

DISCOVER WHAT'S MISSING

HAPPINESS
*is an
inside job*

MINDY ARBUCKLE

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YOU ARE ALREADY AN AMAZING HUMAN

You have been doing work to improve yourself for years, if not decades by now. Yet recently you have noticed there's something missing. Something not quite aligned and it is hard to put your finger on it. You feel like you've been on this path for so long that you should have better results. You feel like you should be having a different experience of life right now. Somehow, even after all the self-growth, yoga, meditation, crystal healing, chakra clearing, reiki, affirmations, mantras ... you aren't feeling the inner happiness you've put so much effort into.

Ask yourself: Why do you feel like you've hit a plateau? Why do I still have such highs and lows in life? Why do I try to control everything? Why do I take on other people's energy? Why do I need their approval and love so much? Why am I so unhappy deep within? Why do I judge others secretly and hate it when they do the same to me? Why do I take things so personally? Why does my body ache? Why doesn't my inner world match my outer world?

The work you have been doing up until this moment has been great work! It is valuable and has brought you so far! They are all tools you

can access and teach even as you go farther. Just think about the person you were five years ago compared to who you are today. Your path is your own and it couldn't have been any different. It doesn't need to have been any different. It has brought you here, to a time and place where you are ready to embody more of you.

You see, as you have evolved on your journey your baseline has changed. Think about your baseline as how deeply connected with your Highest Self you are. At the beginning of your journey you were less connected. Now, through all your conscious awareness and efforts your baseline of inner connection has raised significantly. You are more you than you've ever been. But there is more waiting for you. You are ready to be all of You.

The practices that once served you so well just don't feel as effective anymore. This path of self-mastery and full embodiment takes wisdom and discipline to keep yourself charged and moving forward on your journey of awakening.

The work I offer guides you through processes that bring you more into your Self so the rest of your life comes into harmony and abundance. It is a system that naturally magnetizes you so

you can easily manifest your hearts greatest desires into a 3D reality. You'll never get there if you keep dreaming about it. Trying harder and doing more no longer wont get you where you want to go. Come back into your core, your truth, and your body and the work will be reflected in your relationships, your definition of success, happiness and well-being. It will all be yours. When you are fully at home in your self you can feel everything on the inside so you can have it on the outside.

The bonus to doing this work for yourself is that you will be equipped with more tools and a deeper understanding of yourself and the world around you. With this advanced awareness you will be even better at helping others and having a larger impact. To change the world, we must begin with ourselves.

I'm sure you've seen this quote from Marianne Williamson before. It is so on point!

“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. It is not just in some of us; it is in everyone, and as we let our light shine, we unconsciously give others permission to do the same. As we are liberated from our fear, our presence automatically liberates others.”

INNER OR OUTER HAPPINESS?

There is so much in this world that can make you happy. A passionate kiss, laughing with your children, a meal that makes you melt, a great celebration, a well-deserved promotion at work, getting married to the love of your life, an amazing yoga class, iridescent bubbles in the sunshine, a vacation to your favorite place on earth. The list could go on for miles! What is something you love that makes you so happy? Can you feel into the joy and happiness within your body just by thinking about it?

Now, let me ask you: What happens at the end of all those things? When the laughter stops, the party has ended, you retire, the bubbles dissipate, you come home?

Do you lose the happiness you felt?

The world has trained you to look for happiness out there. That you have to do more, be more, give more, make more money... in order to find joy.

Happiness -- real happiness -- can only come from within. The joy and elation you feel when the world is on your side is but a reflection of the joy that already exists within you.

Tapping into your True Nature as Happiness, Love, and Light in an ever-deepening way is the only path to really be happy no matter what is going on around you.

SEEKING HAPPY

I have spent my lifetime seeking happiness, unconsciously at first and now with full awareness. Like most I thought I'd find it out there in the world. At first, I put my happiness and wholeness in my family's hands. Then I looked for happiness in friendships, relationships, and sex. I always tried to prove to everyone how worthy I was of their affection, approval, and love by becoming perfect. I thought if I were perfect, I'd be happy.

The outer shell of my life has appeared to many as “perfect” on the outside. Yet on the inside, I was not fully connected. I was a loving and connected yoga instructor and studio owner who gave of herself generously. Knowing myself more fully now I realize that I did it, to a certain degree, out of selfishness and emptiness to get their love and affection. While I gave so much on the outside it was difficult for me to give my Highest Self the same amount of love, generosity and connection. I judged myself harshly and always felt undeserving. All kinds of dark shadowy parts of me were right there under the surface waiting for me to see them and help

them mature and heal so they no longer had to hold me back. Those shadowy parts of me didn't always feel like they were on my side. Through the years I have befriended so much more of me that I know my shadow self was just trying to help and take some of the burden of life off my shoulders, albeit from a limited perspective.

