

DO YOU WANT TO BE HAPPY?

Then you need to take responsibility.

By Piercarla Garusi, Life Coach & NLP Practitioner

Taking responsibility is taking your power back; it leads you to own your power.

According to the Law of Attraction, NLP and Quantum Physics, thoughts create reality, so what you think you create.

So, whatever you have experienced in your life, in a way you have responsibility for it, you have created it. Of course there are things not in your control, but what you can control is how you respond to them when they happen.

And all the things that happened to you in your past, happened for a reason. And if you choose to believe that you will grow through them, you will not ask 'why' they happened, but what you can learn from them. This will allow you to move forward and expand.

And further, as we were saying that you have created 'everything' in your life, that means you can become even more empowered: because **if you create something, you can change it!**

So, for example, if you experience depression, or anxiety, or anger, or fear, you have the power to change it. And even more, whatever you have experienced in your past, you have the power to let it 'be a thing of the past', not of your present and not of your future. **This is your power!** This means you also need to stop complaining and stop blaming: **you are the only master of your life. Get ready to make yourself happy!**

You decide who you want to be, what your code of conduct and values are, what you are going to do, how you are going to behave, how your life is going to be: **you live your life on your own terms!**

And nothing has any power over you: not the past, not limiting beliefs, not un-resourceful behaviours, not your peers, not society. You own all your power; it is yours. **You are free to be yourself!**

Another aspect is that there are two energies in the world, a positive one and a negative one.

Negative emotions, such as anger, hatred, guilt, fear, and also anxiety, depression, are part of the negative energy. Negative emotions can be destructive and drain away our energy.

Positive emotions, such as love, vitality, joy and gratitude, are part of the positive energy; they give us life and enable us to become who we really are.

You are, in fact, a being of light and love, and the more you become who you really are, the more you are in the flow with positive energy of the universe, the more able you will be to create your happiness easily, as the universe will support you and you will find peace with yourself.

And you will be able to truly love yourself and be truly happy.

*Empower Yourself and Give Yourself the Freedom to Be You and
Live the Life You Want!*

When are You going to Start?

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Piercarla Garusi is a Life Coach and NLP Practitioner, Director of PG Coaching Ltd. She is passionate about helping people unleash their power, overcome depression, anxiety, social anxiety, fear, anger, traumas, emotional abuse and just be well and feel good. She is also passionate about helping people connect with their souls and be the extraordinary person they truly are, develop their spirituality and create a life that makes them truly happy. For more information please visit: www.pgcoaching.co.uk, info@pgcoaching.co.uk.