

# A COURSE IN HAPPINESS

*COMPANION TO THE HAPPINESS QUOTIENT*

**Unlock mysteries to life's  
Big Questions**



# SIMPLE WAYS TO CREATE HAPPINESS

Gratitude: find one thing to be thankful for. When we do, we open up to kindness on all levels of our experience. For those who are in pain or feeling a sense of loss or sadness, keep it simple: the sun rise, your favorite song, a happy memory

Do something kind for another person or being and don't let them, or *it*, know. One kind act helps ease suffering in the world. It starts with small gestures, every day.

Community: surround yourself with people or groups who genuinely want the best for you. Not people who tell you what they think you want to hear. People who truly want you to grow spiritually, emotionally and as a member of the greater community.

Happiness is a state of mind. Bad things *will* happen in our lives. A self-aware individual embraces all levels of experience, from the most beautiful gifts of nature and human kindness to the depths of despair in the loss of a loved one. Carl Jung talked about the shadow that we all have. When we disempower shame and guilt for having a thought or urge, we open the door to freedom and happiness.



# STOP CHASING HAPPINESS

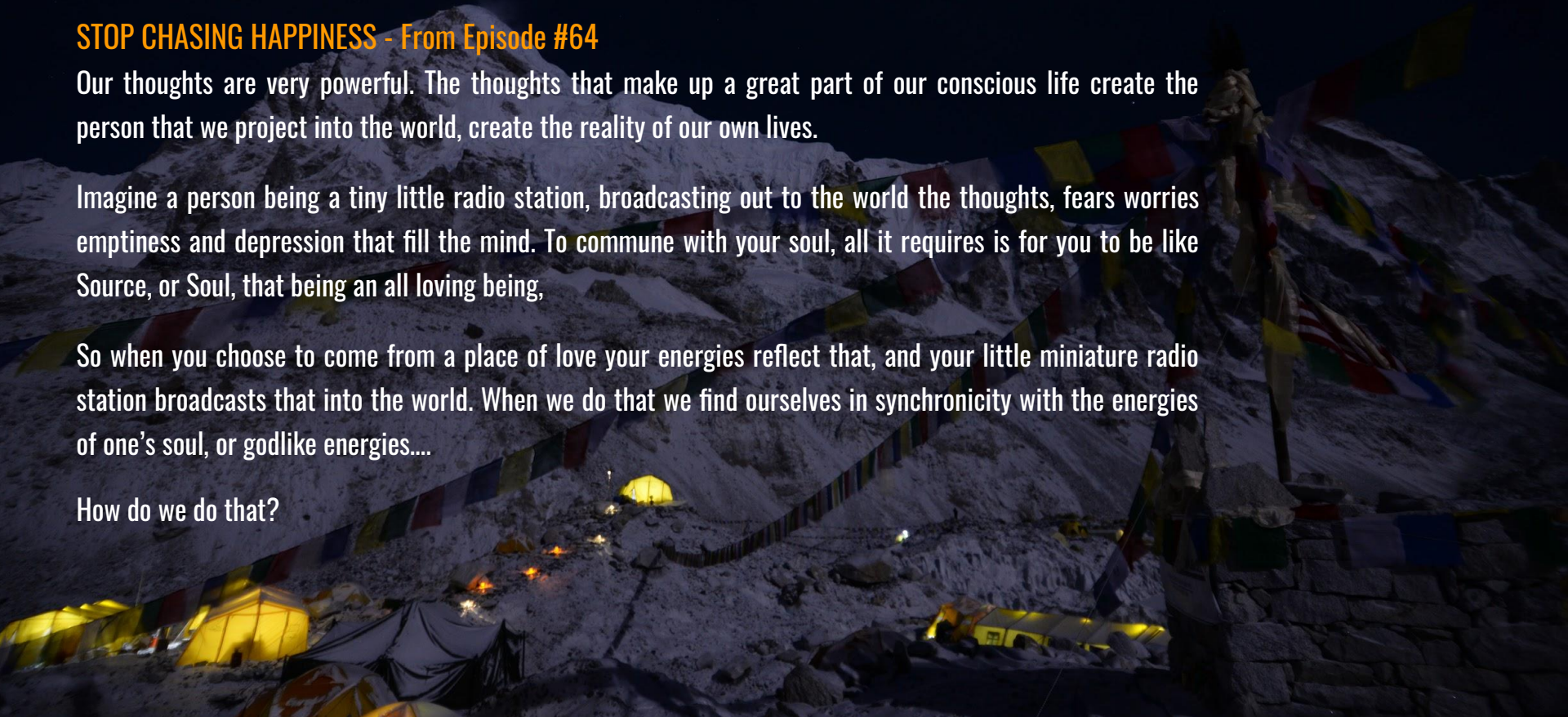
## STOP CHASING HAPPINESS - From Episode #64

Our thoughts are very powerful. The thoughts that make up a great part of our conscious life create the person that we project into the world, create the reality of our own lives.

