

being happy

a simple guide to help
you build your own
'religion'



15 simple steps to a great life
jam-packed with freedom, joy,
fun, love and excitement!

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15 simple steps to an excellent life

According to some scientists we're hard-wired for spirituality.

But where do you hang your spiritual feelings if you're not religious?

It makes life easier if you have some sort of structure to refer to.

Create your own religion and you won't need to join anything, commit to anything, pay anything or give anything up. You don't have to feel guilty, regretful, ashamed or repentant about anything. You don't have to pray, worship or obey.

With our menu-based spiritual framework there are no obligations. It's a sensible, fun way for atheists to enjoy a lively spiritual life without so much as a sniff of a god or deity. No saints, no sinners and no miracles.

A powerful force for good, our spiritual framework doesn't even have a name; it is simply a way of being. Call it what you like.

Suck it and see. Take the bits that feel right, ditch the bits you don't like. Use it as the basis of your own spiritual framework. Or chuck it in the e-bin. It's entirely up to you!

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step 1: *be nice, feel nice*

Think positively. Believe the best of people.

Smile. Be polite.

Commit acts of random kindness.

Give a few quid away whenever you can.



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step 2: you're great!

You're a really great person. So be nice to yourself.

Speak to yourself with warmth, affection and respect.



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step 3: spread the love...

Treat others - whether they're human, furry or many legged - exactly the same way you'd like to be treated yourself.



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step 4: forget the past

Forgive yourself for all the nasty, mean, dishonest things
you've ever done.

Then don't think about them again.

Ever.



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step 5: don't worry

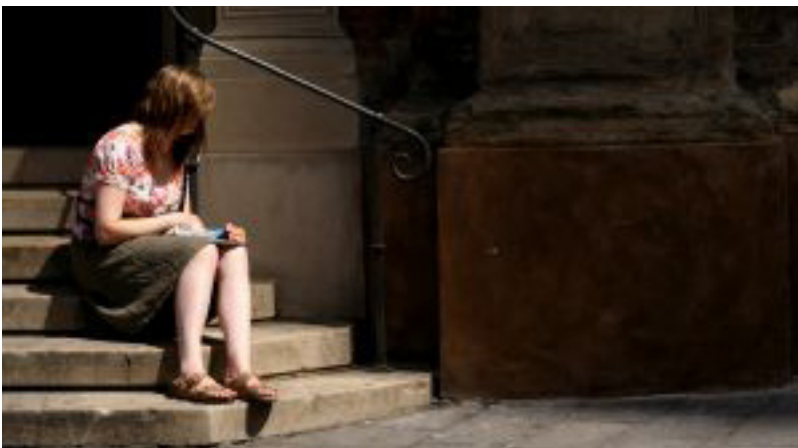
Live in the present. The past is dead and gone and the future doesn't exist.

And don't *worry*. It's so pointless.

If you're worrying about something that can be changed, change it.

If you're worrying about something you can't change, don't waste your energy worrying about it.

Liberate yourself!



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step 6: respect your relatives

Enjoy that you're directly related - at a genetic level - to every living creature that has ever existed on earth.

Even viruses and algae.

Cool!



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step 7: just say no

Don't gossip, tell tales, spread lies, stir trouble or interfere in other people's business.



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step 8: practice equality

Know that all living things are equal.

Just because humans can think and talk doesn't mean we're any better than the rest of the creatures we share the planet with.

