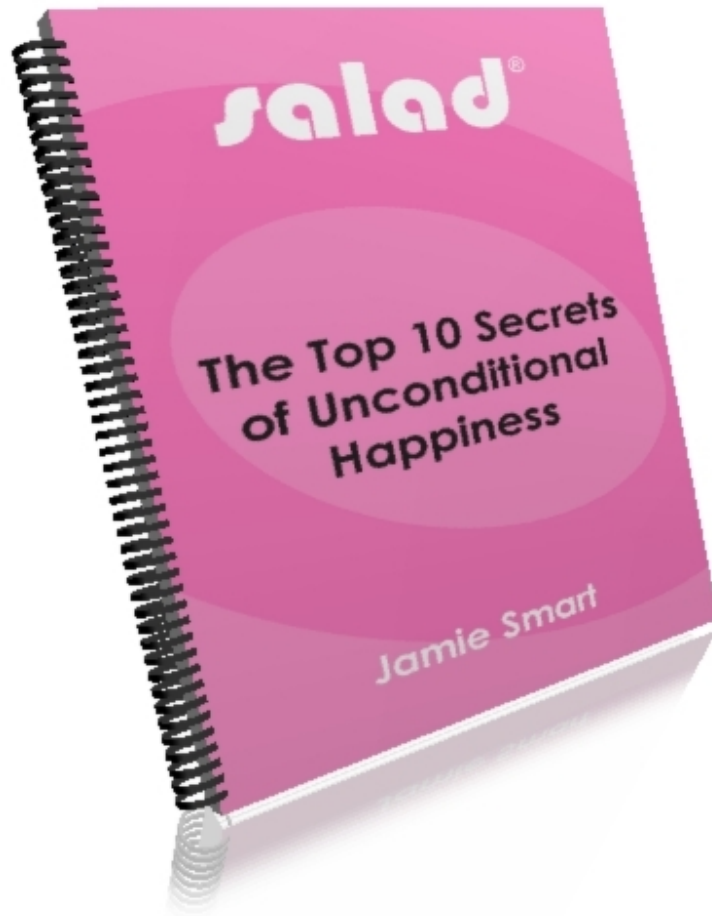


The Top 10 Secrets of Unconditional Happiness
By Jamie Smart

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The Top 10 Secrets of Unconditional Happiness

By Jamie Smart

Read This First

Welcome to *The Top 10 Secrets of Unconditional Happiness*. My name's Jamie Smart. I'm an NLP trainer, author, and creator of [NLP Coaching Cards™](#), the world's leading resource for learning NLP coaching language, and I'd like to say "thank-you" to you for reading this e-book. I'd also like to ask you to ***please send this e-book to your friends and colleagues***, because it will help them, it will help me to reach more people, and because ***it will make you feel good*** too! If you've been sent this e-book by someone else, then make sure that you ***sign up for the FREE Unconditional Happiness newsletter*** that accompanies it, here:

www.saladltd.co.uk/unconditionalhappiness.htm

Once you do, you will be sent new issues every week to give you tips to help you be happy now. You can read each of these gems of wisdom in less than a minute, but the lessons you learn will be enriching your life for years to come.

This book complements our [Art Of Being 8CD set](#) (also available as an [MP3 download](#)). I'll be referring to the ***Art of Being*** principles in the newsletter, but when you ***buy the CDs and get the principles now***, you can unlock the massive potential this book reveals ***immediately***.

These recordings are simply the fastest way there is to develop your ability to be happy now. The insights you'll be getting from the newsletter complement the concepts on the CDs, so when you have both, it will really ***turbo-charge your learning***.

The Top 10 Secrets of Unconditional Happiness

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Who is this e-book for?

This e-book is for people who have run up against the limitations of traditional goal-setting and are looking for something deeper. It is for people who are not willing to settle for anything less than being 100% true to themselves, and living an authentic life. Most of all, it is for people who want to be happy, and haven't found what they're looking for. It will be of particular interest to people who help other people find direction in their lives, including executive coaches, life coaches, therapists, hypnotists, trainers, managers, salespeople, consultants, networkers, students of NLP, health-workers, doctors and other healers.

