Prescriptions for Happiness

Ken Keyes, jr.
FOREWORD

This book found me. Seriously, it was a chilly Tuesday morning on 16th and Mission in San Francisco, and I had absolutely no intention on buying any books, let alone a used hippie self-help book. The truth is that I’m already a pretty happy guy; why would I need a so called “happiness doctor” telling me how to live my life?

But whenever walking in front of a bookstore, especially one with as much character as Forest Books, I become gripped with a compulsion to go in and browse. “Just a quick peek,” I told myself. “I promise not to buy anything. The last thing I need is more books to weigh down my suitcase.”

But as my hands leafed through stacks of worn titles, this small yellow paperback, clearly a product of the 70s hippie flower-power culture, attracted my attention. This book was not like other books on the shelf. In fact, at first glance it almost seemed as if it should have been in the children’s section. The lettering was too large making it feel like a notebook as opposed to a serious manuscript. Each page contained no more than five sentences, often less. And most pages could be absorbed as whole thoughts or affirmations on their own. For all these reasons, I had a special feeling about this little gem. Once I saw the price of $3 scribbled on the inside cover with a pencil, I knew I had to get it.

This book is sincere and honest in every sense. I’ve found that often people’s great ideas are lost in dense paragraphs of poorly formatted text, but this work is different. It clearly shows awareness of the mind’s penchant for simplicity and brevity. Perhaps you could say its ability to package wonderful ideas into bite-sized morsels heralded the coming of other bite-sized media like SMS and Twitter. After all, if you can't explain something simply, you probably don't understand it well enough. Although some people condemn such short-form style, there’s something to be said for the ease in which our brains process a few lines of text encapsulating a brief message. It’s not only easier to digest, but more fun too.

So please don’t be bothered by the awkward pauses and empty spaces Ken Keyes inscribes. It’s a gift to the reader. Enjoy the rests he gives you to take in and process his ideas. In fact, take a deep breath after each page. It makes reading much more enjoyable. Wisdom is best absorbed slowly, through mindful reflection and deep breathing.
I guarantee the hour or so you take to read *Prescriptions for Happiness* will be time well spent. Even if you are already a happy person, even if you think you know what it takes to live a “good life,” even if you don’t believe this book can make you happier, give it a go. On behalf of the most skeptical cynics out there, trust that happiness often approaches at right angles; it finds you when you least expect it. Although I personally felt no need to be told how to be happier, this book has enriched my life nonetheless.

This is why after reading *Prescriptions for Happiness* I knew that it must be shared with others. Actually, a message in the front page reads:

This book is not copyrighted. It was written as a gift to your world that is suffering from separateness, noncooperation, strife and unhappiness. To keep prices low, the author received no royalties on this book.

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Reprinted from *Prescriptions for Happiness*
By Ken Keyes, Jr.
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Heeding this declaration, I set out to transcribe this book and put it online for people across the planet to access for free. I tried to maintain the original font and formatting so as to preserve its carefree and affectionate design. Read it and reread it on your own time, at your own pace. Allow its prescriptions to illuminate your life.

Enjoy
and don’t forget to share.

Loving More
Demanding Less

*Jeffrey Siegel*
I guess you know.

You have been shortchanging yourself.

You been depriving yourself of just about everything that’s really what having in life –

ENERGY
INSIGHT
PERCEPTIVENESS
LOVE
PEACE OF MIND
JOY
WISDOM
AND INDEED FEELING OF PURPOSE.
If it’s any consolation,

most likely
everybody else you know
has been lousing up his or her life, too.
But you don’t have to
keep on adding
to the dismal statistics
of unhappiness:

A life without much warmth and love,
worrying about money
pushing yourself too hard to do your job,
a turned-off relationship,
divorce, anxiety,
sexual restlessness,
boredom, loneliness,
fear, resentment, hatred
frustration, anger, worry,
jealous, irritation,
headaches, ulcers,
and high blood pressure,
plus a general feeling
of queasiness and uneasiness
about everything
from your bank account
to the nuclear bomb.

