

RADICAL HAPPINESS

a guide to awakening



gina lake

Radical Happiness A Guide To Awakening

Gina Lake



Radical Happiness A Guide To Awakening:

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 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 *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

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

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*

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 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 **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 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

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