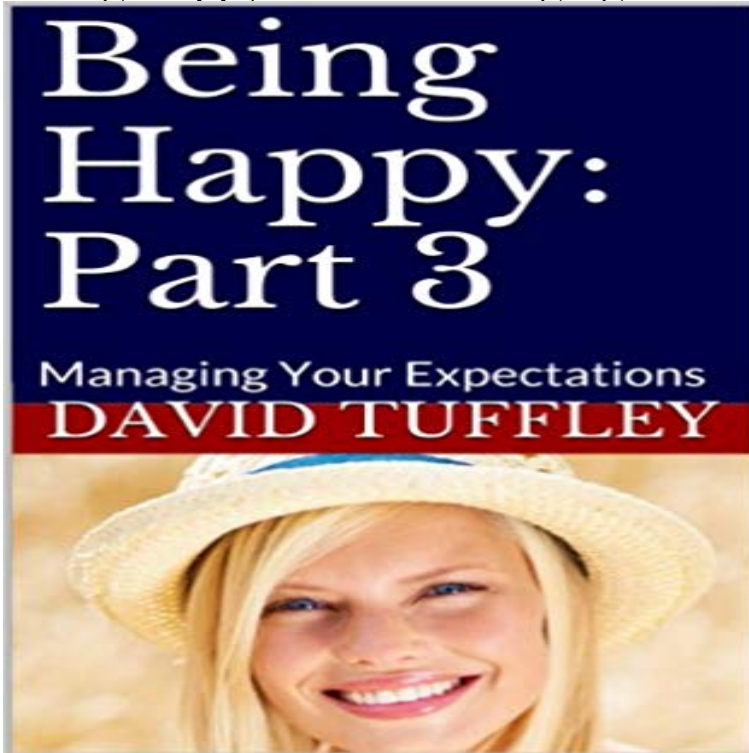


## Being Happy: Part 3: Managing Your Expectations



Do you want to experience a greater sense of freedom in your everyday life? When you live your life with low or no expectations, you free yourself from being attached to preconceived ideas of how life should be. Having those expectations is a constant source of worry; what if it does not happen? When you have little or no expectations, you are free to simply live, to go with the flow and experience life as it comes. When you keep your expectations low, you are seldom disappointed, and often happy. Living your life with low expectations is a tremendously liberating way to live; an excellent way to find lasting happiness. Your relationship with the world becomes a steady state where you are usually if not always feeling good. Read this eBook to find out how to get off the emotional roller-coaster and be happy. What's wrong with expectations? The problem is they create an attachment to certain outcomes and fear that it won't happen. Those outcomes have to occur for us to be happy or at least not sad. If things turn out some other way, we become upset and perhaps angry and these negative emotions then erode our happiness. When you have little or no expectations, you are free to simply live, to go with the flow and experience life as it comes. Negative emotions like fear, doubt, worry and anger are the last things you want when trying to manifest your purpose. For this you need a calm sense of detachment. You act with confidence that your purpose will be fulfilled the details will sort themselves out. From our limited perspective, it may sometimes seem that things are not working out, but we must not let fixed ideas get in the way of creative solutions. It is a sign that we are not seeing the larger picture. We need to trust that everything is happening as it should be happening in the larger scheme of events. Think of how it is with young children; they take life as it comes, moment-by-moment, accepting

what happens without judgment. They have no fixed ideas, trust they will be provided for and believe that anything is possible.

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