Introduction

Back in 1996, when I read my first book about personal development, I had no idea of how my life would unfold. I was living in Oxfordshire, working as a project manager for a publishing company, and was making a decent living to support myself and my wife (we'd just married).

Slowly, I began to apply the principles I'd learned. Some things changed naturally in my life (I got a job working for a consultancy and moved to London), and I began to see the results of my efforts.

I was becoming more willing to engage with the adventure of my life. Let me explain. When I was working for the publishing company in the early 1990s:

- I was good at my job, and well-paid for it, but I didn't feel fulfilled.
- I had a sense that there was something else I was supposed to be doing on this planet, but I had no idea what it was.
- To make matters worse, I didn't actually believe that I could do anything else
- I could see how other people could follow their dreams, change jobs, start businesses, change tracks, find new careers, become entrepreneurs, but I somehow knew I couldn't.
- I didn't have a clear direction for my life, but I wanted one.

The Top 10 Secrets of Unconditional Happiness

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In 1998, I attended my first personal development training (a 2-day introduction to NLP). Two weeks later, I quit my job and set up my own business (still working as a consultant). I still didn't know what I wanted to do, but I knew that personal development had something to do with it.

In the years that followed, I spent most of my time off (and a lot of my income) on finding the finest personal development trainers, and learning everything I could from them. I moved out of project management and into much more people-oriented work, and with each move, my overall sense of peace and fulfillment increased.

But I discovered something very strange.

I could get great results helping other people make changes and get what they wanted, but I had limited success using formal techniques to do work on myself. I felt like a page had been left out of the manual.

While I knew I was moving in the right direction, I still didn't have the sort of peace, joy and happiness in my life that I knew was possible.

My frustration with this situation sent me outside of the field of NLP and hypnosis, to areas as diverse as homeopathy, quantum physics, provocative therapy, TFT, spirituality, yoga...my search was extensive. And in the course of that search, I discovered some keys.

This e-book contains some of the most powerful of those keys. As you read this, you'll start to see the areas where these patterns apply in your own life. Read on, and later I'll show you a way you can accelerate your ability to put these patterns to work for you.

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What is Unconditional Happiness?

We live in a society that propagates the myth of "I'll be happy when...". I'll be happy when I get the car, the house, the partner, when they change. This is a lie, and more and more people are discovering that fact.

Happiness is your birthright. It's not just for the few, for the worthy, for the "righteous". It is for all of us, like the air that we breathe.

Stop for a moment. Feel the air going in and out of your lungs. We take the air for granted, and so we should. It does not have to be deserved, earned or worked for. It is yours. No further qualification is necessary. You are entitled to it.

It's the same with happiness. You may, however, have been conditioned into thinking that happiness is conditional ("I'll be happy when I get x, y or z"). Stay tuned to discover how you can let go of that conditioning!

What would happen if you suddenly began to realise that happiness is your birthright? What would happen if you could experience happiness independent of the external conditions of your life?

This is unconditional happiness.

Why Choose Unconditional Happiness?

You may think it an odd question to ask – you may think it should be obvious, but I'll answer it anyway. Here are some of the reasons to be happy now:

- You'll feel happy, and that's...really really good! (I know it seems obvious, but I thought I'd mention it anyway).
- You'll begin to spend more & more time in the present moment, and less time worrying about the future and the past.
- Your direction and purpose in life will become clearer and clearer (they won't arrive like a telegram, but will emerge as you begin to relax and let go).

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- You will suddenly be able to make sense of the results you've been getting in your life, and make simple changes to start living the life you desire.
- You'll start to let go of worry & start enjoying yourself. (You may even begin to think about the future with a sense of excitement, anticipation, and enjoyment of the life you already have).
- In all likelihood, you'll experience more of the "success" you may have been seeking for a long time. Happy people attract more of the things, situations and experiences which give them happiness. Sort out your happiness first, and the material things you desire are much more likely to show up.
- You will become more and more true to yourself, and start living an authentic life.

The Top 10 Secrets of Unconditional Happiness

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Unconditional Happiness Tip

#1 – What You Focus On Increases

What you focus on increases. I'm sure you already know this, but it bears repeating. Whatever you focus your attention on over time will increase in your experience.

What do I mean by focus? The combination of thought and emotion. Wherever you put your attention, results will follow.

