

### Untitled Document

“What is the thing which above all others you would like to know? If you could ask the Sphinx one question”

It is said that a friend asked this to English poet and essayist Frederick William Henry Myers, who lived in the 19th century.

This answer was written down in 1912 by author, Emil Carl Wilm, and apparently it is the origin of the question.

Marci Shimoff says that if you believe you live in a benevolent universe, then you’ll operate from the basic assumption that the universe is on your side.

She says that this distinction has the biggest influence on your happiness quotient. And Marci should know.

Marci’s books have sold more than 16 million copies worldwide in 33 languages, have topped all of the bestseller lists.

She was “living the dream” and had all the success she ever wanted, but felt completely empty. On a mission to help others, she discovered the power of the subconscious mind.

So, what on earth is a happiness set point? Marci uses a model of a house to help people judge their happiness.

The next four aspects Marci calls your house’s four corner pillars: Mind – where you look at your thoughts and feelings.

Then your house has a roof, which stands for your purpose, for living an inspired life. Lastly, your house has a foundation.

You start your work in the aspect where you experience most problems. Say your problem is with heart, then you start with the heart.

For example, as you look at flowers, notice the one that could get the 'Most unusual colour' award or sell

In the same way you can look for efficient service or extraordinary smiles. There's no limit to the number

In the same way, Marci has exercises for the other six aspects of your house so that you can look for the

Now this might be a very difficult question to answer when dealing with loss, experiences we regret and

All the situations in our lives work together to teach us exactly what we need to be learning at any given

It's sort of like John Milton said: "The mind is its own place, and in itself can make a heaven of Hell, a he