

Don't Worry, Be Happy.

**Subject:** Don't Worry, Be Happy.

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A few years back some friends and I went over to Hawaii to see the sights. Two other friends met us there and said, "Don't Worry Be Happy". Everybody was saying it over there. Here's some information from the Agents of Light.

Agents of Light Newsletter

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June/July 2011

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In the June/July issue, we discuss how the world has now become more stressed than ever before; even more so than during World Wars I and II. But our etheric teachers remind us that now is the time when we can make incredible strides with our spiritual growth, and now is the time when we need to learn to love one another.

Next we reprint an article about being happy with our lives, even when it's hard to do so. We may experience extraordinary challenges in the years ahead, but we need to do what we can to stay positive.

In love and Light,  
Bryan J-mes

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Global Reality Check - The Whole Planet is Stressed Out!

Is this the end?

That concern is not about what might occur to the planet as much as how we're as a people coping and responding to the challenges we're facing. Escalating conflict, economic collapse, huge shifts in the weather and environment, distrust in our governments, religious leaders and institutions. And planet X is getting closer to us every day. Many wonder if this is truly the end of the world.

Will someone save us?

Christians hope that Jesus will lead an army of angels to conquer the wicked rulers of Earth and claim control of the planet. Others expect a fleet of space ships to swoop down and beam up the 'righteous' to a safe place while the wicked destroy each other. Other New Agers are hoping to ascend to the 5th dimension, leaving many behind to fend for themselves in the third dimension.

Unfortunately, when none of that happens, people's faith will be shaken even more, and they'll be unprepared for the reality check of a rapidly changing planet. Yet, there has never been a time in the history of our planet, when so many have had the opportunity to progress so much, in such a short time!

Now is the time for spiritual growth

What we should be doing is preparing ourselves by growing in the Light, and in our love for ourselves and others. It's not what happens to us and around us that matters, but rather how we react to what is happening. The Holy Ones of the Light fully expect the next few decades to be a time of unprecedented spiritual growth for the people of this planet.

Now is the time to love one another

A few months back, the Etheric Teachers shared this message:

We want everyone to know that they should love one another. This is not

something that is difficult to do. You can do this if you try. This is not something that we want you to work at. This is something that should come naturally.

We want you to know that this is something that you must learn to do. You should love one another in a way that is useful to you, and you should love one another in a way that is useful to others, and you should love one another in a way that is useful to us.

Our future depends on growing in love

People will learn to grow in love for themselves and love for others in new and remarkable ways. Only then can we evolve to the level that would enable us to ascend to the next spiritual plane.

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Don't Worry! Be Happy!

Editor's note: We first published this article six years ago and reprinted it in the May/June 2010 issue of the newsletter. We felt it would be appropriate to share it again at this time.

"Don't worry, be happy!" We all may remember the popular Bobby McFerrin song from the late 1980's. The song had simple lyrics, but it was extremely popular, because it resonated with so many people as a reminder that no matter what you are going through, you should just be happy.

Happy no matter what?

Sometimes it can be quite difficult for us to feel joyful. With so much going on in our lives and so many stresses in the 'modern' world, just choosing to be happy is sometimes easier said than done.

I can remember back to a difficult time in the late 1990's when I was a manager for a large corporation that was going through a rather difficult merger with another large company. I was working extra long hours, worried about losing my job in another merger massacre, and I was definitely taking it out on my wife and family. I was miserable and started to suffer with a number of health problems on top of the job stress I was already experiencing. I was not at all happy!

But one evening, and I remember it so vividly, my three year-old daughter Katherine observed me suffering while I was sitting in my living room. I was stressing out over everything and was probably even a bit tearful. So she jumped into my lap, grabbed my face with her two little hands and looked me square in the eyes. And with a very mature, adult voice well beyond her three years of age, admonished me to "Just be happy Daddy! It'll be okay. Just be happy!" She then jumped down off my lap and became three years-old again!

What am I missing?