A simple example of this is money:

- If you spend your time worrying about bills, overdrafts & lack of money, you will start (or continue) experiencing lack of money.
- If you spend your time being focusing on (& being grateful for) the money you have, you will start (or continue) experiencing an abundance of money.

NB. This is not an invitation to be an ostrich. By all means, pay your bills & deal with any money issues that arise; just stop worrying about it.

The power of focus can work in every area of your life. When you combine focus with gratitude you create an amplifier for your experience. You get what you focus on. Whatever you focus on, you will experience more of.

If you are unsure of what you are focusing on, just notice what results you are getting in your life. The results you've got (& the experiences you are having) are a fool-proof indicator of what you've been focusing on - no exceptions.

☺ **Challenge:** Review your results & identify what you've been focusing on. Then decide what you'd like to change. Whenever you catch yourself focusing on what you no longer choose, switch your focus to what you now choose.

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Unconditional Happiness Tip

#2 – Gratitude Is The Manifestation Turbo-charger

Gratitude is the manifestation turbocharger. If you want more of something in your life, be grateful for what you already have. As what you have increases, you can allow yourself to become even more grateful. Now, you can be grateful to whatever you like:

▪ Universe	▪ A Higher Power	▪ Your Unconscious
▪ God	▪ The Natural World	▪ A Guardian Angel
▪ Buddha	▪ Energy	▪ Quantum Field
▪ Allah	▪ Nature	▪ Spirit
▪ All That Is	▪ Wholeness	▪ All of the above
▪ Universal love	▪ Natural law	▪ Anything else

You can be grateful to any or all of these, as well as anything else you can think of. Remember, what the thinker thinks, the prover proves (see *Tip #4*), so you can make up something to be grateful to that has all the qualities & attributes you would like in a 'deity'. *

Gratitude is one of the most powerful ways to focus your energy. The pattern of gratitude in your consciousness gets you into receiving mode, & receive you will. Stuff you can feel grateful for:

▪ Money	▪ Books	▪ Inner peace
▪ Love	▪ Fun	▪ Feelings
▪ Awareness	▪ Knowledge	▪ Health
▪ Friends	▪ Family	▪ Having a nose
▪ Loved ones	▪ Your home	▪ Anything else

Remember, what you focus on increases (see *Tip #1*): if you only have £5, be grateful for that & you'll get more. If you haven't been in love since you were 10, be grateful for the love you had then; you'll get more. If you only have present moment awareness for 30 seconds a month, be grateful for that 30 seconds, & more will be on its way.

* (If this upsets you because your G-d is the One True G-d, worry not; you are of course, correct. The above section is only for those poor folk who don't know about the One True G-d ☺)

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Unconditional Happiness Tip

#3 – People Like What's Familiar

Virginia Satir famously said that the most powerful force in human beings is familiarity; we have a natural resistance to radical change.

Think about it: if your body temperature suddenly increased by 20 degrees, or the acidity of your blood dropped by a few ph, you would die instantly. Your body-mind has a set of controls & balances that help keep you in a state of equilibrium. This equilibrium is called 'homeostasis'.

When we encounter change, the 'familiarity sensors' in & around our nervous system starts sending 'alert' messages to the brain. The system then begins to take action to return it to a stable state.

The thermostat on a central heating system may serve as a good example. You set the thermostat to 70 degrees Fahrenheit. The heating system then checks its thermometer to read the current temperature. If it is less than 70, the heating system is activated; once the temperature reaches 70, the heating is turned off.

The central heating thermostat is an example of a single cybernetic loop. The human nervous system consists of thousands of such loops, constantly sensing the internal & external environment, & making small adjustments to ensure that the familiar stable state is maintained.

Most people have had the experience of making a change they really like, then backsliding to the old behaviour or situation. The familiarity principle provides one explanation for this sometimes baffling phenomenon.

When you've been doing something new for a while (whether it's going to the gym, tidying your desk or changing your thinking) its typically smooth sailing until you start to change. Then your nervous system sets off the alarm bells, and you start to feel like you can't be bothered to do it anymore. This is the signal that it's working! When you feel that 'can't be bothered' feeling, pat yourself on the back! What you're doing is working, and you've got evidence. Then do it! People like what's familiar.

