



## **Can Others Take Away Our Happiness?**

There is a generally held belief by most that our happiness can be taken away at the whim of another, at any moment. This belief perpetuates, for those who adhere to it whether consciously or unconsciously, a co-created energetic power struggle...a dance of mutually created powerlessness and unworthiness.

Many, unaware that they are doing it, are consistently projecting fear that their happiness is a fleeting experience, precariously dependent upon the will of others or outward circumstances; not realizing that in projecting that fear out into the quantum field they are actually co-creating that exact experience...a self-fulfilling prophesy, if you will. If we experience a detraction of our power to feel happy it is because we are energetically drawing that experience to us.

Understanding the true nature of our being is fundamental to creating our best possible life. Science has proven that our physical body is not solid at all, but in truth an electro-magnetic energy field, which is interconnected within ever-larger fields of electro-magnetic energy. It is the heart that generates and emits the largest electro-magnetic field of energy from within our physical energy field. It is the heart's field of transmission to which the quantum field responds. The quantum field is neutral, it simply replicates whatever frequency the heart emits...be it love or fear. This is why being aware of how you feel in any given moment is the key to unlocking the door to your best imaginable life. We are not victims, we are co-creators...so, the wonderful thing is our outside/3rd dimensional experience is merely the manifestation of our energetic/inside/unconscious/4th dimensional projection or energetic transmission out into the quantum field.

For further in depth information on the topic of the power of the heart and its energetic transmissions, including the fact that the heart's magnetic field is 5000 times greater than the brain's, I encourage you to explore the scientific data available on the Institute of HeartMath web site. A great place to start would be "The Science of the Heart." Here's the link.  
<http://www.heartmath.org/research/science-of-the-heart/introduction.html>.

The events and interactions we experience are clues as to what frequencies we are unconsciously transmitting out into the quantum field. Talk about putting the information right in our face...how great is that?! If our outside world experience

is unhappy/fearful/powerless...the empowering question to ask our self is, "What fear-fueled thoughts, images, and/or beliefs am I unconsciously transmitting out into the quantum field?"

If we have an unconscious fear belief that others may steal our happiness, then that's what we are transmitting out into the quantum field to be reflected back as a co-creation of more of the same experiences. \* Poof! \* Our fear manifests, and our seemingly tenuous happiness disappears...stolen away, re-enforcing that belief to be our "truth."

Although it may feel like it at times, the dynamic is not a power struggle between each of us. There is no need for us to desperately seek happiness by, either consciously or unconsciously, pulling energy from one another. Here's why. First, believing that another can take away our happiness is the same as believing that our energy is not of Source, or as I refer to it...Divine Center, and is therefore finite. Second, because we are, in truth, fields of electro-magnetic energy...extensions of the Divine Center, we are directly co-creating our 3<sup>rd</sup> dimension experiences by how we feel and what thoughts we've connected to those feelings.

It is through acceptance of our mutual co-creation that we become free of the misconception that our happiness is dependent upon something or someone else. We are then empowered to perceive the experiential reflection as insight into our own unconscious blocks...we are empowered to recognize, identify, and disengage from those fearful thoughts, allowing for their full release. When we stop transmitting them, we stop re-co-creating them. Totally rocks, huh?!!

Another empowering question to ask is, are we seeking "happiness," or are we actually truly yearning for "joy?" Isn't it really joy, or love, or gratitude, or compassion that we desire to feel? Awareness of how we are feeling...be it joy/love/gratitude/compassion or fear/anger/despair...empowers us to recognize what energy frequency we are emitting into the quantum field at any given moment. Again, the quantum field simply replicates what our powerful energy oscillating heart transmits, therefore if fear, in any of its forms, is being transmitted more fear-filled experiences and interactions will manifest for us. Do you realize how powerful you are...that you are manifesting your life experiences non-stop, twenty-four hours a day, seven days a week? The question to ask is from where are you manifesting...from what frequency are you manifesting...love or fear?

What we are talking about here is energetic accountability. No one can take happiness away from us unless we harbor a fear that they can. It's the fear-fueled belief that we are separate from Source/Divine Center/Collective Consciousness, disconnected, and all alone that causes us to desperately search for a source of joy on the outside. Remembering that we are of Source/Divine Center/Collective Consciousness, and using the Institute of HeartMath inspired Divine Heart

Coherence technique to feel and maintain energetic connected coherence with our Source ensures ever-lasting joyfulness each and every day.

I invite you to explore your connection with Source through Divine Heart Coherence, doing so will expand your mastery of energetic accountability, and this will enable you to feel happiness, joy, love, gratitude, and compassion as you choose to do so.

Divine Heart Coherence is a simple process, and yet the most powerful tool for life mastery that I have ever experienced. Here is the process, step by step.

1. Close your eyes, breathe deeply for half a minute, and bring your focus to your heart chakra. Touch your fingertips upon your heart chakra to help do so.
2. With fingertips upon your heart chakra, continue to breathe deeply and visualize someone or something that brings you feelings of great joy. Imagine whatever that may be for you as clearly and fully as possible. If it's a loved one, see them before you, radiant...if it's a special moment in nature, see the colors and feel the sensations in your body of being there. Evoke every sensation of joy you feel when with your loved one or in that special place of nature.
3. Allow the feeling and sensation of joy to expand in your heart and chest. Allow it to flow from your heart into all of your body.
4. Be with this feeling. Note how your heart feels lighter and more expanded. You are now in Divine Heart Coherence; your heart is in harmonic frequency with the Divine Heart.
5. Remain in coherence for a minimum of five minutes.

When I first began to practice Divine Heart Coherence it was a breath-by-breath experience for me. There was such an abundance of fear-fueled self-negating internal chatter within that my heart was dominated by the frequency of fear...this after decades of release work and positive affirmations. Because I finally understood the interaction mechanics between my heart, the quantum field, and my life experiences, I was determined and committed to generating and emitting the frequency of love. Over time it became easier for me to quickly observe if my heart was being dominated by feelings of fear or love, shift back into coherence if need be, and to then remain in coherence for longer periods of time. This too will be your experience as well.

With Joy and Gratitude!

Candace Stuart-Findlay