I have been a recovering perfectionist now for 2 decades. On this journey of growth and healing the best and worst thing I have discovered is that I was doing to my Self what I felt like everyone was doing to me. When I didn't feel accepted, I wasn't fully accepting my Highest Self. When I didn't get the love I desired in the way I desired, I wasn't loving my Self fully. When I felt rejected by the world or like I didn't fit in, I was rejecting a part of my Self.

That realization sucked and I didn't like it at all! At the same time, it feels both really shitty and empowering to realize you are the one who has been harming your Self all these years -and- you are in charge of healing the relationship with your Self.

Honestly, I've always been a pretty happy person. I let my light shine. But there have always been parts of me that have been afraid. I've been afraid to be seen fully as Me. I don't always like to let people in. I used to have layers

and layers of all kinds of walls around my heart. I used to think I needed other people's approval to be me.

Not anymore. Over the years I have studied who I am, what makes me tick, what patterns and programs are keeping me small and limited. I have woken up to my Self and I can honestly say I love my Self. That's what I want for you too!

You see, the more you let go of the outer show and shell of your life, the more you feel into the authentic sense of peace and happiness that is your True Nature.





Over the years as I have continued my own evolution, I have been blessed to guide thousands on their own journey of waking up to their True Selves.

Willingness to study yourself, both the human self and the divine, limitless Self, is a gift only you can give yourself. You hold within you right now all the answers, all the solutions and all the energy you need to become the person you were born to be. You have a special gift the world needs from you. You can be a part of the SOUL-ution that will improve both your life and the lives of others.

THE TRAINING GROUND OF LIFE

All of life is there for you to learn and evolve from. The amazing experiences, the really, really shitty ones and everything in between. They add to the story of your life. Your life story can be a limitation that keeps you playing small or an accelerant to set you free. It all depends on your perspective. What if you could look at your story from a new angle and pull out the lessons and learn something new, therefore helping you to move forward with more courage, self-awareness and love?

Living in your True Nature asks you to embrace it all right here in the present moment. Enjoy the things in life that make you happy. Learn from the struggles, ticks, emotions and then let them go so you can move fully into the next event in your life, even if that next thing is as simple as doing the dishes or as grand as being an internationally known thought leader and healer. It asks



you to put down the distractions: phones, social media, unhealthy habits, obsessions, and come back into your center.

REAL LIFE AWAKENING

Six years ago, I wrote my first book, 7 Steps to Happy. I published it right before my second daughter was born. It was directed at the general public to give simple practices to live more fully in their own happiness.

Since then, I have expanded and grown so much. This book is a deeper extension of my first attempt at opening my heart and sharing my teachings with the world.

Motherhood, one of my great teachers, has its blessings and extreme challenges. My two daughters are 6 and 11 now. Whether you have kids or not you can relate to how much there is to do to raise a family. Many moms “lose themselves” in motherhood. They put all their joy and happiness into the success or failure of their children.

I’ve seen the same thing happen with careers. A person puts so much time and energy into what they are doing that they forget about themselves. I’m not implying that you should become a self-centered prat that only thinks of

themselves or that you need to quit your day job. No. That doesn't work.

You will continue to move through life, participating fully. When you know your happiness already is, you feel different. Your heart feels full. You no longer feel drained by the thought of one more thing. Life is somehow smoother, even when you hit a bumpy patch. This inner work brings you back to being centered in your Self and is meant to be done by real people living real lives, not hermits living in seclusion in a cave somewhere. This is real life awakening.

Of course, on this path of tuning into the real sense of happiness within I've seen my energy ebb and flow – and so will you. You will notice you flow with greater ease in your family, work and general life when you are centered in your truth. On the other hand, your energy, patience, and ability to handle all life ebbs when you focus all or most of your energy outward. In both scenarios you'll be fully engaged with life. The difference is if you are present and tuned in or not.



This whole process of discovering your inner happiness originates from wanting more out of life. You want to know your Self more fully. You know you have more to give, but something is holding you back. By knowing your Self more fully you will know the world more fully. You are the microcosm in the macrocosm. Everything inside you is reflected on the outside of you in your world. The universe will always give you what you need to learn. All the lessons will keep repeating in your life in new ways until the day that you are fed up enough with whatever it is, and you put your foot down saying, "There's got to be another way!" and you decide to make a change.



