

WHY AM I SO HAPPY?

PAULA NEVA VAIL



AUTHORS PLACE
— P R E S S —

TESTIMONIALS

Paula's book "Why am I So Happy" is one-of-a-kind just like Paula. This book is recommended for everyone of all ages whether you need a reminder on gratitude and the definitions of joy and happiness, you're going through some rough times, and/or if you're completely happy this book has great examples and techniques that you can use in your everyday life. It also makes as a great gift for a close one.

Carly Calabrese, Career Coach/Professional Marketer/Writer/LinkedIn Consultant

I've been blessed to know Paula Neva Vail for over two years and in that time she has enriched my life enormously with her kindness, support and invaluable wisdom, which she is always excited to share. She has a consistent positive attitude for life and is brimming with love for everyone around her. Her healing energy is palpable and easily felt in her presence and when she sends the gift of Reiki from miles away. Paula's many projects in television; radio and print are filled with the purity of her heart, touching countless

lives and making the world a brighter place. She is truly an inspirational beacon, mentor and embodiment of an earth-bound angel who I am lucky enough to call my friend.

***Rob Leonetti, Empowerment &
Transformational Strategist***

I was thinking this morning what to write that captures the true essence of Paula and her gifts. As I was contemplating my words, the song “The Power of Love”, by Huey Lewis and the News, came on the radio, and I thought, “This is it! This is Paula!”

Paula is the power of love from her loving touch as a Reiki Master, to the gift of her kindness, to the aura of joy she spreads to all. I have always enjoyed reading her publications because you can feel this warmth in her words as well.

This lovely woman has faced her own adversities, challenges and sorrow, but through it all, she has always managed to find the positive, the lesson, and the gratitude in every situation. Her new book, “Why Am I So Happy” will motivate us all to find joy and happiness in every aspect of life!

Julie Sherwood, Certified Wellness Coach

“At FiveD.TV: The Next Dimension Network we thoroughly enjoying carrying TV Host Paul Vail’s video interviews that encourage audiences to expand their mind, open their hearts and embody higher soulful qualities so as to better shape the communities they live in and hence raise the consciousness of the planet as a whole.”

Lana Marconi, Producer, FiveD.TV

I met Paula at a time of deep grief and change in my life. Paula’s loving positive energy and words shifted the place I was in with such ease and grace. My life has been so enriched from the very first moment we met. I had the privilege to travel to Africa with Paula this past year, and experience firsthand how she truly lives in joy and happiness. She finds joy in every day.

Her loving, happy energy was always present. The saying, “Your energy introduces you before you even speak” is so genuine with Paula. Every day I saw people light up just from the loving, genuine spirit she radiates.

Paula has experienced hardships, loss, and her own life challenges, which she has touched on in her book, yet she chooses to be “happy” regardless of the circumstances.

I have been inspired by her ability to find joy every day. She radiates the most loving energy, a compassionate heart and a depth of wisdom that is rare. Paula's teaching from her Reiki, to her Radio/TV talks shows, to everyday life provide a loving, healing blessing to this world. She brings happiness from the inside and shares it with the world.

I have no doubt this book "Why Am I So Happy" will touch lives, and hearts like Paula herself. She is truly dedicated to living a life of joy and love, and helping people live in this same energy, and find it within themselves.

***Rhonda Buston, Retired Veteran,
U. S. Coast Guard, Reiki Practitioner***

Paula has been a great mentor and true friend and my life has changed for the better because of her. She is a true inspiration who has an aura that radiates love, peace, kindness, wisdom and "happiness".

If you want to feel her positive energy, kindness, gratitude and the love she has then "Why Am I So Happy" is a read for you. "Why Am I So Happy" will put a smile on your face and help you define what joy and happiness really is.

Cheryl Fletcher, Office Administrator, Law Firm

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CONTENTS

TESTIMONIALS	1
INTRODUCTION	9
 CHAPTER 1	 11
“CHOICES”	
CHAPTER 2	18
“EMOTION TRIGGERS”	
CHAPTER 3	26
“ILLUSIONS”	
CHAPTER 4	33
“IMPRESSIONS”	
CHAPTER 5	41
“FILTERS”	
CHAPTER 6	48
“SUFFERING”	
CHAPTER 7	56
“ENERGY”	
CHAPTER 8	67
“DESTINY”	

TESTIMONIALS

CHAPTER 9.....76

“FOCUS”

CHAPTER 10.....86

“HABITS”

CHAPTER 1199

“JOY”

FINAL THOUGHTS109

ACKNOWLEDGEMENTS 111

BIOGRAPHY..... 113

INTRODUCTION

“Really, Paula! Why are you so happy all the time?”

This question is a common one that has propelled me to write this book. All of my life, I have been asked by others, “Why are you so Happy?” Oftentimes, I was caught with a big smile on my face. Other times, I’d shared a kind word with someone. Frequently, I danced to a song that I heard playing somewhere nearby me, only to be caught in the act by onlookers. These spontaneous reactions occurred often without my thinking about why I was filled with joy.

Of course, this does not mean there weren’t times in my life that I had to choose to smile and recognize the joy in my life. Like most, I have seen tragedy, heartbreak, and experienced sadness and challenges. Throughout my life’s history, I have experienced mistreatment and disrespect, the loss of loved ones, and financial stress, as so many of us do. However, I believed early in my life that I was the one in charge

of my emotions. Even though, at times, I yearned for happiness—often from other people and outside circumstances.

In this book, I will share with you what I personally believe are the tools to open the door to the incredible happiness that resides in each and every one of us—a joy that is in the center of our being. A joy that can be triggered or tapped into.

I have always felt great joy in seeing others happy. The completion of this book is my expression of love and caring for humans, as well as for the animal kingdom, and our beautiful planet. Did you realize that animals feel our happiness when we are happy? It's true!