Imagine a person being a tiny little radio station, broadcasting out to the world the thoughts, fears worries emptiness and depression that fill the mind. To commune with your soul, all it requires is for you to be like Source, or Soul, that being an all loving being,

So when you choose to come from a place of love your energies reflect that, and your little miniature radio station broadcasts that into the world. When we do that we find ourselves in synchronicity with the energies of one's soul, or godlike energies....

How do we do that?



# HOW TO MAKE IT HAPPEN, SIMPLE STEPS

1. Adopt a vision of something worthy, set a personal goal to aspire to something noble.

2. Consider the Noble Eightfold Path of Buddhist practices, considered to have liberated practitioners from suffering - [https://en.wikipedia.org/wiki/Noble\\_Eightfold\\_Path](https://en.wikipedia.org/wiki/Noble_Eightfold_Path)

Right View

Right Intention

Right Speech

Right Conduct

Right Livelihood

Right Effort

Right Mindfulness

Right Samahdi (practice)

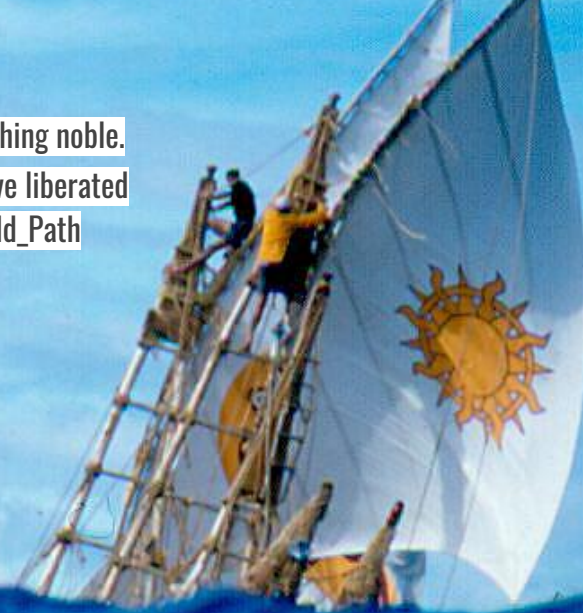
3. Don't judge yourself or others. We grow in wisdom through the process of experience.

Proceed cautiously when observing others and assuming that they have things figured out.

Every soul has to work with the energies within them to get to wherever they are going.

4. All paths lead to awareness, the shortest is love.

5. We create our reality with the thoughts we empower, When we embrace positivity, the world around us begins to change in marvelous ways, ways in which we begin to come into our own power.





## BOOK RECOMMENDATIONS FOR INSPIRATION AND RESEARCH

- *Emotional Intelligence* - Brandon Goleman
- *Autobiography of a Yogi* - Paramahansa Yogananda
- *The Teachings of Don Juan: A Yaqui Way of Knowledge* - Carlos Castaneda
- *Zen and the Art of Motorcycle Maintenance* - Robert Pirsig
- *Cloud Hidden, Whereabouts Unknown: A Mountain Journal* - Alan Watts



**BE HAPPY...**

# THOM DHARMA POLLARD

The Explorers Club, 2001  
American Alpine Club, 2000  
The Happiness Quotient, 2019

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Host Thom Pollard is an award-winning Director of Photography and Filmmaker who has filmed extensively, domestically and across the globe. Thom is a public speaker and personal coach, available for virtual and in person appointments.

Message him for availability and rates.

FOR MORE INFORMATION

[www.eyesopenproductions.com](http://www.eyesopenproductions.com)

The Happiness Quotient podcast

<https://thehappinessquotient.buzzsprout.com/>





# Camp 1 - Everest Nepal





## Near Camp 2 - Everest Nepal

