So I'm going to ask everybody to do this along with us. And John, you're going to be my guinea pig. Is that okay?

John:

Yeah, absolutely.

Marci:

Good. So at the end of this I'm going to ask you to tell me if you feel any different than when we started. So that's going to be your job when we're done with this. But I'd like everybody else to join in and see what happens for you. You can do it with your eyes opened or closed. If you're able to I suggest you close your eyes because it goes a little bit deeper.



So if you're able to, close your eyes right now. And the first step is to simply place the palm of your hand over your heart. Now, this simple act of putting your hand over your heart starts the flow of a chemical called oxytocin, which is dubbed the love hormone, because it's what we feel when we feel more bonded or connected with each other is we have a lot more oxytocin. So mothers who are breastfeeding have lots of oxytocin, or when we make love we have lots of oxytocin. But just right now with your hand over your heart you're actually stimulating the flow of oxytocin in your body.

And the second step is to imagine that you're breathing in and out through the center of your heart. And you can either picture that or you can feel that. It doesn't matter which sense you use but just imagine that your breath is coming into your heart and going out of your heart. You're breathing into your heart and you're breathing out of your heart. And you may already start to notice some shifts happening either emotionally or physically or both.

And finally the third step is on each in breath imagine that you're breathing in love, ease and compassion. And your exhales can just be normal exhales, but each time you inhale imagine breathing into your heart love, ease and compassion. And inhale and exhale at your own pace, but each time you breathe in breathe into your heart love, breathe in ease, breathe in compassion. And exhaling through your heart.

And you can picture a situation in which you felt love, ease and compassion or you can just internally say the words to yourself, it doesn't matter. Just imagine your breath on the inhale bringing in love, ease and compassion. And on the next exhale you can open your eyes if they were closed and you can slowly take your hand away. And take a moment to notice how you feel right now as opposed to how you felt a couple of minutes ago. That was just two minutes, but notice any shifts that you might feel in your body or any shift that you might feel emotionally.

And, John, we're going to go to you and ask you, my guinea pig, how do you feel any different now than you did a couple minutes ago?

John:

Oh, that was phenomenal. I want to describe it as an example. Have you ever felt just... It was an energetic shift for me and I felt it... Have you ever felt like really hungry and your body is racing but you didn't know it, and the second you eat something your body just calms down? It's like that.

Marci:

That's a great analogy. I've never had anybody use that one. That's a really great analogy.

John:

So it's... Yeah, my body just it got quiet. The energy... I thought I was pretty put together earlier, but I noticed that once I got into that calmer space I noticed that before that I was more of a chaotic state. So it calmed the field down for me.

Marci:

So all of this is signs that you have moved more into the love response. Some people feel more ease or calm, like you said. Some people feel more grounded. Some just feel more at home. Some people have physiological experiences of warmth in their heart or tingling in their hands and feet.

So all of these are the signs of the love response. And what's really cool about this process is that... You know, doing it once is just a nice experience; it really won't make any changes in your life. But if you do this three times a day for the next two weeks you will start to habituate the love response. You'll start to be there more and more. It'll become your default state.

So that's what I recommend you do. You know, and I do this standing in line at the grocery store or while I'm sitting on the phone talking to somebody or at a business meeting. Nobody has to know that you're doing it. You can do it with your eyes open. And it's just... it's amazing what happens. I've done this thousands of times now and all I have to do is put my hand up to my heart and automatically I feel the love response coming over me.

So that's one tool for you - simple, easy tool. You know, people say they me, 'Oh, I don't have time to do anything.' Well, if you do it three times a day for two minutes, that's six minutes out of your day. You have six minutes. I know you do, you know.

So should I get to my Top Number 2?

John:

Absolutely. I'm still reeling from the first one, so I can't wait for the second one.

# Happiness Tip #2: The Negative Bias

Marci:

Earlier I mentioned that we have these neural pathways and that most people tend towards the negativity. And the average person has 60,000 thoughts a day and 80% of those are negative. Science calls it the negativity bias. We inherited this from our cavemen ancestors because we had to remember the negatives... They had to as cavemen remember the negatives more than the positives or they would die.

We're no longer in that kind of survival mode yet we're living as though we are and it's very counterproductive. So when 80% of our thoughts are negative it's creating a lot of drain on our system and a lot of unhappiness. So we need to recreate new neural pathways. And I'm going to quote a dear friend of mine, Rick Hanson. He said our minds are like Velcro for the negative but Teflon for the positive. The negative sticks like Velcro the positive slides off like Teflon. So if you get ten compliments and one criticism, what do you remember at the end of the day?

