

RADICAL HAPPINESS

a guide to awakening



gina lake

Radical Happiness A Guide To Awakening

Gina Lake



Radical Happiness A Guide To Awakening:

Radical Happiness Gina Lake,2014-02-28 Radical Happiness provides the keys to experiencing the happiness that is always present and not dependent on circumstances This happiness doesn't come from getting what we want but from wanting what is here now It comes from realizing that who we think we are that is who our thoughts tell us that we are is not who we really are This is a radical perspective True happiness comes from experiencing our true nature by being present in each moment You will discover The truth about who you are The cause of suffering How to be in the moment How to disidentify from the ego and become free of conditioning How to meditate How to be with emotions in a way that heals and releases them What awakening is like and how an awake life is lived How the Self guides you

Radical Happiness: A Guide to Awakening Gina Lake,2007-09 Radical Happiness is for seekers who are ready to be finders and anyone asking the question Who am I really Radical Happiness provides the keys to experiencing the happiness that is always present and not dependent on circumstances This happiness doesn't come from getting what you want but from wanting what already is It comes from realizing that who you think you are is not who you really are This is a radical perspective Radical Happiness describes the nature of the egoic state of consciousness the mind's role in maintaining it how this interferes with happiness what awakening and enlightenment are and how to live in this world following awakening Exercises are included to help you apply the information and transform your experience of life and become happier

Embracing the Now: Finding Peace and Happiness in What Is Gina Lake,2008-08-18 The now this moment is the true source of happiness and peace and the key to living a fulfilled and meaningful life Embracing the Now is a collection of essays whose common thread is the now Full of clear insight and wisdom it explains how the mind keeps you from being in the now how to move into the now and stay there and what living from there is like It also explains how to overcome stumbling blocks to being in the now such as fears doubts judgments misunderstandings distrust of life desires and other conditioned ideas that are behind human suffering

Return to Essence: How to Be in the Flow and Fulfill Your Life's Purpose Gina Lake,2007-02 Return to Essence describes how to get into the flow and stay there and how to live life from there Being in the flow and not being in the flow are two very different states One is dominated by the ego driven mind which is the cause of suffering while the other is the domain of essence the divine within each of us We are meant to live in the flow The flow is the experience of essence our true self as it lives life through us and fulfills its purpose for this life You will learn What the flow is how it feels and what you find there How the ego mind and conditioning keep you out of the flow How to get back into the flow How action talking knowing and choosing come out of the flow How to discover where the flow is going How to find and fulfill your life's purpose Exercises throughout provide an opportunity for practicing and integrating the understanding

Love and Surrender Gina Lake,2014-09-28 Love and Surrender explains the important role that surrender plays in releasing us from bondage to our conditioning into the freedom and love of our true nature Surrender is the miracle that occurs when we are finally able to let

go and let things be as they are When this happens we are Home and love naturally flows to ourselves to others and to life This is our natural state and the direction and goal for every human life But how do we surrender In Love and Surrender Jesus as dictated to Gina Lake unveils this great mystery so that you can more easily live your life from a place of love acceptance peace and happiness This book is one in a trilogy of books by Jesus which includes Choice and Will and Beliefs Emotions and the Creation of Reality The books in the trilogy can be read in any order They are also available in a single volume called The Jesus Trilogy From Love and Surrender Surrender is the means by which you come to know Love or God Love and surrender are important because they bring you your deepest heart s desire as a human being You are meant to be happy to love to be at peace and to be free You are meant to move from fear contraction hopelessness anger victimization and hate to trust expansion strength courage joy peace and love This transformation comes about through surrender All of the spiritual practices ever invented are designed to accomplish this one thing Surrender is the boat that takes you from one shore to another from the limited human experience to the experience of the Divine incarnate This was my message in times gone by and it is my message today You are not only human but divine and you are meant to flourish and love one another

