Say Hello to Your Happy Life!

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**Say Hello to your Happy life because the truth is that happiness can be found within YOU.**

As  Buddha said “happiness does not depend on what you have or  who you are, it solely relies on what You THink!



In my personal experience, I Found

Happiness  by:

* Making peace with My Past
* Appreciating My Present
* Looking Forward to My Future

In the next blog,  I will share with you my journey  on HOW I was able to use my Mind in order to:

* Heal myself from painful memories and made peace with my past
* Live up to my true potential by appreciating what I  have now
* Awaken my dreams to visualize and look forward to the bright future that awaits me

Stay with me in this journey, together as we slowly unwrap our Presents for a Happier and more meaningful life.

Prayers and Blessings:)

Wanda

**Link**

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