John:

The criticism, right.

Marci:

Of course. Happier people have reversed this. Literally they have made it a habit of Velcro-ing the positives, making the positive stick, and Teflon-ing the negatives - you know, really releasing the negatives.

And there are lots of tools for releasing the old negative belief systems and I teach a number of them in the *Happy For No Reason* program because I think different tools work for different people so my belief is learn as many tools as you can and then the ones that resonate with you those are the ones to use.

So there are lots of tools for helping release the negativity, but I'm going to give you a tip right now for helping to strengthen the positivity and create new positive neural pathways.

And this is a scientific recent finding and that is that it takes us 20 seconds to register the good so that it changes our neural pathways. It takes nowhere near that amount of time for the bad to be registered and make an impression.

So what that means is when good things happen to us we have to let them digest for 20 seconds or more. This is why keeping a gratitude journal, they've found, is so helpful, because they've found that if you write down five things a day you're grateful, you do that every day for 30 days, it'll raise your happiness setpoint. And the reason is the time that it's taking you to write down those things in the journal and to remember them is more than 20 seconds and so it's registering deeply.

So what that means is at least five times a day notice something good that's happening and take 20 seconds or more to register it deeply. Think about it, feel it in the body, accentuate it, say it out loud to somebody. You know, call somebody up and say you're not going to believe the sunset that I just saw. Oh my god, I felt it so deeply in my body how beautiful that sunset was.

It sounds so simple, but it's really a habit of training ourselves to take in really deeply the good that's happening.

John:

But if we learn to focus on the good things, on what brings us the joy, what brings us the happiness, and keep adding to it, it's really that's when our soul essence starts to come out. Again I go back to the soul essence, but that's really what we're talking about here.

Marci:

Well we are. I mean, our nature... I absolutely believe in every tradition speaks to this, is that our essence is love and happiness. It is who we are. And what's happened is we have just developed false identities around it that block us from the experience of who we really are. And so our work in this world is to remove those blocks to the greater and greater experience of our true essence.

And I really see it happening more and more. I see everywhere... I see this... You know, we're in the midst of a love revolution and a happiness revolution where people are getting that it's time. You know, we're the ones and we have to shift our own consciousness.

## Mood & The Body

I still have a third tool or technique that I'm going to share with you, but I do want to mention the part about the body.

There so many people who are struggling to have the right thoughts. You know, 'I know that I'm supposed to think more positively...' This isn't just about positive thinking, by the way. You know, this is also about dealing with the old belief systems and letting those go too and I'm not about being Pollyanna in any way. It's more about creating new structures in our brain to take in the good, but I also want to make sure that people address the body.

In my program there's an assessment that you can take to see whether you're low in endorphins or serotonin or oxytocin or dopamine, and if you are then what are the things that you can do naturally to change those. Because you can really, really, really try super hard to change your thoughts, but if you are low on serotonin, it's going to be hard... You know, you're swimming upstream. So if that's your area of weakness then address that.

John:

How do people know if they're low on serotonin, Marci?

Marci:

Yeah, you can take assessments. I worked with a woman named Julia Ross, who is brilliant. She wrote *The Mood Cure* and *A Diet Cure* and she's developed these assessments that you can take to see what you're low or what you're high in. You can go to [happyfornoreason.com](http://happyfornoreason.com) and I have a free workbook on there that has all these exercises in it, and one of the exercises is to take that assessment to see if you're low or high in serotonin.



# Happiness Tip #3: Forgiveness

Marci:

People are always asking me what's the best... what's the fast track to greater happiness. And I have two answers. One is: it depends on you, because wherever you're the weakest that's going to be your fast track. And that's why in the *Happy For No Reason* program it's very specific to you. You do an assessment in the beginning to see where you're the weakest and we start you there. So that's the first answer.

But there is a second answer and that is: there is one, I believe, universal fast track to happiness and it's one word and the word is 'forgiveness'. As long as we're holding on to anger or resentment we can't be happy. It will be, you know, one of those very major blocks to experiencing greater happiness.

So I am a big believer in forgiveness practices. And there are many forgiveness practices out there but I'm going to share with you the one that I use the most because it's so simple and so powerful. And if you've got a pen and paper make sure it's handy because you're going to want to write this down. The practice is called Ho'oponopono.

You don't have to write that part down and the good news is you never have to be able to pronounce it. The practice is a whole lot easier than even saying the name Ho'oponopono. It came from a Kahuna Hawaiian tradition, which is why there's all the O's and P's in it, but it's simply a practice that you do internally. You don't do it with the person or with anybody else. It's about changing your own energy and forgiving inside.