Being Happy (Even When You Don't Get What You Want) Gina Lake, 2014-02-28 We expect that getting what we want will finally make us happy but what we find is that it mostly just leads to wanting more or wanting something different Our desires toss us to and fro until we tire of this and begin to question the value of following our desires Being Happy Even When You Don t Get What You Want will help you understand desire and its purpose in your life It will also help you discriminate between your Heart s desires and the ego s and to relate to the ego s desires in a way that reduces suffering and increases joy By pointing out the myths about desire that keep us tied to our ego s desires and the suffering they cause Being Happy Even When You Don t Get What You Want will help you be happy regardless of your desires and whether you are attaining them So it is also about spiritual freedom or liberation which comes from following the Heart our deepest desires instead of the ego s desires It is about becoming a lover of life rather than a desirer A review from Neale Donald Walsch author of Conversations with God Conversations with God says that happiness is not getting what you want it is wanting what you get Others have made the same observation and in fact this thought seems to be as old as time Still it is good to hear it again to visit it once more to connect with the wisdom yet one more time And few books do as good a job as quickly of reconnecting us with that wisdom than this one by Gina Lake This book had a lasting impact on me I highly recommend it It offers a simple accessible articulate and interesting take on the very human experience of desire and gives us the tools to make clear choices about how we want to live our lives An excellent read This book was formerly titled Anatomy of Desire

Ten Teachings for One World Gina Lake, 2013-08-16 On a glorious fall day in 2012 while sitting in a garden graced by a statue of Mother Mary Gina Lake heard Mother Mary address her You are my beloved child This began an ongoing relationship and communication with Mother Mary This free ebook Ten Teachings for One World is a message from Mother

Mary to all her beloved children on earth The teachings are intended to bring us into closer contact with the peace and love that is our divine nature which has the ability to transform our hearts and our world Mother Mary's gentle wisdom will inspire and assist you in awakening to the magnificent being that you are Fifty percent of the profits from this book go to feeding the hungry

Beliefs, Emotions, and the Creation of Reality Gina Lake, 2014-05-29 Beliefs are very powerful shapers of reality They can create a heaven on earth or a hell We have the power to be happy because we have the ability to choose what we believe However until we realize that we have this power our beliefs are likely to make us unhappy because the beliefs or conditioning we were given and the beliefs we have acquired along the way largely misrepresent reality If we are not aware of what we believe and not aware that we have a choice about what we believe then our life will be shaped by those mistaken and limiting beliefs and we will be a passive recipient of the results of those beliefs rather than a conscious co creator of our life Beliefs Emotions and the Creation of Reality explores the exciting arena of creation how beliefs determine our internal reality and consequently our external reality how beliefs that stem from the ego and our conditioning distort our perception of ourselves others and reality and specific ways to move beyond these distorted perceptions to a clearer perception of reality and therefore greater happiness and fulfillment This book was dictated to Gina Lake by Jesus It is one in a trilogy of books by Jesus which includes Love and Surrender and Choice and Will The books in the trilogy can be read in any order They are also available in a single volume called The Jesus Trilogy

Living in the Now Gina Lake, 2012-04-09 The 99 essays in *Living in the Now* provide practical wisdom that will help you live in this world as the spiritual being that you are They can be read in any order and used in daily contemplation They address many questions raised by the spiritual search offering insight on fear anger happiness aging boredom desire patience faith forgiveness acceptance commitment love purpose meaning fulfillment meditation being present quieting the mind letting go of the past healing conditioning dealing with emotions trusting life trusting your Heart and many other deep subjects These essays will help you become more present and aware of your true nature and feel more loving happy grateful and at peace

A Heroic Life Gina Lake, 2015-04-21 The hero's journey this human life is a search for the greatest treasure of all the gifts of your true nature These gifts are your birthright but they have been hidden from you kept from you by the dragon the ego These gifts are the wisdom love peace courage strength and joy that reside at your core A Heroic Life shows you how to overcome the ego's false beliefs and face the ego's fears It provides you with both a perspective and a map to help you successfully and happily navigate life's challenges and live heroically You will learn how to skillfully manage changes how to overcome difficulties how to master your negative emotions how to cultivate inner strength how to be happy and how to be true to yourself This book is another in a series of books dictated to Gina Lake by Jesus