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Unconditional Happiness Tip

#4 – What The Thinker Thinks, The Prover Proves

In Robert Anton Wilson's excellent book *Prometheus Rising*, he models the mind as having two main parts; a *thinker* and a *prover*. The thinker is extremely flexible, and can think any number of things. The thinker can think the earth is flat; the thinker can think the earth is spherical. It can think all men are poison; it can think all men are essentially good. The thinker can think that women are intuitive and men are rational; it can think the opposite. It can think that there isn't enough to go round; it can think we live in a world of unlimited abundance. *The thinker can think pretty much anything*. The prover is much more predictable: *what the thinker thinks, the prover proves* (WTTTTTPP).

Whatever the thinker is thinking, the prover will sort for evidence to support it. If a person thinks that all homeless people are lazy, the prover will sort through their experience to find evidence to support that idea. If they think all homeless people are victims, the prover will find evidence to support that idea. If a person considers themselves to be stupid, the prover will find evidence to show that it's 'true'. If a person thinks they are brilliant, the prover will show that to be true. *What the thinker thinks, the prover proves*. While it's easy to see that this is the case for everyone else, it's not always so easy to recognise that it's also the case for us. While it's easy to identify the ways in which someone else is limiting themselves, the things we believe are 'really true' – aren't they?

WTTTTTPP is a simple way of understanding how beliefs operate in the human nervous system. Beliefs are very powerful, helping us to get a sense of certainty and direction in an unpredictable world. They are so powerful, in fact, that we sometimes don't remember that they're not necessarily 'true'.

- » **Tip:** If you want to change your beliefs, first identify the limiting belief (Eg. I can't relax), then craft a new counter-belief that supports you (Eg. I can learn to relax easily). Become willing to let go of the old belief, then state the new belief, paying attention to the sensations in your body. Accept any sensations of resistance, then repeat. Repeat the process until you can state the new belief congruently.

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Unconditional Happiness Tip

#5 – Acceptance Is The WD40 Of Change & Growth

Acceptance is the WD40 of growth, development & results. Accepting a situation is not the same as saying you like it, are happy with it, or are even willing to put up with it. Acceptance merely means that you recognize the reality of the current situation. Acceptance is particularly useful when applied to:

- People (including yourself & others)
- Feelings
- Things
- Situations
- Problems
- Results that you want
- Anything that is causing you pain, unrest or discomfort

You can, if you choose, believe that everything is perfect in this moment. That doesn't mean that things can't be changed, improved, altered or in some way bettered. It merely means that right now, in this moment, things are the way they are.

Some people use the headline of 'positive thinking' to deny the reality of the current situation. This makes matters worse. Acceptance is the opposite of denial.

Acceptance is a way of 'meeting yourself at your own map of the world' and getting deep rapport between your conscious and unconscious minds.

Paradoxically, when you accept things as they are in this moment (including yourself), you put yourself in the most powerful position to create change.

- » **Tip:** If you are finding something particularly difficult to accept, accept *that*. If you get captured by strong emotions, accept *that*. Accept yourself exactly as you are.

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Unconditional Happiness Tip **#6 – People Want Feelings**

People want feelings, and they already have them.

People think they desire things and experiences, but what they actually want is the feelings those things will get them.

Here's how you can find out what you really want. Choose anything you desire (this can be a thing, an experience, a change to yourself or your circumstances), then ask yourself "What would that give me that I wouldn't otherwise have?" Then take the answer and ask the question again, about that. Ask it several times, and find out what happens.

For example:

Q: What do you want?

A: To have my own business.

Q: What would that give you that you wouldn't otherwise have?

A: I would be free to do what I want to do.

Q: And what would *that* give you that you wouldn't otherwise have?

A: The sense that I am being true to myself.

Q: And what would *that* give you that you wouldn't otherwise have?

A: Peace

When you ask the question several times, you'll often end up at a feeling (often something like freedom, security, peace or love). You may even feel the feeling while you do this exercise!

The feeling is what you *really* want. Having said that, I'm all in favour of material stuff too – stacks of folding currency, foreign holidays, happy relationships and delicious meals. I just don't think my happiness / peace / fulfillment is dependant on them any more.