Why punish yourself any longer?
You’ve been blaming it all on others—or on yourself.

But a part of you knows it’s only some unskillful habit patterns of your mind that constantly set you up for creating unhappiness time after time!

Really look at what you’re doing to yourself.
Is it possible for you to live a joyous and happy life with peace of mind in our topsy-turvy world?
Y
es Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
Yes Yes Yes Yes Yes Yes Yes
IF—
That is a big **IF**.

Are you ready for it?
You can be happy

IF

You use the three Prescriptions for Happiness explained here.
These three prescriptions really work.

They’ll work even if you don’t think they’ll work.

You may be telling yourself that there is no way they could work in one of your life situations…

But if you just take these three prescriptions and use them, they will work for you every time.
They’re simple to understand

They work—
If you do!
However, there is something that will get in the way of your applying them in specific life situations when you need them most.
That something is you!

Actually
it’s
not
really
you...
It’s only your mental habits, and your selected memories of how you think things are that keep you from molding things in your life in a more harmonious way.

It is pride or silly models of prestige that get in your way.

Sometimes your mind would rather prove itself right than let you be happy!

But with practice, you can learn to handle these impediments.

I know you want to live a happy life.

We all do.

So let’s get to work.
Here’s the first of the three Prescriptions for Happiness:

Ken Keyes
Happiness Doctor

ASK FOR WHAT YOU WANT—but don’t demand it.

Use liberally as needed. Memorize this prescription so that you’ll always have it whenever you need it.

Refills: anytime.
You stand a better chance of getting what you want when you ask for it than when you don’t.

That’s obvious.

Why do you often fail to ask for what you want?

Sometimes you’re afraid that people will be mad at you if you do.

Sometime you hesitate to assert yourself.

Perhaps you expect people to read your mind.

Maybe you are practicing to become a martyr.
It’s very simple—
Just learn to ask
for what you want.

You don’t have to pussyfoot
or play nicey-nice.

You don’t have to scream or yell.

You don’t have to fire up your mind
and make people
terribly wrong
if they don’t do
what you ask.

You don’t have to clam up.

You don’t have to retreat into
a deafening silence
that puts your relationship
into a deep freeze.
Just simply
ask for what you want—

without playing deceptive games,
without loading it down
with separating emotions
or implied threats,

without using
a heavy tone of voice.

Simply
but definitely
and specifically,
ask for what you want!
Practice asking
for what you want
by noticing
how simply and directly
you can make requests
such as,
“Please pass the pepper,”
or
“Will you lock the door
when you leave?”

You’ll be getting
the hang of it
when you can
ask for ANYTHING
in the same tone of voice
and with the same ease
as when you ask someone
to pass the pepper
or lock the door.
You will have to practice a bit—lots of bits!

You won’t always find it easy to ask for money, love, sex, no sex, assistance of various kinds. In a simple yet specific no-big-deal-way.

Being simple, direct and specific, without making a pressure-cooker situation out of asking for what you want is a skill you will have to develop if you want to live a happier life.
Now let’s look at
the second part of the prescriptions:
“But don’t demand it.”

A demanding act comes from
a demanding frame of mind.

Look at your separating feelings,
your attitudes and mental positions.

And then see how you
act out your demands:
by playing “poor me,”
by playing “you hurt me” and
by playing “if you really loved me...”
and on and on.
This will take a lot of practice because we’re all so used to demanding so many things.

Remember, you can demand with a forceful tone or with silent pursed lips.

It’s your vibrations that count!
Why do you automatically demand so much?

You’re afraid people won’t treat you right if you’re not demanding.

You’re afraid people will run all over you.

So you make yourself very prickly.

You’re sure you’re right—and you want your rights even if you make yourself unhappy getting your rights!

You feel that when you spend a lot of time with someone, you’d better shape up the person so he or she will fit your models!
But are you making

Yourself happier
with all this demanding?

Do you really get
what you most want
in your life
through your demanding?

