

The Happy Map©

access your inner guidance

Take a look at the scale of consciousness,
where have you been hanging out the last few days,
weeks, or months?

We all have seasons where
we are lower or higher on the scale.
Emotions come and go...but the problem?
We plug our energy into these emotions and lose our connection
to our inner most selves.

if you feel anxious,
frustrated, lonely or sad
there's a belief and a feeling
to write down and let go.



This Happy Map© and the 3 accompanying audios
compound your receptivity to access
your inner guidance and
(re)align with ever more approval, control and safety.

There are several ways you can use this happy map:

- ***As soon as** you feel slightly off,
***during your morning routine** as a way to stay tuned into you
(before the world pulls at you).
 - *As part of your spiritual night time routine,
 - *or whenever you feel a strong and sticky recurring emotion
about something or someone.
- Or, when you feel triggered about a decision you need to make.

Since **solutions are high when emotions are low,**
the Happy Map© guides you to reliable inner guidance.

All it takes is 5-10 minutes,
to fill it out
and the 1-minute audios
to unplug from the fears of lacking approval, control and safety.

To accessing your inner guidance and ...realizing
you've had your best decade ever as a result!
I'll be there to celebrate with you!

Alixé Kathleen





Can you love yourself enough to tune in?
First thing in the morning, or
as soon as you feel an emotion lower than love,
tune in and write as fast as you can, without thinking much at all:

I _____ (your name)
feel _____ (___/10)*

One feeling/sheet
number your
feeling out of 10

because _____
write quickly without thinking

_____.

Just like when _____
write quickly without thinking

AMAZING! YOU DID IT!
Did it surprise you?

Just as quickly, without thinking much
about what you wrote down, let's now use the 1-minute audios to unplug from the
energy and emotions behind everything you wrote down.

You'll finally feel yourself on the other side
of all these sticky, recurring emotions, some that
may not even be your own but you've been carrying in and plugging into all this time.

All you need are these 3 audios
and a pair of headphones if you enjoy using those.



BREATHE

The Happy Map[©]

The Three Jars[©] Audios



(1) Start with your name:

In this situation behind (my name) do I want approval, do I want control or
do I want safety?

Maybe it's all 3 and that does happen.

Listen to all 3 tracks and feel yourself shift and clear.

Then check in again:
what is your feeling out of 10?

If you were feeling sad 8/10, or lonely 8/10
how are you doing now after listening to the audios?

Great!

Keep going with the audios... what's behind your feeling?
Do you fear lacking approval, control or safety? (A/C/S?)

Listen to the corresponding audio.

What's behind your "because... _____" → (A/C/S?)

Listen to the corresponding audio.

what's behind: "Just like when _____"

Let yourself feel the thought and what do you feel you want or are afraid of
loosing: (A/C/S?)

You'll get the hang of this in no time.



The Happy Map ©

The Three Jars ©



We came onto this planet with innate instincts.
We desire approval, a reliable sense of control and safety.

A/C/S

We desire it because we are meant to have it.

Pain and confusion happen when we think we need to get these instincts or "jars" filled up ourselves or that others should fill them up for us.

We were never meant to meet these instincts ourselves or hand them to someone else.
We were meant to let universal intelligence do it **for us through people and experiences.**

The universe is made up of creative intelligence, and it knows our eyeballs need watering so an intelligence is constantly watering our eyeballs without us giving it any thought. It's the same creative intelligence that grows tiny hands and feet in a mother's womb or makes it that a baby giraffe is born able to walk, drink and run away from predators.

This same intelligence is also in charge of making sure our 3 jars are always filled up because it knows who or what can in the best way possible.
If we let go and follow our innate knowing, this intelligence will direct us intuitively to the people and situations who are meant to without us asking them to.

We can't know who will fill up your jar of approval, safety or control, but what we can agree on is you have felt some degree of love and approval in the last 24 hours, in the last week, in the last month, year and decade, and you most certainly will feel it again tomorrow, next week, next month and next year.

There's nothing you need to do or undo about yourself or others, to be deserving to have your 3 jars of approval, control and safety filled up.

You just have to be willing to see it's all happening already
every day
on your behalf.



The Happy Map ©

Three Jars © Journaling

"Receptivity Compounded"

Can you think of a moment in the last 24 hours where you felt love and approval?
in the last week?
in the last month?
in the last year?
Has love and approval been there all along?
Did you do anything to get it?

Can you think of a moment in the last 24 hours where you felt safe?
In the last week, month, year?
Has Safety been there all along?
Did you do anything to get it?



Can you think of a moment in the last 24 hours where you felt calm and in control?
In the last week, month, year?
Has Calm Control been there all along?
Did you do anything to get it?



As you journal about these moments, you are compounding receptivity.
It's worth all the gold in the world as we attract more of what we feel.
Feel the feeling of already having approval, control, and safety
and the world will have an easier time
filling up your jars.
- Alixe Kathleen



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Level 2

So many have used this Happy Map before you to stop giving away their jars to a toxic boss, partner or situation. You are now part of a long lineage of women (and some men) who have turned around their emotions and their lives thanks to this Happy Map.

As soon as they heard about The Three Jars, it set them free forever. It gave them back their confidence and their power like never before.

I received the image of these 3 jars while going through one of the hardest relationship breakup I had ever experienced. I had grown deeply addicted to this man who was evoking in me so much shame and rage and yet I was completely incapable of leaving him. The only thing that gave me the strength to leave and start over, was this practice of reclaiming my 3 jars, detoxing the fears of lacking approval, control and safety and leaning into this deep knowing the universe would and could fill up my jars anywhere and everywhere I went.

I went on to live by the French Mediterranean as soon as I reclaimed my 3 jars and stop needing him to fill them up for me. Every where I went, I was met with so much abundance, love and support. I no longer had to be the 'doer', I only had to live in receptivity and stay tuned into my inner guidance.

Just as it had worked for me, my sisters erased years of loneliness and through accessing their inner guidance, found themselves surrounded by lovely aligned friends and clients.

We owe it to ourselves to trust the universe has our jars.

We owe it to the universe to access our inner guidance, and tune into where it is guiding us to go, what it is encouraging us to do and when we ought to do it.

The inner guidance is always there, but are we listening?

Level 2 dives much deeper into sticky, recurring emotions and its source: the inner child.

Depending on how much our parents and caretakers did to fill up our jars, **we might have gone on to make it mean something about ourselves and our ability to succeed: maybe if this person is not taking care of filling up my jar for safety or approval, it must mean.... I'm not good enough, or that it must be my fault, or that something is wrong with me???**

No. What is 'wrong' here, is we gave away our jar to the wrong 'source' of love and safety and never reclaimed them.

You might have given your jars to one or more parent, boss or ex and you feel like it is broken at the moment or you don't know how to get them back.

The Happy Map Level 2 builds on top of what you have already practiced here and invites you to heal these deeper parts within yourself so you can feel even more whole, even more authentic, even more guided.

Send us a message if you feel it's time to move to Level 2 and if you have loved using this Happy Map and would like to share it with your friends and clients, we have a generous affiliate program. Email for more info: Intuition@AlixekTRacey.com