Ironically, the more you *feel the feelings now* that the things you want will give you, the more quickly and easily those things will start showing up in your life! People like what's familiar, so get familiar with the feelings you'll feel when the things and circumstances you desire show up in your life.

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Unconditional Happiness Tip **#7 – Become Willing To Receive**

You deserve great things, so become willing to receive.

I've met many people who are working hard to get what they want, yet it is very clear that on some level they aren't willing to receive it. From the tangibles (like money, relationships, and foreign holidays) to the intangibles (like joy, peace of mind and inner fulfillment) you won't experience them until you're willing to.

So how do I know you deserve great things? Great question.

Life is an amazing thing. When you stop for a moment and think about it, despite all the pain and sorrow it can entail, life is awesome. You were deserving enough of life to be given *that*, so anything you might want while you're here is a mere trifle in comparison.

I often do an exercise on training courses where I'll give a £50 note to someone who I think is unwilling to receive. Sure enough, without fail, they will not take this gift, given unconditionally.

The universe gives you all that it gives you without condition (your life, your breath, the gravity that holds you to the earth). In fact, you could even take the view that the universe has been throwing good stuff at you your whole life, and the only thing that's stopped you from having it is that you've been unwilling to receive it.

Tell yourself "I am willing to receive all the good that comes to me", then accept any thoughts and feelings which arise.

One of the things that many people are unwilling to receive is happiness. They spend their lives in the pursuit of it, but do whatever they can to avoid it at the last minute. When I first heard this, I thought it was ridiculous, but I started to find evidence that it was true for me. So I said to myself "You have to decide that you're willing to be happy now."

Say "I am willing to be happy now." then accept any thoughts and feelings which arise. Do this on a daily basis, until you don't need to do it anymore.

You deserve great things, so become willing to receive.

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Unconditional Happiness Tip

#8 – Use Power Affirmations

A presupposition in language can be described as 'what must be true for the sentence to make sense'. For instance, in the sentence "I like bees", it is presupposed that: *I exist. Bees exist. Liking is possible.*

So far so good. Now, one of the most well-known NLP questions is "What do you want?" This presupposes the following:

You exist. Wanting is possible. There exists some 'thing' (the 'what') that you lack or otherwise do not have.

As a tool for helping to focus a person's mind, this question is excellent, BUT...as soon as a person sets out to answer it, they accept the presupposition that there is something missing. When this idea is combined with "What the thinker thinks, the prover proves" the brain's predilection for the familiar, the following issues arise:

Statement of Intent	What You Get to Experience
"I want to be happy"	Wanting ☹
"I'm trying to lose weight"	Trying ☹
"I'm searching for the answer"	Searching ☹
"I choose peace"	Choosing ☺
"I'm grateful for what I have"	Being grateful ☺
"I am fabulously wealthy"	Being wealthy ☺
"I am happy"	Being happy ☺

You are the big "I am". We all become what we think about, and one of the quickest ways to increase what's possible for you is by using "I am". Want to feel good more of the time? Be fitter? Richer? Happier? Use the power affirmation "I am". "I am fabulously wealthy." "I am joyfully happy." "I am effortlessly attractive." Say one of these affirmations, notice whatever thoughts or feelings come up, then accept them (for added impact, say them into a mirror or to another person). Remember, there is only now, and people like what's familiar. If the "I ams" you've been using so far aren't working out for you (Eg. I am unsuccessful, poor, unlucky) you might like to change them. If you want to be wealthy, it won't happen until your neurology gets comfortable with the idea that you're wealthy. Want to be persistently happy? That will happen when you get comfortable with it (today is practice for tomorrow, remember?). So start getting familiar with it right away – you are the big "I am", and you always have been!

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Unconditional Happiness Tip

#9 – All Is Well; There Is Nothing To Fear

All is well; there is nothing to fear. I know this may come as a shock to you, but everything's OK. Having said that, it's still a good idea to wear a seatbelt. But it's worth reminding yourself that you've managed to come through and learn from everything that's ever happened in your life.

Fears, worries and anxieties only come when a person imagines unpleasant things in the past or the future. When you allow yourself to get into the present, then suddenly you begin to realise that all is well; there is nothing to fear.