Are you really ready
to look
at how you are
addictively demanding
so many things of yourself,
of other people
and the world?
If you look closely at the results you’ve had from all the demanding you’ve done recently, I think you’ll conclude that even though you’re right, the results you get from demanding are not all that good.

In other words, most of the demanding you do doesn’t add to your happiness.

You lose more happiness than you gain.
You may discover that a lot of what you get does not come because of your demanding it.

Why does it come?

It comes because it comes.

You’re a part of it all.

You have a right to be here.
Sometimes you get what you want by demanding.

But it’s like losing a dollar and gaining a quarter!

When you either loudly or softly demand (instead of simply stating your preferences) you will lose:
insight,
humor,
enjoyment,
a feeling of love (for yourself and others) and your peace of mind.

You’ve cheated yourself.

You never deserve to be cheated by yourself.
How do you stop demanding?

It will mean loosening
the tight grip
YOU FEEL INSIDE YOU.

It will mean softening
the tones of your voice.

It will mean letting go
of that rock-like stance you put on
when you ask for something.

It will mean that you stop frowning
and feeling so serious
about the soap opera
we call life.

You’ll probably
find it scary at first.

But with practice
it will be very relaxing
when you learn to ask for
what you want
without demanding.
It will mean taking the this-is-such-a-heavy-problem tone out of your requests— along with all the threatening and worried overtones.

It will mean sometimes asking for things with a smile and a feeling of fun showing that you’re tuned-in to the way life is just a cosmic joke after all!
Non-demanding means that you learn to ask lightly—often humorously.

It’s like you’re playing the game of trying to get what you want—but you’re well aware that you win some and you lose some.

And it’s O.K. to lose.

You can be a good sport about the game of life.
Asking for what you want without demanding means that you stop hinting about what you want.

It means that you don’t put things so obliquely that people will have to try to figure out what you want.

It means you stop going around with a heavy disposition hoping someone will ask you what’s the matter.

It means you quit downing yourself by deciding in advance that people won’t want to give it to you or that you don’t deserve to get what you want.

It means that you learn to ask again for what you want TODAY—even though you asked yesterday without results.
Each day is a new day.

You don’t let your memories of the past hang over and cloud up the beautiful day YOU CAN CREATE TODAY.
Now you’re getting the hand of Prescription No. 1:

“Ask for what you want—but don’t demand it.”

That’s the first of three Prescriptions for Happiness.
Here’s the second Prescription for Happiness:

ACCEPT WHATEVER HAPPENS—FOR NOW.

Memorize this prescription so that you’ll always have it whenever you need it.

Refills: anytime
This second prescription may be the toughest one for you to use.

“Accept whatever happens—for now” may mean that you’ll have to learn to accept the “unacceptable.”

You may have to forgive the “unforgivable.”

You have to love the “unlovable.”

You’ll have to learn to get your finger off that emergency alarm button in your mind that keeps you wound up so tight inside.

Do you really think your survival is threatened by the stuff you’re clinging to or running away from?
It means that

you'll have to tell your mind
that what looks like
a catastrophe—
just isn’t so!

There are many
other people
who are emotionally accepting
what you’re making yourself
unhappy about.

If they can
accept the “unacceptable,”
perhaps you can, too.
Can you give yourself the insight that it’s your struggle and your demanding that’s making you unhappy?

It’s not whatever you’re struggling over.

It’s your emotion-backed demand, not the life situation itself, that causes your experience of unhappiness!
Make a list of all the things you couldn’t stand last year—and the year before.

Some of them you’ve now learned to emotionally accept.

This is called growth.

You’re too wonderful to keep yourself from growing more.
Most of your life problems can no longer be effectively handled by primitive “fight or flight” responses.

You usually deprive yourself of getting the most from the people and situations around you when you come on with power or let your fears make you run away.

To develop the most satisfying outcomes, most of your problems require more insight and a practical back-and-forth working with the situation over a period of time.
Try to remember
that it’s always your emotion-backed demands
that are really
the practical cause
of your own unhappiness.

The art of happiness
means learning to be with
and to work and play with
the cast of characters
you’ve brought into
your life,
[by choice or by providence.]