And so what you do is you imagine or think of the person or situation with whom you are having still the problem or anger or resentment, lack of forgiveness, and you go into your heart and you send them these four wishes. And they are: I'm sorry. Please forgive me. Thank you. I love you.

So those four phrases you're imagining you're sending from your heart to the person or situation that needs forgiveness. I'm sorry, please forgive me, thank you, I love you. The person you don't ever have to see them again. In fact, they could have passed away. Doesn't matter. It's about changing your energetic vibration.

I've used it many ways and have seen many miracles, but the one that was the most important to me was about four years ago and it was when my sister and I had gotten in an argument and we weren't talking to each other. And this had never happened in our family before and it was really uncomfortable.

And about four months into this silent treatment our whole family had to gather because we were moving our mom from our family home where she had lived for 58 years to an apartment in assisted living – a little one-bedroom assisted living apartment. And the morning of the move was the first time I was going to be seeing my sister, because we were all getting together at my mom's new apartment to unpack her things. And I was really nervous because, you know, I didn't know what it was going to be like to see her.

So I came in last and I hugged and kissed everybody hello except my sister. I avoided her completely. And I remember she was standing in the kitchen unpacking dishes and I just didn't even go near the kitchen. I just went the other direction. And this went on all morning and you could feel the tension in the air. The whole family knew what was going on. You could feel it. It was awful.

Well, towards the end of the morning I decided I couldn't take it anymore and I needed a break. So I went to my car and on the way to the car I remembered Ho'oponopono.

So I decided to just sit in the car for a little bit and practice Ho'oponopono towards my sister - which is what I did. I just sat there and I sent her these wishes - I'm sorry, please forgive me, thank you, I love you. And I also sent it towards myself because I was angry at myself.

And about ten minutes into this I felt a wave of love coming over me. I felt like something in my heart had broken open, and I suddenly saw where my sister was coming from. For the first time I saw that she wasn't mad at me for what happened a few months earlier, but it was a lifetime of stuff, and I saw my piece in it. And I just felt great compassion for her.

So I went back into the apartment feeling entirely different, but I decided not to say anything to anybody. I just went back in and started unpacking. And about four minutes after being back my sister came to me out of the blue and grabbed me by the hand and said, 'Come on, let's go unpack mom's closet together' which is what we did. And we just talking in the closet like nothing had happened. And an hour later we're at lunch and she hands me her baked potato and she says, 'Here, Marci, you have this. I know you like these more than I do.' And I'm thinking, 'What on earth has just happened?'

So I pulled my brother aside and said, 'What did you tell her while I was gone?' And he said, 'Marci, no one said anything to her. We have no idea what has just happened.'

Well, thank God it happened when it did, because nine months later she and I found ourselves standing in that same closet of our mother's but this time we were packing up her clothes because she had just passed away very unexpectedly, very suddenly.

John:  
Oh wow.

Marci:  
And I can't imagine what that would've been like had we, you know, still been angry at each other. And we now have a relationship that is entirely unrecognizable to what it was. It is such... it's amazing. It's really a miracle.

And the reason I share this story is that I know that everybody listening has someone or something in their life that they need to forgive – and it could even be themselves. So take this as an example, but use your own life as an experiment to see what happens for you. You know, don't take my word for it, but see for yourself what happens.

John:  
I'm so touched. That's amazing. And it's so funny, because holding onto anger and bitterness, it's... You know, it's - what's the saying? – it's taking the poison expecting the other person to die, right?

Marci:  
I love that phrase: taking the poison expecting the other person to die. It's great.

# 30 Days to a New Happiness Setpoint

John:

Now, you've put together a phenomenal program and I'd love it if you could describe this offer that you have. And again, God, you've shared so much information during the last hour and during this conversation on information that works, so I can only imagine how much deeper you get in this program that you're offering.

Marci:

So what I want is results. I am a total results-oriented person. I don't really care so much about theory. I want people to get results. So I actually... And fast. So I went to a company called Learning Strategies and they're the world's leading researches on accelerated learning. And I said, 'I know the 21 habits that people need to be happy, but I want them to get it deep and quickly. Is there a way we could do this with accelerated learning?' And they said, absolutely.

So we put together a program - it's actually a 30 day program - that if you give me five minutes a day for 30 days I guarantee that it will raise your happiness setpoint. And it's using accelerated learning tools.