If you believe in the theory of evolution, the emotional response of fear has developed over millions of years to give us 'in the moment' messages about things which are endangering us. But when it's combined with the human ability to imagine the future and the past, it can create problems (Eg. stress and anxiety).

Stop for a moment. Focus your attention on your breathing, and allow yourself to notice the thoughts and feelings moving through your awareness. These thoughts and feelings are not you; they are just processes occurring in your experience. Any feelings you get in response to the thought about the future or the past are just feelings about *thoughts* (in the form of memories and plans/fantasties); not about reality.

Some people say "Nothing to fear – what about death?" but you're the spearhead of evolution. Death, is perfectly safe; organisms of one sort or another have been doing it for millions of years ☺ You may think this is unrealistic, but consider this. The feelings of fear and anxiety if experienced consistently over time (Eg. work-related stress) cause serious health issues, and the feelings of happiness and joy lead to good health, which is a more realistic response to life?

Furthermore, if what the thinker thinks the prover proves, then believing that all is well probably leads to significantly less fear and anxiety than the alternative.

You might like to try the belief that all is well on for size, and discover what results you get!

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Unconditional Happiness Tip **#10 – You Are Already Here**

You are already here.

The place you thought you'd get to once you'd made the changes, achieved the goals, completed the journey; you're already here. In fact, you never left. The only thing that has ever stopped you from experiencing the reality of being here is the idea that you need to be somewhere else.

The only thing that is (or can) stop you from experiencing the peace and fulfillment of now is the idea that peace and fulfillment is elsewhere, in something else, a different experience, further on down the road.

But it isn't. You're here, and you always have been. You're here, and you always will be. So you can stop struggling, relax, and feel a sense of comfort in the knowledge that you are already here.

Now you may protest "But I'm not peaceful, happy, fulfilled! I've been trying to achieve peace for years and I'm not there yet!"

You cannot find something where it isn't. Stop struggling. Stop searching. Accept yourself exactly as you are. The search is over. Peace / love / fulfillment / joy; these are at the core of who you are. When you stop trying to find them elsewhere, when you give up the search, you will start to experience them.

Here's the deal in a nutshell: When you are searching for peace, you presuppose that you don't have it. What the thinker thinks the prover proves, so your neurology sorts and filters all your perceptions to *prove* that you don't have it. This becomes more and more familiar over time, and the search continues. It is a search without an end. Are you willing to give up the search?

You are already here. You never left. You only thought you did. You are whole and complete. Relax. Let go. Allow yourself to discover who you really are.

"To grow, you must be willing to let your present and future be totally unlike your past. Your history is not your destiny."

-- Alan Cohen

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The Art of Being

Back in 1996, when I read my first book about NLP & Hypnosis, I had no idea of how my life would unfold. I was living in Oxfordshire, working as a project manager for a publishing company, and was making a decent living to support myself and my wife (we'd just married).

Slowly, I began to apply the principles I'd learned. Some things changed naturally in my life (I got a job working for a consultancy and moved to London), and I began to see results from using the hypnotic principles for communicating with others.

I was becoming more willing to engage with the adventure of my life. Let me explain. When I was working for the publishing company in the early 1990s:

- I was good at my job, and well-paid for it, but I didn't feel fulfilled.
- I had a sense that there was something else I was supposed to be doing on this planet, but I had no idea what it was.
- To make matters worse, I didn't actually believe that I *could* do anything else
- I could see how other people could follow their dreams, change jobs, start businesses, change tracks, find new careers, become entrepreneurs, but I somehow knew I couldn't.
- I didn't have a clear direction for my life, but I wanted one.

In 1998, I attended my first NLP training. Two weeks later, I quit my job and set up my own business (still working as a consultant). I still didn't know what I wanted to do, but I knew that NLP had something to do with it.

In the years that followed, I spent most of my time off (and a lot of my income) on finding the finest teachers of NLP and Hypnosis, and learning everything I could from them. I moved out of project management and into much more people-oriented work, and with each move, my overall sense of peace and fulfilment increased.

But I discovered something very strange.

I could get great results using NLP and hypnosis to help other people make changes and get what they wanted, but I had limited success using formal techniques to do work on *myself*. I got great value from the NLP approach to goal-setting, but it was almost as though something had been missed out of my NLP training. I felt like a page had been left out of the manual.