Retreating won’t do it.

Coming on
like a ten-ton truck
won’t do it, either.

Emotionally accepting
and patiently working
with life situations
will get you
the most that’s gettable!
Remember that a lot of human suffering is caused by the mind that takes offense at what’s happening.

You don’t have to respond to ANYTHING by taking offense.

You can learn to forgive yourself—and others.
Accepting may mean that you look at what you do have—and quit focusing so much on what you don’t have.

You constantly throw yourself out of the experience of enoughness because your mind is continuously preoccupied with what you don’t have.

You don’t let yourself enjoy what you have here and now in your life.
It’s ridiculous what you keep doing to yourself.

You have so much—but you take it for granted.

You constantly make your happiness dependent on what you don’t have—or getting rid of something you do have!
Do you have
enough air to breathe,
enough food and water and
some shelter from the elements?

Everything else
you’re emotionally demanding
(and losing happiness over)
is a neurotic game
your mind
is playing with you.

How long
are you going to let
your mind
destroy your happiness?
Whenever
you turn your mind loose,
hankering after
what you don’t have,
you keep on creating
the experience of unhappiness.
Whenever you direct your mind into noticing and appreciating the beautiful things you always have, there’s no end to the happiness you will experience.

It’s your choice—how you operate your mind—and your life.
“Accepting whatever happens—for now.”

It doesn’t mean you have to like what’s happening.

It doesn’t mean you have to stop trying to change what’s happening.

It doesn’t mean you have to think that whatever happens is right.
“Accept whatever happens—for now” may mean:

You’re going to stop making yourself so afraid, so angry, so resentful, so worried—and so unhappy.

You’re going to prefer that something be different—but not addictively demand it any longer!

You’re going to change your internal emotional experience.
Suppose you’re mad at someone.

Do you hold on to your anger because you believe if you stopped being mad it would make him or her “right”?

Perhaps you need more practice in gently holding onto what you feel is right without creating anger in yourself.

Do you hold onto irritation and resentment because you’re embarrassed to let go?

Look at all the uptightness and tension you’re creating in your body and mind.

Relax for your own sake.
You can enlarge your perspective.

You can let go of your negativity—and your “me-vs.-you” resistance even when you’re right.

Does being upset have to be an unavoidable consequence of being right?

When you’re right, you can be serene and not lose your peace of mind.

A skillful mind can be right in a given situation, and at the same time let itself feel good when people don’t agree with it.
To be happy
and feel good,
you can no longer afford
to let your mind
get away with criticalness
hiding under
a mask of politeness.

Let go of convincing others
that you’re right—
and treat yourself
to happiness!

This accepting or letting go
is a sensitive
inner surrender—
not a forced
outer surrender.
INNER SURRENDER
is not based on
feeling defeated.

It comes from

YOUR
OWN
INTELLEIGENT
CHOICE.

It’s based on INSIGHT—
not fear.

It’s a wise decision
(even a purely selfish decision!) that you make for yourself to get more happiness in your life.

It’s a skill you'll have to practice.

It does not come easily to the human mind
The letting go,  
the inner surrender,  
the non-demanding  
we are talking about  
IS VASTLY DIFFERENT  
from defeat,  
or submissiveness,  
or a loss of strength,  
or diminished effectiveness,  
or loss of individuality.
Notice that when you’re defeated, you don’t really let go of your inner demand.

You just turn lose of the bone you were fighting over.

You’re still tormented inside by an inner desire that dominates your consciousness—you are still demanding the bone.

What we’re talking about is YOUR RELEASING YOURSELF FROM INNER DESIRES for what the world is not ready to give you right here and right now.
Wisely letting go
saves you energy,
clears your mind,
gives you sharper insights,
enables you to enjoy
the here-and-now moment
in your life
and helps you
increase your love
for yourself
and all other people.
As you learn
to emotionally accept it all,
you will heal the
THREE BLEEDING SEPARATENESSES
that keep you from getting
the most from your life.