In the World but Not of It Gina Lake, 2016-04-10 From the Introduction by Jesus What I have come to teach now is that you can embody love as I did You can become Christ within this human life and learn to embody all that is good within you I came to show you the beauty of your own soul and what is

possible as a human I came to show you that it is possible to be both human and divine to be love incarnate You are equally both You walk with one foot in the world of form and another in the Formless This mysterious duality within your being is what this book is about The consciousness that is within me is also within you You are the son as equally as I am You are the I am I spoke about You and I are one You and everyone else are one Many are ready for the Christ within to come forward and manifest in the world more fully The birthing of this Christ of Christ Consciousness is the true second coming Christ Consciousness as I am using it points to the divinity within everyone and the potential for that divinity to become a living reality to become what lives you I was an example of that possibility in my lifetime two thousand years ago This book was given to Gina Lake by Jesus It is part of a series of books including A Heroic Life and The Jesus Trilogy You will learn How to embody the divine self in the world How to tell when you are identified with the ego How to spot the ego in your thoughts and conversations What kind of thoughts are in the thought stream How to disidentify from the ego How to be in your body and senses How to move into Presence and stay there How to be present while speaking and acting in the world Spiritual practices that support Presence What embodiment enlightenment self realization and awakening are Pitfalls on the spiritual path How to be with emotions How to be with and heal energetic blocks in the body How to overcome bad habits and addictions

The Extraterrestrial Vision Gina Lake, 2011-11-27 Have you ever wondered if Earth has been visited and is being visited by beings from elsewhere In The Extraterrestrial Vision you ll find out The origins of the human race What role extraterrestrials have played in Earth s history Who the Greys Orions Zetas Lyrans Pleiadians and Sirians are What Walk ins and Star People are and their involvement with Earth Why the abductions are occurring How extraterrestrials will make first contact with us How to discriminate between the positive and the negative extraterrestrials What we can do to combat evil on Earth What lies ahead What fourth density will be like The Extraterrestrial Vision was first published in 1993 [Radiance](#)

Gina Lake, 2012-03-30 It s possible to experience the mysterious truth that everything is an expression of the Divine by paying close attention to the many signs that reveal this great Mystery This free ebook Radiance points out these clues so that you can more easily recognize yourself as the Divine that which is creating and has created this you that you think you are and all that this you is experiencing Radiance shows you how to experience the Divine in the world in simple ways by being very present It was given to Gina Lake by her inner teacher

Choice and Will Gina Lake, 2013-11-25 Choice and Will explores the complex mysterious and important question of who or what chooses The question is complex because there is more than one answer It is mysterious because our nature is mysterious and because the answer may not be what you think The question is important because our choices shape our reality and determine our experience of it Choice and Will invites you to look deeply into the workings of your mind and heart and discover who you are what you really want and where you are going The result of that investigation is bound to be greater mastery of your choices and consequently of your reality This book was dictated by Jesus to Gina Lake using her intuitive senses It is one in a trilogy of books by Jesus which includes Love

and Surrender and Beliefs Emotions and the Creation of Reality The books in the trilogy can be read in any order They are also available in a single volume called The Jesus Trilogy **Symbols of the Soul** Gina Lake,2011-07-17 The author of Pathways to Self Discovery gives readers the keys to understanding themselves through their natal charts with in depth interpretations and a step by step approach to finding chart themes and synthesizing information Illustrations **Skinny Thinking** Laura Katleman-Prue,2010-04-01 Learn the secret to losing weight and keeping it off in this well written guidebook that gets to the root of overweight the way people think about food Dr Bernie Siegel author of 365 Prescriptions for the Soul If you are constantly battling against your weight it s time to stop yo yo dieting and start developing a healthy relationship with food In Skinny Thinking you will learn how to rethink your food choices eating habits lifestyle and more Author Laura Katleman Prue has helped numerous people including herself with her simple five step Skinny Thinking approach Skinny Living is a remarkable compendium of tools and information that guide readers to a healthy body weight not by providing a new fad diet but by challenging them to permanently change their relationship with food their thinking and their bodies If you devote yourself to implementing these powerful tools you will heal your body mind and spirit and reap the rewards of an infinitely happier and healthier life Alan Gass MD FACC from the foreword **From Stress to Stillness** Gina Lake,2013-04-29 Most stress is created by how we think about things From Stress to Stillness will help you to examine what you re thinking and change your relationship to your thoughts so that they no longer result in stress Drawing from the wisdom traditions mindfulness meditation psychology New Thought and the author s own experience as a spiritual teacher and counselor From Stress to Stillness offers many practices and suggestions that will lead to greater peace and equanimity even in a busy and stress filled world You will learn How we create stress and how it affects the body How to recognize thoughts that cause stress How to disidentify with thoughts How to de stress How mindfulness meditation changes the brain How to meditate and why Tips for quickly moving into Stillness How to change your lifestyle to reduce stress **Back To The Truth** Dennis Waite,2010-05-11 A systematic treatment of Advaita which demystifies it differentiating between approaches and teachers enabling you to decide which approach is most suitable for you **The Jesus Trilogy** Gina Lake,2014-10-15 Discover the secrets to lasting peace love and happiness in The Jesus Trilogy by Jesus and dictated to Gina Lake With deep insight and wisdom Jesus speaks intimately and directly to the reader and reveals the truth of who you are and how you can live as He taught long ago This book trilogy will change your life with Practical advice on how to move out of limiting beliefs and into a fuller happier and loving life A powerful understanding of the role of surrender in releasing you from bondage to your conditioning The exciting arena of creation and how beliefs determine your internal and external reality The Jesus Trilogy includes three powerful books Choice and Will Love and Surrender and Beliefs Emotions and the Creation of Reality Each book shines in its own way and illuminates the same truth You are not only human but divine and you are meant to flourish and love one another Buy now and begin your journey to peace love and happiness **What Jesus Wants You to Know**