I'll give you a couple of examples. There's a *Happy For No Reason* paraliminal meditation in there. And the paraliminal meditation you listen to with headphones. It's got one message that goes into one ear, another message that goes into another ear. It bypasses the conscious brain and automatically raises your happiness setpoint, shifts those neural pathways without any effort. So that's like one of the tools that I recommend that you use in there.

So this is a very specific personalized process that you do that takes 30 days. And you don't have to do it every day. You could space that out over two months if you wanted to do it longer. And really it focuses on all of the seven main areas. It tells you very clearly what to do to change.



## Happy For No Reason Personal Learning Course

The single most important thing you can do to increase your level of health, wealth, and success in your life is to increase your level of happiness.

Learn the practical strategies to help you experience happiness from the inside out. Order Marci's course today!

**REGISTER HERE**

If you don't have enough serotonin or oxytocin or dopamine. It tells you very clearly what to do with those negative thoughts and gives you processes for that. It shows you very clearly what to do if you're not living your purpose or passion in life, because that's one of those seven areas. What to do with negative people in your life and, you know, how you can be the positive influence around the negative people. What to do with your heart... the other tools for gratitude and for loving kindness and for forgiveness and to connect with your spirit.

So all of these areas covered and it's really quite amazing, because I've had people come to me... I'll just give you a quick story. One woman came to me and we were at a speech I had just given and she was in my book-signing line. And she was crying. And by the time she got up to me, you know, I was really worried what was wrong with her.

And she said, 'You know, Marci, I actually got this, your personal learning course, for my son. He's 19 years old and he was really depressed. And we tried everything and nothing was working. He was on antidepressants and it hadn't worked. And so all my whole family did this course together with him and within two weeks he was off of his medication.' And, by the way, don't go off of any medication without checking with your doctor first. That is my disclaimer. But I will say I've known many, many people who've gone off their medication doing this program.

And she said within a month he was like a different kid. He was himself again. And she said – here's the kicker - she said, 'But I didn't think I needed this because I thought I was already really happy. But I found that I even got happier doing this.'

So the idea is it doesn't matter where you are on the happiness continuum you can still be happier. And so this is really for everyone who wants to experience the true happiness that we were all born to experience, that's our birthright.

John:

You can access this special offer at

[beyondtheordinaryshow.com/marci1](http://beyondtheordinaryshow.com/marci1)

And, Marci, this isn't a 30-day program – they just show up for 30 days and they do it. They actually get to own this and do it over and over again after they've purchased the product, right?





## Happy For No Reason Personal Learning Course

The single most important thing you can do to increase your level of health, wealth, and success in your life is to increase your level of happiness.

Learn the practical strategies to help you experience happiness from the inside out. Order Marci's course today!

**REGISTER HERE**

Marci:

Oh, absolutely. You have it, you own it, you can go back to certain sections that were more valuable for you, redo it. You can do it, you know, once a year. I recommend that people do it with their friends or their family – you have a buddy system, your happiness buddy. So you own it. And, you know, I really wanted to make it accessible to everyone and so I went to Learning Strategies and normally it's \$248 and I said, you know, 'What can we do for this group?' And they took \$150 off.

So you get it for only \$98, which, you know, I think is amazing and you are absolutely worth that. Your happiness, living the life that you're here to live, is certainly worth that.

I really gathered what I thought was the best of the best. I went out and did all of the research, found all the best things that were out there, and put them together with these accelerated learning tools. This is the best program I've ever put together. This is the one that I know has such an incredible profound impact, and can just really, really create miracles in your life.

John:

That's fantastic Marci. Well, thanks for putting this together. And again, I encourage you guys to really participate in this, to really invest in yourself and do it because... Don't hold back your happiness. Increase it. If you think you're happy, I can guarantee that we're evolving beings. There's always room for more. There's room for more love to open up our hearts, not only to other people but to ourselves as well, which I think is part of our biggest stumbling blocks is that we don't love ourselves enough sometimes and that's why we project that love onto so many other people and things.

Marci:

Yeah. Can I end with a little proverb that I love to share that speaks to that? It's a Chinese proverb. It goes like this: When there is light in the soul there will be beauty in the person. When there is beauty in the person there will be harmony in the house. When there is harmony in the house there will be order in the nation. And when there is order in the nation there will be peace in the world.

And my prayer and my wish for all of us is that we feel the love and the light in our own lives and through that we help create more peace here on this planet of ours.



# BEYOND THE ORDINARY

EXPLORE THE NEXT GENERATION OF TRANSFORMATION

Live interactive webinars with over 40 of the most sought after self-help and transformational experts in the world!

[Join Now »](#)



## Transformational Leaders