You’ll unify your psyche
often divided against itself—
(your mind vs. your mind)
repressing, judging, doubting you
and creating unpleasant feelings.

You’ll heal the
mind-vs.-body split
that destroys your aliveness
by rejecting or ignoring your body,
its by-produces or its desires—
and makes you feel half dead.

You’ll no longer perpetuate
the me-vs.-other battle
that keeps you alienated from people
and destroys the joy of living.
This gentle letting go of the demands and attachments of your mind represents the highest level of true strength and character in a human being.
Now let’s look at the last two words in the second prescriptions, What do we mean by “for now”? 
“F or now” means “for now.”

EVERYTHING IN LIFE CHANGES

You’ll be surprised how often things will change and give you what you want—without manipulating or forcing them—when you use the three Prescriptions for Happiness.
“For now” helps your mind tune-in to the here and now.

After all, the here and now is all you’ve ever got.
You only have the “now moment.”

Yesterday is gathering dust in the files of your brain.

And tomorrow is only a thought.

There will never be a tomorrow!

When tomorrow comes it will always be “now.”

That’s why the now moment is “eternal”!
Don’t give up
your now happiness,
thinking it will
all be better—
tomorrow

It hasn’t—
and it won’t

Now is it!
It’s all you’ve got—ever.

Postponed happiness
may be
lost happiness.*

*alas!
So stop making yourself so upset because life is the way it is.

In the precise here-and-now moment There is nothing you can do to change anything.

Maybe you can change it one second from now—or one month from now.

And it’s O.K. to play the game of shaping things up the way you want them.

JUST DON’T MAKE YOUSELF UNAHAPPY IN THE MEANWHILE.
Why not be kind to yourself—“for now”? 

Relax your too-active mind. 

Our minds stay so busy regretting the dead past and creating concern about the imaginary future that NOW IS CONTINUALLY LOST 

Enjoy what’s now—even though a part of it is not the way you want it to be.
One of the things you haven’t been willing to face is that your life will never meet your mental models of perfection.

It’s always been “imperfect.”

It always will be “imperfect.”

That’s the way life is.
If you want to be happy
you’ll learn to be with life
and accept life
the way it is—
which means
it will sometimes fit your expectations—
and sometimes it won’t.

Sometimes life is lousy.

BUT YOU DON’T HAVE TO
MAKE YOURSELF FEEL LOUSY.

If your mind
will look around,
it will see
that it always
HAS ENOUGH
to be happy!
If you just PREFER that things be different, you can enjoy your life.

And you can put energy into changing what you don’t like.

But quit demanding that they be different from the way they are now—even if you’re right!

In other words, the happy person learns to live with the daily “imperfections” of his or her life.
As you grow
in awareness
you’ll discover
that it’s all perfect—
either for your growth
or your enjoyment!

Sometimes
you won’t want
to grow so fast!

Sometimes you can use the past
for your present growth.

Look back again
over what happened
in your life
during the past year...
Did all your uptightness,

did all your fear, anger, jealousy,
worry, resentment, grief,
irritation and heartbreak
solve your problems?

Replay in your mind
the heavy dramatic “acts”
in the soap opera of your life
during the past year.

Can you see
how you could have used
the second prescription
“accept whatever happens—for now”
in every one of those situations
and you would not have had
to make yourself
so upset and unhappy?
Always remember
that the purpose
of the second prescription
is to try
to instantly stop
the way you’ve been
making yourself unhappy
time after time,
day after day.
These Prescriptions for Happiness show you how to change YOUR EXPERIENCE OF LIFE!!

If you do this you can let yourself enjoy your life all the time—even when things go from bad to worse.
As you increase your skill in using the three Prescriptions for Happiness, you can be happy most of the time.

To enjoy your life most of the time, you’ve got to realize that the world hasn’t been doing it to you!
You’ve been doing it yourself!

The world rolls on—and does what it does.

But only you can create YOUR EXPERIENCE of your life.
Now let’s summarize
some of the things
our mind may forget:

You can emotionally
“accept whatever happens—for now”
and at the same time
you do not have to like
what happens.