THE DESIRE TO BE YOU

When you are ready to wake up to even more of You, you will see that the universe has your back and is always working for your highest good. When you make the changes within first the external changes like your job, home, car, significant other, etc. can change too. If you do it in reverse, the same kind of experience you were trying to change will simply repeat itself in a new way.

STUDY THE SELF

Studying yourself is the surest way to freedom. There are parts of you – patterns, beliefs, habits – that have been with you for a long time. Your ego loves its place of power over you. When you start making changes for the better the old parts like to hold on tight, dragging you back into the familiar, yet, outdated patterns that you are trying to leave behind. Remember this fact: if you are feeling resistance, you are on the right track.

When resistance happens, say “hello” to whatever is coming up and fully acknowledge its presence. By doing this you are creating space between you and the pattern. You’ll have a clearer perspective of what is really going on and will then have the freedom to choose a new way with wisdom, discernment and clarity.



WHERE TO BEGIN

We begin with self-love and kindness. I know this sounds cliché. Most of us are great at giving love and kindness to others. Yet, when it comes to offering that same love and kindness to yourself, it isn't so easy. Think about your self-talk. When your inner voice is talking to you how supportive is it? How nice are you to yourself? We are generally our own worst critics, harsher on ourselves than we would ever be to another person.

Be honest with yourself and realize that what your mind tells you is generally not true. It is the small ego self that wants to keep control over you.

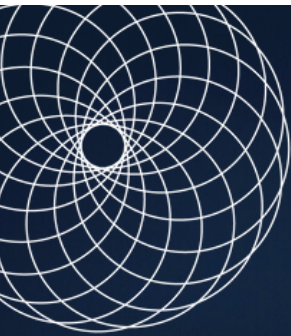


IDENTIFY WHAT DOESN'T WORK

When you are ready to start making changes because you know yourself to be worthy and you want to be more kind and in-tune with your Highest Self, here's the basic way to make those changes. Your mind can be the gate keeper that keeps you limited and small or the gateway to connection with your Highest Self.

1. See it.

Whenever you catch your mind telling you a lie like “you aren't good enough,” “no one respects you,” “their lives are so much better than mine,” etc. you have to catch it. Most of us know these things are present but we can't quite put our fingers on what is wrong. Seeing a pattern in the light of day brings your awareness to it. Before you can change anything, you must first be able to see what needs to change. Seeing it is like shining a light in the dark.



2. Acknowledge it.

This may sound like the same thing but there is a big difference here. You might see something in your life but aren't quite ready to acknowledge it is there. Acknowledging it helps you accept it. Acceptance in this regard isn't a cop out and a way for you to keep doing the bad habit. Quite the contrary. Acknowledging a pattern, emotion or experience, empowers you to open yourself to the message and lesson it has for you.

3. Contemplate it.

Now that you have been able to create a little space between you and the pattern, it is time to learn from it. This can be done in any number of ways. I find it helpful to have a dialog with my patterns and emotions and let them know they have my full attention. "Now that I am listening, what ideas, wisdom, information, flow do you want to share with me?" "What do I need to learn from you?" "Why are you here?"

Inner communication helps you see the "forest through the trees". Your body and subconscious want to communicate with you. Most of the time their messages get drowned out because your focus is almost always turned outward. You may already be listening to this inner communication. Fabulous. If not, with practice you will be able to hear a clear voice speaking to you or receive images, sensations or colors that will help you understand their messages.



ARE YOU WILLING?

Now that you are seeing, acknowledging and learning from your patterns, emotions, beliefs and triggers, the next step is to be willing to let go of those outdated relationships with yourself. You no longer need them to be fully you and to live a happy, centered life. The outer world does not make you who you are. Connection to your inner world, i.e. your limitless self, makes you who you are.

Willingness to learn and then let go gives you permission to be fully in the present moment, no longer ruled by the past. You are your own woman or man who can make the best choices with freedom instead of feeling the bondage of your robot-like automatic reactions.

BRING IT BACK IN

All this starts to bring your energy back into you. Since you aren't putting your happiness in the hands of others, you can pull in all that energy you have been sending out. You put that energy out there with the best of intentions. Yet somehow it never quite made it back to you like you thought it would. If you are a yoga or spiritual teacher perhaps you wonder why you give your students so much more than they give back to you. In your career and family life you give and serve yet still find yourself feeling drained, burned out and subconsciously out of alignment.