I knew that Katherine was right, that I had to choose to be happy, but I lacked the coping tools to work through my issues that easily. This situation eventually worked out for me but not without a little more suffering on my part.

And it's not like I didn't have options available to me. Bookstores and daytime television are full of examples of people dealing with similar problems. And certainly, there is no shortage of advice from clergy, counselors and success gurus on how to work through our personal issues and remain joyful. Even the sacred writings and countless counselings from Ascended Masters advise us to not be fearful, because it will all work out eventually.

But while some people cope better than others, every person that I have ever met still had to work through their issues with some difficulty and suffering. Why is that? Why can't we just say it and make it so? If we're told we need to control our thinking and what we say, and that definitely is true, why can't we just keep saying, "Okay, I'm happy now, and then proceed to be so?" What are we missing?

It almost seems like the chicken and egg principle. Does something good have to happen for us to feel happy, or do we have to feel happy before something good happens? Both seem to be true, and yet they contradict each other. How can this be?

It's in the Aura

You would think that everything that could be said about this topic has already been said over and over again (ad nauseam). Yet there is still something more to add to the conversation. And that is that if we're going to be happy, than that happiness must show up in our auras before anyone notices it in our behavior.

Whether a person is healthy or sick, wealthy or poor, in love or unattached, calm or stressed out, brave or fearful, honest or dishonest, or feeling happy or sad, those attributes show up in a person's aura before it shows up in their life.

And what makes the Light work so practical and useful to us is that at any time, we can choose to access and 'download' these magical, seemingly all-powerful universal Light energies, and 'medicate' our aura with them. Applying these energies to our aura allows and precludes each light ray's unique attributes showing up in our lives. So if we need more prosperity, we liberally apply the Turquoise Ray to our aura, and it will draw prosperity to us. When we require courage in our life, we can access the Gold Ray, and we will immediately feel more courageous. If our job is stressful and we need peace in our lives, we should bring down the Purple Ray and peace will follow. And just in case we need more love in our lives (who doesn't), the Pink Ray will precede a dramatic improvement in our personal relationships.

It's easier said than done

The old saying, "That's easier said than done," is mostly meant as a counter to someone's opinion of what they think we should do. But it also ironically applies beautifully to this concept, because it really is easier to say it than it is to do it! In other words, don't wear yourself out struggling against your feelings, trying to force yourself to feel happy ("I'm going to be happy or d-e trying!"). Rather it is much easier to say it (i.e., speak it into your aura) by bringing down the appropriate Light energy.

Therefore, even though we have to carefully control what we think and what we say (since our thoughts and words will become our reality), the quickest and easiest way to bring happiness into our lives is to place that same happiness Light energy into our auric field. And that Light energy for happiness is orange.

So whenever you're feeling you need an emotional boost, using the Orange Ray is the shortest path to altering your mood and attitude. It works when you give this Light to others too. Whenever you see a friend, family member or someone at work feeling depressed or upset, or maybe could just use a little excitement in their life, just 'paint' them with the Orange Ray. The results you achieve with it may startle you! It has me. On a number of occasions I have used the Orange Ray to liven someone's mood or bring a little excitement into an otherwise boring office party or business meeting.

We should use the Orange Ray as often as we feel is necessary. Send it to everyone you see who looks like they could use some encouragement. We don't have to know them personally. That includes people or situations we read about in the newspaper or hear about on television. As you know, we can send Light to any location on the planet, or even throughout the Universe for that matter.

Sending the Light to others will also help us feel happier, because we also receive back whatever Light energies we send to others. After a while, we may find ourselves feeling like the happiest people in the world! What would life be like then, if it weren't spent always worrying about one thing or another? Could this really work? Or does it sound too good to be true? Let's just give it a try. After all, what do we have to lose?

And from now on, perhaps we can all stop agonizing about life and the difficult challenges we all face every day. Maybe we can all just be happy instead! Remember that it's easier 'said' than done!

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