You can try to change
whatever is wisely changeable
without setting up
more problems in your life.

To emotionally accept
whatever happens
means that you don’t even have
to give up your feelings
that what is happening
is wrong!

You just give up
making yourself unhappy!
You can create an enjoyable experience of your life—even when things aren’t the way you’d like them to be.

And that begins to happen when you learn to “accept whatever happens—for now.”
As long as you live, you'll win some and you’ll lose some.

Your life will sometimes seem “perfect” and sometimes seem “imperfect”

Things will go up and down.

BUT YOUR EXPERIENCE OF LIFE DOES NOT HAVE TO GO UP AND DOWN!!!
Good luck.
remember, you can
master your mind
when the going gets rough.
You’re now ready
for the third
Prescription for Happiness:

Ken Keyes
Happiness Doctor

TURN UP YOUR LOVE—
EVEN IF YOU DON’T GET
WHAT YOU WANT.

To be used very liberally all the time.
Memorize this prescription. Even so,
you’ll forget it sometimes.

Refills: Every heart has an infinite supply—
whether it’s used or not.
I’ll bet you think that the third Prescription for Happiness Suggests that you “turn up your love” in order to be nice to other people.

That’s not it.
YOU TURN UP YOUR LOVE TO BE NICE TO YOURSELF!

Can you see that you’ve been making yourself separate and unhappy because you’ve kept your love turned off—toward yourself and other people?
What do we mean by love?

Love isn’t kind acts
or gifts wrapped
with a bot on top—
although love may lead you
to do these things.

Love means
tearing down the separateness
and the boundaries
between your heart feelings
and another person.

Love is just
a feeling
of togetherness
and openness
in your heart.
Actually,
when you love someone
it means that
he or she
is putting you in touch
with a part of you
that you love
in yourself.
Conversely, notice that when you’re rejecting someone, he or she is only doing what you would strongly reject in yourself!

The world is your mirror…
Love is a feeling of closeness,

of warmth,

of nonseparateness

of understanding,

of togetherness—

of oneness.

Love is not a matter
of what happens in life.

It’s a matter of
what’s happening
in your heart.
Most people aren’t very skillful in loving.

They create difficulties in loving themselves and other people.

They think that if they love someone, they’ve got to like everything the person says and does.

They think it means they’re obligated to do something.

They think love means you can’t say “no” to someone you love.
As a skillful lover
you can tell yourself
(and even others),

“Whether I like
what you do or say
has no effect on
whether I love you
or not.

I don’t have to love
your actions—

IT’S YOU I LOVE.”
To whatever degree you have strings attached to your love, you’re not really loving.

In other words the game is to “love everyone unconditionally—including yourself.”

Always remember, love is heart feeling—it is not what you say or do although your feeling of love will definitely have an influence on many of your actions.

When you get right down to it—
You love a person because he or she is there.

This is the only reason.
You don’t love people because they desperately want your love.

You don’t love people because they need it.

You don’t love people because they deserve it.

You don’t love people because you want them to love you.

(Some may not allow themselves to love you.)

You just love them—Because they’re there!
Notice that love doesn’t work as a barter or an exchange.

“I’ll love you if you love me” is usually ineffective.

Here’s what works perfectly to increase your happiness:

“I’ll love you no matter what you say or do.”

“I’ll love you always.”

“No strings.”

“No barter.”

“No exchange.”

“No bookkeeping.”

“My love just is—because we are here.”
“I may not want to be with you sometimes because I don’t like the roles that you play in the soap opera of life.”

“But I’ll always love you.”

“I’ll always have that heart-to-heart feeling that I create in me when I think of you.”
How do you increase your feeling of love for people?

Hug them more often or look into their eyes more deeply to help you open up and experience the human being that is there—that is just trying, skillfully or unskillfully, to get his or her life to work better.

Share with others your most secret thoughts.

Experience everything that everyone does or says as though you had done it or said it.

Help them in caring ways.
To love more deeply,
open your eyes to see and appreciate
the beauty that is in your own life.