Now is your opportunity to feel all that disparate energy out there and to pull it right back into your core. Take a moment right now to breathe a few deep breaths and connect to all the energy you have put out into the world. Imagine yourself now gathering it and bringing it back into your body. I like to use my arms to bring it all back into my heart and core centers, pressing it back in with my hands. Reach out and anchor it back into your body.



Today is the day to let go of what controls you out there in the world or what you so desperately try to control. This enables you to create a stronger container to hold your own vital energy. When you are full, you can give from fullness and feel great, no longer needing or wanting something in return (even if you aren't totally conscious of this desire to receive something in return for your time, energy and presence).

Bringing energy back in also means taking better care of your Self. Notice what practices and rituals serve you. Do you take time to breathe a few conscious breaths each day? Journal? Soak in a hot bath? Meditate? Receive massage? Spend time in nature? Self-care does not have to take a lot of time or money. But it will start to align you with your Highest Self and make you a priority in your life.

*Happiness is a
muscle.*

*The more you use it
the stronger it gets!*

EMBODY YOUR HAPPY

Your peace and happiness are your own. Hold them like a sacred treasure. Many things and people will try to steal it from you. Don't let them! They never do anything good with it anyways!

You are worth the time and energy it takes to align with your highest truth of light, love, and happiness.

Walking this path takes three things:

- 1. Courage*
- 2. Commitment*
- 3. Consistency*

Be kind to yourself on this journey of improving your inner relationships. You have been ignoring, setting aside and hiding the parts of you that you don't like for years, perhaps decades. By ignoring them you have inadvertently given them the power to control you from the shadows. Spend time with those parts, love them, re-parent them and give them the space to heal. In doing so you will gain their trust and they will give the reigns back to you.

Much of this work is gaining the trust of all parts of you. The shadow doesn't trust you can handle what it has been keeping you "safe" from all these years. Your highest self doesn't trust you because you've been ignoring it for so long. Both sides have so much to give you. Listen well, regain your sovereignty from your shadow, and act upon the guidance of your limitless Self.

Let your intuition, discernment, and wisdom guide you forward. You will know the difference between when your shadow guides you from fear and your heart guides you with love.

I know you know this already. Please, remember to breathe along the way. You've got this! It is time for you to heal the inner divide. Healing the fear, hate, and judgement within returns you to love and connection. When you can do this for yourself, you and do this for others. I know that's what you want. You want the world to be a better place just like I do. You have a wonderful role to play and I know you are ready.

You are the only person in your life that you will have a life-long relationship with. You are important! Your relationship with yourself is a gem! Treat it with loving kindness. Courageously step into your wholeness as you make this commitment to You. The more you do the work, the more you will receive!

Like my friend Rachel just told me about my own self improvement work,

*"It's a process for the caterpillar to become a butterfly...
over and over and over."*

WORK WITH MINDY

There is more to this work than meets the eye. Yet, its simplicity is profound. Having a guide on your side is an extremely valuable asset.

If you are ready to take your inner reality to the next level, I have an Advanced Awareness Training designed just for you. You will learn to ride the waves of life with greater ease while downloading a new default setting, freeing you from your self-limiting beliefs. You will be equipped with more tools to deepen your understanding of yourself and to clear the limitations that hold you back.

This program is designed to offer you deep support and consistency so you can embody the incredible shifts to come. You can only teach others as far as you are willing to go yourself. This training will allow you to grow and help people more effectively and with a larger impact.

This work will improve your whole life. Say “Yes!” to the bigger picture. You can have it all. You deserve to have it all.

I encourage you to schedule a 45 minute free, no obligation heart to heart chat with me to see if this work is right for you.

*With Love,
Mindy*



ABOUT THE AUTHOR



Love has been the guiding principle of Mindy's life. As she continues to evolve in her understanding of it and ways to embody love, her desire to heal the divides in this world grows stronger.

She has practiced and taught yoga for over 20 years. The word "yoga" means to "unite." That is her soul's purpose: to look beyond differences and truly see that what connects us is far more powerful than what divides us.

Mindy is here as a Spiritual Guide, Meditation Coach and Teacher to open you to the limitless possibilities that you are.

Mindy lives in the mountains of Colorado with her husband, Brian and two daughters, Zella and Kevra. She loves to sing, write, bake, garden, and get outdoors into the mountains.

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Today is the perfect day to
BEGIN.