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While I knew I was moving in the right direction, I still didn't have the sort of peace, joy and happiness in my life that I knew was possible.

My frustration with this situation sent me outside of the field of NLP and hypnosis, to areas as diverse as homeopathy, quantum physics, provocative therapy, TFT, spirituality, yoga...my search was extensive. And in the course of that search, I discovered some keys.

The keys to success

These keys were so powerful, that they opened the doors that had previously been closed to me. All of a sudden, the NLP techniques worked for me. Amazingly, these keys also massively increased the power of the work I did with other people. The funny thing is, many of them were almost like clichés that I'd heard over the years, but no-one had ever shown me a way to put them into practice. Once I was able to do this, some astonishing things happened:

- I began to spend more & more time in the present moment, and less time worrying about the future and the past.
- I let go of limiting patterns & behaviours. Problems I'd struggled with for years started to disappear effortlessly.
- My direction and purpose in life have become clear (they didn't arrive like a telegram, but rather emerged as I began to relax and let go).
- I was suddenly able to make sense of the results I'd been getting in my life, and make simple changes to start living the life I desired.
- I stopped worrying & started enjoying myself. When I think about the future today, it's with a sense of excitement, anticipation, and enjoyment of the life I already have.
- I am being true to myself. My whole life people said to me "Just be yourself", but no-one ever showed me how. Now I know.

Bliss-ninny

Today, I spend most of my days experiencing a deep sense of wellbeing, knowing that all is well. I had always worried that being in this state would make me de-motivated, and turn me into a 'bliss-ninny' who sat around watching TV or looking at the clouds all day, but nothing could be further from the truth. I've accomplished more in the past few years than I did in the previous ten, and am enjoying every minute of it.

Share my success

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At the beginning of last year, I decided to start sharing my success with other people, and I designed Salad's flagship training course, **The Art of Being**. This is the most powerful 2-day course we offer, and the results have been amazing. Here are just some of the results people have had after deciding to attend **The Art of Being**.

- A woman who had been going through a messy, painful divorce, and was unhappy about her size **lost two stone in weight** and established a cordial relationship with her ex-husband so they could settle their affairs.
- A man who had been working for an company quit his job, went mountain-biking in South America, the returned to England and **set up his own business**.
- An alcoholic **stopped drinking** and saved his marriage.
- A man was able to **connect emotionally with his son**, and start having the father-son relationship he's always wanted.

Don't just take my word for it – read what people who have already attended the training say:

Dear Jamie

I just wanted to drop you a quick line and say a massive THANK YOU for running your Art of Being course. Since I attended the course just over a month ago I have become much more chilled out and have made a lot of fundamental changes in my life which, until recently, either had not occurred to me or I had lacked the bottle to pursue ! I have set up my own business (have always wanted to be a Director of a company) and my house is now on the market as I will be moving to Monmouthshire after my Raleigh International expedition in Chile. Why ? Loads of Mountain Biking and running to be had !

Anyway, I don't know quite what hit the mark on your course but I feel really empowered and even more positive. Even my surfing has improved !!!!

Thanks again Jamie

Kindest Regards

David.

David Bolton, Company Director

Jamie Smart is not only a special trainer, he is a very special person. I learned more in two days from his course the Art of Being than I have done from any other course of a similar nature. Jamie walks his talk and I know as a result of attending this course my life will be hugely enriched. – **Tania Hopkinson, NLP Master Practitioner**

The Top 10 Secrets of Unconditional Happiness

By Jamie Smart

Jamie

Last weekend's course was fabulous and has made a difference in the way I feel about life and I am so much happier, the way you deliver your "stuff" is so enjoyable and the Art Of Being cd's take me back there every time and re-inforce all the good messages and techniques that you presented so effortlessly, thank you again. – **Peter Bennet**

Hi Jamie.

Just a quick bit of almost instant feedback;

Last night on the way home, Jo was surprised and pleased to notice that she was no longer talking to herself constantly about what she needed to do the next day. Instead she was able to watch the banana moon follow us home and really enjoy the journey. I have been finding myself wearing an inexplicable grin. I'm sure my voice has become louder and neither of us seem to give a monkeys about anything much. (in a good way)

So it all seems to be going rather well so say the least.
I haven't seen Jo this relaxed and carefree for about 10-12 years !

