



Self-Actualization

Hope

Change



# MyQuest

By Daniel Labbe

Sign-up for  
a free  
online course  
called, The  
Basics.  
Found only  
here on  
MyQuest

what can  
we call this  
formula for  
happiness?

Today's Meditation · IF you would like to lead a more rewarding, fulfilling life the first thing to consider is what the motivating force behind most of your efforts is, so many of us have been distracted by the lure of the American Dream: Materialism, status, financial success, and comfort. We want bigger homes, nicer cars, and smarter children. We want approval and security. But if these are the motivating forces behind your efforts you already know how short-lived the satisfaction is when you succeed in those areas. You already know about the vast emptiness and the hungry void that always demands, More! More!

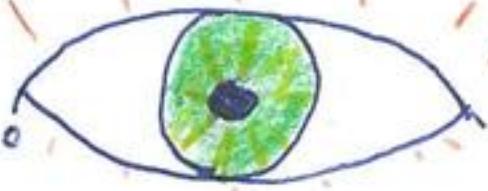
Yet the formula for a happy life is simple. It's putting that formula to work in your life that can be prickly. The formula is simply this:

1. Lead a life that reflects your deepest beliefs and values.
2. Create and maintain strong, rewarding relationships.
3. Use your talents, blessings, and skills to help others lead a better life.

That's it! Easy, right? If only it were that simple. The fact is that ~~most~~ <sup>most</sup> of us ~~don't~~ even know what our deepest values and beliefs are, and we often can't even maintain a strong, rewarding relationship with ourselves, never mind anyone else. Finally, surviving daily life, the rat-race, and the desire to fulfill all our impulses is so distracting few of us are even capable of contributing our talents to

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Beauty is in the  
eye of the  
beholder



And who does  
the eye behold?

help others.

So what do you do if you find this simple formula impossible to carry out? The one thing we're all meant to do: go on a journey of self-actualization. Sound self-centered? NO WAY. Not when you consider that at ~~the~~ very center of your being there exists a radiant core of love and awareness. A core of such stunning beauty and raw creative power that once uncovered you will radiate love, strength, and inspiration into the lives of everyone you meet. For such a person there is no circumstance or place on earth that can rob him or her of the peace and joy that is the product of such a life.

The problem is that this core is buried deep inside each of us, often covered with ~~the~~ debris. Self-actualization is the work of uncovering that core. Most of us ~~do~~ identify with our ego's as our true Self, but this is a lie. We put on one mask after another, play out one behavior pattern after another believing this is who we are.

I live in one of the most negative and violent places on earth: A Prison. Yet it wasn't until I came to prison that I was forced to choose between two choices: Die a tormented, drawn-out death or find a new way to live. Today I can't believe how amazing and beautiful life is. I feel free and greatly empowered to lead the life of my dreams. I wake up every day full of excitement. Sure, I ~~do~~ experience problems, but today I know I can handle them productively, and because I know who I truly am I'm able to put that formula for happiness to work in

the greatest gift you can give yourself and the world is to realize who you truly are, because who you are is amazing.

there are those who have turned prison into a place of amazing beauty. What can you do with your life?

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my life. But the journey wasn't easy. I had led a very desperate and dysfunctional life for years - decades. The journey out of that way of life nearly killed me - literally. But I did it. With the help of two great therapists, family support, and extensive study in psychology and spirituality I was able to uncover my inner-core, my True Self.

Faith is  
knowing that  
within you  
there exists  
Paradise

Even though I'm in prison, I'm happier and more productive than I ever believed possible. Today my life is focused on helping others to do the same. Part of this effort has led me to write a book which I hope to have finished by Spring 2013. The book is called The Basics. It isn't a self-help book in the normal sense. It's really a work-book, a course in personal transformation. This book is geared toward inmates, but I would ~~like~~ to share its principles with you too, because I believe that anyone who gives the work involved in The Basics a real shot will uncover his or her True Self and be able to lead a rewarding and fulfilling life.

The principles involved in The Basics include: Intention, Self-worth (self-discovery), the freedom to choose, Personal responsibility, Rational thinking skills, Forgiveness, Mindfulness, and Compassion.

Sign-up for  
the online  
version of The  
Basics by  
leaving a  
comment

We will spend a week working on each principle. If you give this work a chance you won't be able to stop the amazing process of personal transformation it will instigate. This program is designed so that by doing the work involved you will integrate the principles into your consciousness. From there you will naturally put them to use in your daily life.

Today's Quote: "Don't wait. The time will never be just right." - Napoleon Hill

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and the results will be nothing short of astounding.

~~so far~~ The book The Basics will ~~be~~ go into more depth, but we will be able to get the heart of the work done here on the blog ~~as well~~ as well. My dream is to give anyone with a sincere desire to improve his or her life the tools to do so effectively. I believe that worldly success won't satisfy anyone unless he or she first develops a strong inner core. After that such a person can choose where and when to be successful.

Your first assignment! Find a  $\frac{1}{2}$  hour of time this week to answer these questions. It's well worth your time. That simple formula for happiness needs to become the new driving force behind all your efforts if you want to lead a truly rewarding life. But first it will greatly help you if you examine <sup>the</sup> current forces that drive your efforts. To do this look at how you spend your time. What takes up your days? Make a list of the activities that take up ~~the~~ most of your time. Then, next to each activity, write the Purpose of ~~the~~ activity. Why ~~do you need to~~ accomplish this task? Finally, next to each Purpose write what motivating force is behind your wanting to achieve this Purpose. Is it to gain security (working to pay the bills?), to gain approval, to quell fear, to show love? This can be an extremely revealing exercise. Knowing what drives you, you can now let go of the driving forces that don't reflect the formula for happiness and replace them.

If you plan on putting The Basics to work in your life, please let me know by leaving a comment. It would help a lot to know if anyone is going to give this work a shot.

Take care and happy questing my friends,