Become more aware
(perhaps by making lists)
of the things that are lovable
about you and your world.

This will lead you automatically
into experiencing the beauty
and livableness
of the people around you.

As you open our heart,
perhaps slowly at first,
you will soon discover
that people respond
by opening their hearts to you.

Before you know it
your love will be increasing
not as a word
or as another “should,”
but at a vital feeling
you create in your heart.
To increase your love
imagine that someone’s heart
is inside your heart
and that both hearts
resonate together.
Put yourself in his or her shoes so that you can understand—with both your mind and your heart.

Understanding with your heart gives you emotional contact with another person.

Understanding with your mind means to honor and accept the value of the lessons life is offering the other person.

Wisdom is the compassionate blend of both the heart and mind.
Now let’s look at the second part of the third prescription which says to turn up your love “even if you don’t get what you want.”
You don’t need this prescription
to turn up your love
when you get what you want.

It’s easy to love
When the sun is shining
And you’re getting your way!

You don’t need this book
to tell you how to be happy then.

To be a skillful lover
you must be able
to keep your own heart open
to another person
no matter what’s happening
in the soap opera
of your life.

You can throw someone
out of your melodrama.

BUT DON’T THROW HIM OR HER
OUT OF YOUR HEART!
What you’ve got to learn

if you want to create
a happy life
is to
turn up your love
even when you’re not
getting you way!*!*!
You’ll have to practice this.
it doesn’t come easily—
except with dogs.

Have you ever noticed
how often a dog
will wag its tail
and keep on loving you—
even if you don’t
take it everywhere you go
or feed it on time?

A dog doesn’t withhold love
to control you.

If you can train yourself
to make your love
as unconditional
as that of most dogs,
you’ll have it made!
You really know this.

You just keep forgetting it.

Christ said, “Love one another.”

Love is a central theme in every religion.

Our lives are set up to give us a head start with a big dose of unconditional mother-love when we first come into the world.
Your life
can be successful,
wealthy,
prestigious,
and influential.

But it won’t be enough.

You will not reach
your potential for happiness
unless you experience
a lot of love
for yourself and
for other human beings.
Love is more powerful that all the bombs on earth put together.

Love can bring peace—bombs will not.

People will do things freely from the love in their hearts that they would never do without their love no matter how much you bribe or threaten them.
All human beings are either near or distant relatives to each other.

Our human-to-human love that experiences all people as "US" is the only possible way to bring peace, harmony, cooperativeness and enjoyment of life to the seven billion people on this earth.

We couldn’t fight wars, either personal or internationally, if we had more love in our hearts.
It’s easy to love those who love you.

But are you skillful enough to keep your love turned up in your heart even when you think that other people are hating you, ridiculing you, downing you, refusing to be with you or are doing things to hurt you?

If you develop a high level of skill in keeping your love turned up (even when you don’t get what you want), you can elect yourself a member of the lovers’ club!
Don’t worry about whether other people are loving you.

That’s their problem.

As you increase your skill in living a happy life, your ONLY concern will be whether YOU are loving other people.

You can learn to put your love on automatic regardless of whether they reflect back your love.

You can always create your own experience of life in a beautiful and enjoyable way if you keep your love turned on within you—regardless of what other people say or do.
So let’s go beyond ourselves.

We can learn
to turn up our love—
even when we don’t
get what we want.

We can extricate ourselves
from the clashing
separate identities
we are so valiantly defending.

We can free ourselves
from who we think we are
so that the beautiful beings
we are deep inside
can come out and play
with the other beautiful beings
around us.
We’ve got to convince
our egos
and our minds
that if we want
to live happy lives,

Love
is
more
important
than
anything
else!
So now you’ve got
all three
Prescriptions for Happiness:

1. ASK FOR WHAT YOU WANT—
   BUT DON’T DEMAND IT

2. ACCEPT WHATEVER HAPPENS—
   FOR NOW.

3. TURN UP YOUR LOVE—
   EVEN IF YOU DON’T GET
   WHAT YOU WANT.

Rx
Ken Keyes
Happiness Doctor
It takes skill and insight to use these Prescriptions for happiness.