Internal joy creates a beautiful energy within and around us. Everyone can make a difference in the world. Every day is a *new day*! Whatever your background, history, or circumstances are, you wake up to a new day, every day.

What exactly does that mean for us?

New choices. New attitude. Personal manifestation. Each day, we greet these opportunities. It's entirely up to us whether we seize them or we allow them to pass us by.

CHAPTER 1

“CHOICES”

“Attitude is a choice. Happiness is a choice. Giving is a choice. Optimism is a choice. Kindness is a choice. Whatever choice you make, makes you. Choose wisely.”

~ Roy T. Bennet

What is happiness exactly?

Let's answer that question by looking at who we really are. Our true essence is joy—something found inside each and every one of us.

I suspect, a few of you doubt this. Why does it matter? How does doubt even develop? Well, it matters a great deal

because your attitude is the core that creates your happiness. Fortunately, you control your attitude—no one else does.

Passion, fun, creativity, relationships, exercise—all of these things and more, constitute part of happiness. The challenges in life don't have to be deterrents to happiness. They can be a different path taken. In fact, making an observation that others don't experience challenges is a false observation—and not a factor in your personal happiness. The power of gratitude is a powerful tool which brings about happiness from within. Resistance from outside sources or from others can actually empower us. When we encounter resistance in our path or desired creation, we have two choices:

- Choice number One: allow the resistance to deter us or give us doubt. At times, we may even surrender our dreams of happiness. Often, resistance can come to us by others who, themselves are yearning for happiness, and actually believe they feel better in knowing others are not happy, as they are not. We can see resistance they throw at us as an example of the direction of their own thoughts. Which has nothing to do with our happiness, unless we allow it.

- Choice number Two: The challenge or resistance that we are facing can light the fire inside us to continue to move forward! As well as telling ourselves that our desire is possible, this can be an opportunity for us to react with compassion to outside negativity and resistance and that we have Source manifestation guiding us. Also, our own unique ability to direct our own thoughts and actions, reminds us once again that if we choose to be happy, no one can stop us!

Life is a precious gift not to be wasted. The connections we make, and the experiences we have in life, are not meant to resist joy. Consider this: to surrender is not a weakness—it is allowing. Don't chase life, allow it. The beauty inside of us is more than just a physical state, it is more than an emotion. Our physical body is where we reside throughout this lifetime. We can love and nourish our beautiful and amazing body, even as we acknowledge that it is temporary.

Feelings are that way too. The emotions that we choose to focus on can be beautiful, heartfelt, and a source of happiness for ourselves and others around us. These two beautiful traits are an extension of the unique essence of our inner being. Our inner core, our higher self, our soul planner, is forever an essence and beauty that continually takes us from

lifetime to lifetime. When we choose the direction of our thoughts, we are giving a message to our higher self – a request, actually. Our higher self will give this energy to the beautiful manifestation river in which we flow in everyday life, thus attracting more of what we ask for. It is possible to ask and not even realize we are doing it.

Another confirmation is the importance and power of our thoughts. We can make the choice to be grateful, joyous, and aware—to be ever watchful of the guidance that we are given every day. Take a moment each day to clear your mind, thank your higher self, choose to be in alignment with your higher self, and open your heart and mind to the incredible guidance from your higher self. Make this a daily routine and just accept your beautiful creativity. The positive manifestation we can tap into is easily beyond our greatest desires or expectations. As we progress through life, we cannot change the past but we can change how we view our personal history. We can choose the perspectives from which we have gained from our experiences.

A new outlook can literally change the direction of our path going forward. When we awaken our heart's awareness to the power of love, we access the gifts of the universe. When our actions and activities become gratifying and pur-

poseful in serving self and others, we do not tire because we are doing what we are meant to do.

A personality that is engaged in the work of its higher self is not burdened with negativity—it does not doubt or fear. Instead, this personality delights in its work.

When we suffer pain and experiences that are disappointing, we can also realize that these experiences are doorways to a new awareness. As you work with trust and strength, fear slowly disintegrates. When fear ceases to be frightening, it cannot remain.

When we choose to evolve consciously, we give permission to be shown the fullest of our power and to be guided in using that power. If we do not trust, we limit what the universe can do to help us. This is because we stand in the way of the blessings that are waiting for us.

The final step in reaching authentic, life-enhancing abundance and change, is to say, "Yes!" Know that so much joy, love, and manifestation is meant for you.

You need only to allow.

When we are happy, our body vibrates at a higher frequency than when we are sad. This brings blessings and the ability to manifest. Recognize yourself as a being of frequen-

cies. Frequency is in everything. Anything that happens has a frequency. We can transform our personality to a higher frequency, if desired. This does not come without effort—it takes work to realign our personal habits. Such habits include: attitude, behaviors and emotions.

When we become aware of our habitual responses and put in motion the power of our positive intentions, we can release the lower vibrational energies that affect our lives. When we choose joy and gratitude, we transform our vibrational frequencies to a higher enlightened level. Then, we affect our manifestation, health, and emotions. Our entire energy field will be affected and will create change.

When we let our personality engage in low vibrational emotions, like jealousy, hatred, non-forgiveness, judgment, and brutality, we are feeding our soul vibrational arsenic. These behaviors destroy the strength of our soul (or higher self). On the other hand, love, compassion, trust, and forgiveness enable our higher self to flourish and shine.

If you are aware of guidance from your higher self, and you are receptive to it, you raise your vibrational energy. This allows guidance of flow instantly and continually into your life.

When we experience fear, anger, or jealousy, we are in an illusion. These things do not actually exist. They are emotions and beliefs we allow into our mindset. That is why pursuing them does not bring power! Existing at the level of our higher self is...love.

Understand that this is the power of awareness!