Cheers Jamie

See you soon

Luc

Lucas Nicholls, Managing Director

The Art of Being is not a re-hash of familiar NLP techniques, but rather a journey into the structure of change. It is not a theoretical workshop – it is experiential. I've placed warnings on this training in the past, telling people only to ***come on this workshop if you are truly willing to change.***

This is no idle warning. People who attend **The Art of Being** make changes – and that's a fact. If you want your life to be different, ***the adventure starts here.***

Here are just a few of the things you'll be learning:

- **The hidden handbrake** that stops people from moving forward in life (yes, everybody's got one), and how you can release it and ***start moving forward effortlessly.***
- **The unwritten value** that makes people cling onto the patterns they don't actually want, and how ***you can get it to work for you*** rather than against you.
- **The manifestation turbocharger** – once you start using this simple technique, hold onto your hat, because you'll be amazed at the speed at which the things and experiences you want ***start showing up in your own life.***

The Top 10 Secrets of Unconditional Happiness

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- **The WD40 of change.** When I discovered how powerful this is, I started using it not only with myself, but with my coaching clients, to clear stuck issues and make *progress at a far greater rate*. The results are amazing!
- **The goal-setter's trap.** Have you ever had a goal that you'd really wanted, and then when you got it, you didn't want it anymore? This simple technique will ensure you *never have that problem again*.
- **The ultimate belief change technique.** Your beliefs control the reality you can experience. Would you be interested in learning a simple way that you can change your beliefs in minutes, in a way that *you'll really know your beliefs have changed*. By the way, this is NOT an NLP technique, so you won't have done it on a Practitioner training. It is the quickest, most powerful way of changing beliefs I've ever found.
- **And much much more.** Really! The things I've mentioned above only represent a small portion of what you'll be learning. But this is not just a string of techniques. It is rather a system and process for understanding and applying the principles of change so *you can live the life you desire*.

And who is this for?

I'll start (as usual) by saying who it isn't for – it isn't for people who just want the theory but don't want to get their hands dirty. **Only purchase this product if you are willing to change.** A lot of the people who have made a decision to do this are people at a transition point in their lives. Others include people who have a sense that they need to do something different, but don't know what it is. If you are a 'seminar junkie' (or have a friend who is), this may be the last product you ever need. I'm serious! One of the things I do on The Art of Being is explain the illusion that drives 'seminar junkies', and free them from that trap. I promise that you'll never need to go on another seminar again (though if you want to, that's fine). I know you might think I'm cutting my own throat by doing this, but all is well! People who work in the area of change or are studying it will obviously benefit, including NLP Practitioners, therapists, coaches, trainers, doctors, consultants and the like.

What do you get?

You'll receive 8 hours of audio (an 8CD set), the complete recording of the training course.

So the usual question is how much?

The Top 10 Secrets of Unconditional Happiness

By Jamie Smart

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The Top 10 Secrets of Unconditional Happiness

By Jamie Smart

More Information

For more information about the principles described in this ebook, as well as details of related products and training courses, visit www.saladltd.co.uk.

About the author



Jamie Smart is the Managing Director of *Salad Seminars Ltd*, as well as the principal trainer. He spent much of the nineties leading large, mission-critical business projects and change programmes. In the process, he found that individual change is the key to collective change, and became fascinated with helping people achieve the results they want. This fascination led him to NLP, and he has spent from 1996 to the present day learning from the

finest teachers and materials, and applying what he's learned. Jamie is an NLP Master Practitioner and is licensed by Richard Bandler and the Society of NLP as a Trainer of Neuro-linguistic Programming (NLP).

Jamie is author of *The NLP Tip*, a free e-zine which is read by more than 10,000 people around the world each week (available from www.saladltd.co.uk), as well as the creator of *NLP Coaching Cards™*, *Ericksonian Hypnosis Cards™* and many other products.

He lives in Leicestershire (UK). When he isn't helping *other* people get what they want, he likes going for long walks in the woods, listening to music and reading.

The Top 10 Secrets of Unconditional Happiness

By Jamie Smart

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