They’re not as easy as taking a pill.

You have to work with your desire systems, your ego, your selective memory, your mental habits and your illusions of your pride and prestige.

For the rest of your life you’ll need to work on yourself using these prescriptions.

But it’s a lot easier than all the misery and unhappiness you put yourself through when you ignore these Prescriptions for Happiness.
It may take you months or even years to acquire the skill to use these guidelines.

You’ve got to learn to use them in your heavier life situations—which is the time when you need them most.

So try not to let yourself get discouraged—and for your happiness’ sake, don’t ever give up!

You probably won’t ever be able to apply these prescriptions perfectly.

You’ve not addicted to always meeting your models, are you?!!
You don’t even have to apply them perfectly.

The more you apply them, the more you get the benefits.

Be content with more or less, rather than all or none.
So now you’ve got it.
There’s only one person in the world that can really make you happy.

There is only one person in the world that can really make you unhappy.

How about getting to know this person more deeply?

For starters, go look in the mirror and smile and say, “Hello.”
And then tell yourself that for a while you’re going to quit putting so much energy into trying to change the people around you.

It hasn’t worked that well, has it?

Instead, you’re going to put your energy into doing the inner work on your own mind that will enable you to use these Prescriptions for Happiness skillfully and effectively in your daily life.
Life goes by rapidly.

Don’t delay.

Don’t put it off.

Don’t wait until you have some spare time.

Don’t wait until the time’s “right.”
Don’t let the mind that you’re trying to retrain talk you out of doing it.

Your mind’s really good at this.

Your mind will come up with lots of reasons for not following the three prescriptions.
Keep telling your mind that you are determined to do it!

Tell your mind you want to live a life characterized by:

ENERGY, INSIGHT, PERCEPTIVENESS, LOVE, PEACE OF MIND, JOY, WISDOM, AND A FEELING OF PURPOSE.

Ask your mind to help you.

It’s your friend, you know.

And if you’re determined it will give you what you want.
Do you really want
to use the prescriptions
or do you
just want to want
to do it?

Don’t wait any longer
for the people around you
to make you happy.

Don’t wait for the world
to fit your models
closely enough
so you can create
the experience
of peace and enjoyment.

HAPPINESS IS A DO-IT-YOURSELF GAME!

AND TIME IS PASSING!
Loving more
and demanding less
are not only
the nicest things
you can do
for yourself.

They’re also
the most caring things
you can do
for the whole world!
These three prescriptions are actually quite contagious.

The more you use them yourself, the more the people around you will use them—even if you don’t tell them about the prescriptions.

They’ll just pick them up.

And the children around you will learn to use them as automatically as they absorb a language.
But there’s a word of caution:

Don’t demand that others use these prescriptions.

Such demands (even though you’re right) will only decrease your happiness.

Let them learn BY YOUR EXAMPLE—and not by your preaching.

It can’t be taught.

It has to be caught!
The effects of using the Prescriptions for Happiness will seem like a miracle to you—and perhaps to others.

Actually, miracles are normal everyday events for people who skillfully use these principles moment by moment in their lives.

After all, a miracle is something you would like to have happened that you didn’t expect.
The results in your life that you will get by using the Prescriptions for Happiness may seem like miracles to you because you’ve never tuned-in to the real power of love.

Love helps things get rearranged, harmonized and settled without bruising or harming each other.
Be sure to memorize the
Prescriptions for Happiness
So they’ll be right there
When you need them:

1. Ask for what you want—
   but don’t demand it.
2. Accept whatever happens—for now.
3. Turn up your love—
   even if you don’t get what you want.

Don’t let life
catch you
without these prescriptions.

They’ll help you create
the happiest life
you can possibly have.
And remember,
you’re always beautiful
capable and lovable
even if you don’t always succeed in using the three Prescriptions for Happiness.

I love you,

Ken

Please share this with
A friend
When you finish