Today: About Himself, Christianity, God, the World, and Being Human Gina Lake,2019-05-20 Have you ever wondered what Jesus would teach today or what he would share about his life two thousand years ago What would he say about how to solve the world s problems or about Christianity What would he say about God being human suffering and the meaning and purpose of life The answers to these questions and others are here in these pages Jesus exists and has always existed to serve humanity and one way he is doing this today is through this channel Gina Lake and others In What Jesus Wants You to Know Today Jesus answers many questions about his life and teachings and shares his perspective on the world He brings his message of love once again to the world and corrects the record by detailing the ways that Christianity has distorted his teachings He wants you to know that you too have the potential to be a Christ to be enlightened as he was and he explains how this is possible Knowing the truth is the beginning of changing the world Too many were and still are living according to false beliefs instead of the truth I came to earth to try to change that to be a voice in a vast desert of misunderstandings and I continue to be a voice for truth to the extent that I can from this dimension I never really left you I have never ceased being in service to humanity and your beautiful planet Jesus

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Radical Happiness A Guide To Awakening** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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Table of Contents Radical Happiness A Guide To Awakening

1. Understanding the eBook Radical Happiness A Guide To Awakening
 - The Rise of Digital Reading Radical Happiness A Guide To Awakening
 - Advantages of eBooks Over Traditional Books
2. Identifying Radical Happiness A Guide To Awakening
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Radical Happiness A Guide To Awakening
 - User-Friendly Interface
4. Exploring eBook Recommendations from Radical Happiness A Guide To Awakening
 - Personalized Recommendations
 - Radical Happiness A Guide To Awakening User Reviews and Ratings
 - Radical Happiness A Guide To Awakening and Bestseller Lists
5. Accessing Radical Happiness A Guide To Awakening Free and Paid eBooks
 - Radical Happiness A Guide To Awakening Public Domain eBooks
 - Radical Happiness A Guide To Awakening eBook Subscription Services
 - Radical Happiness A Guide To Awakening Budget-Friendly Options
6. Navigating Radical Happiness A Guide To Awakening eBook Formats

- ePub, PDF, MOBI, and More
- Radical Happiness A Guide To Awakening Compatibility with Devices
- Radical Happiness A Guide To Awakening Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Radical Happiness A Guide To Awakening
 - Highlighting and Note-Taking Radical Happiness A Guide To Awakening
 - Interactive Elements Radical Happiness A Guide To Awakening
- 8. Staying Engaged with Radical Happiness A Guide To Awakening
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Radical Happiness A Guide To Awakening
- 9. Balancing eBooks and Physical Books Radical Happiness A Guide To Awakening
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Radical Happiness A Guide To Awakening
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Radical Happiness A Guide To Awakening
 - Setting Reading Goals Radical Happiness A Guide To Awakening
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Radical Happiness A Guide To Awakening
 - Fact-Checking eBook Content of Radical Happiness A Guide To Awakening
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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