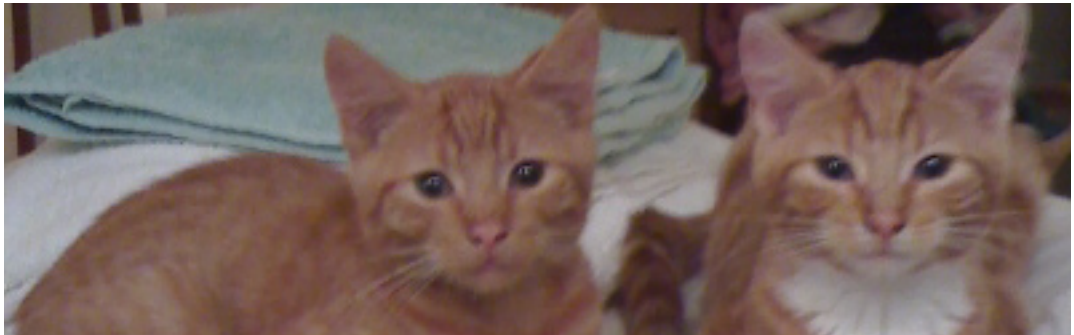
Quite the opposite.

After all, we're the only species that has managed to shit so comprehensively in our own nest that we're en route to wrecking it.

You don't see mice ruining the climate!

Have some humility. Don't kill creatures even if they're small and scuttly with too many legs for comfort.

They have just as much right to be here as we do. If not more.



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step 9: be true to yourself

Follow your own moral compass.

Don't do things you dislike just because it makes *other* people happy.

Just say no. Life's too short for obligations, duty and guilt... put yourself first.

When you're happy, you have lots of love and good stuff left over to give back to the world. When you're unhappy, you don't.



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step 10: your body isn't you

Your body isn't *you*. It's just where *you live*. Where your spirit, consciousness, whatever you want to call it, hangs out.

Take care of it and give it a nice time, but don't let the way it looks rule or ruin your life.



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step 11: love our home planet

Do your best to look after the earth.

It'll be here turning in space, silent and blue, long after we've gone.

In the meantime it seems rude to trash it.



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step 12: stuff

Stuff doesn't make you happy.

Stop buying so much stuff!



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step 13: yay... this is *it*!

When you die, that's the end.

Accept it and live every day like it's your last.

But...



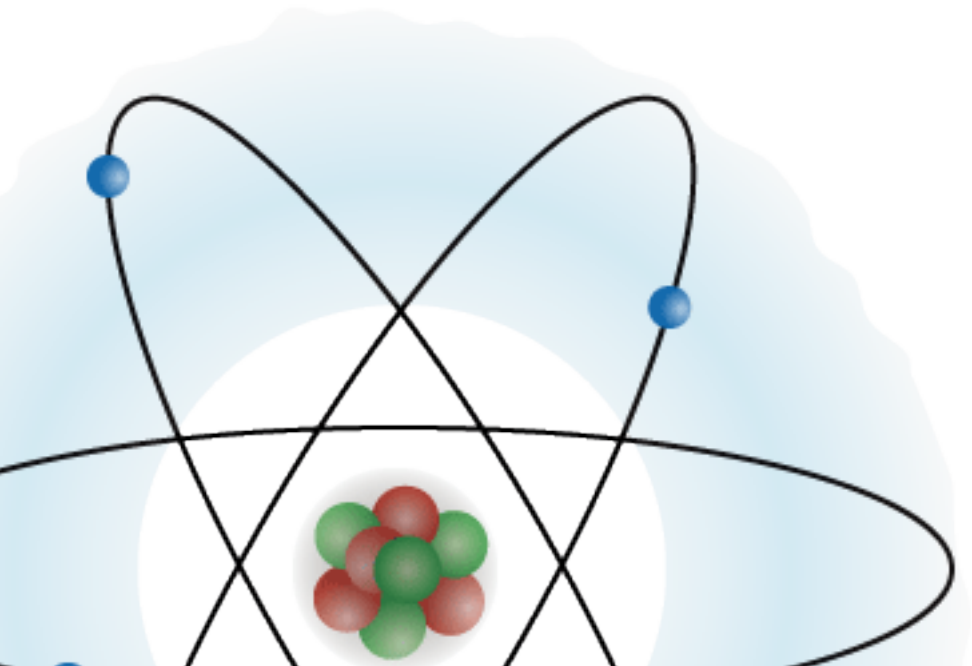
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step 14: atomic mortality

... the spark of pure energy that made you alive will still exist after you die.

Ask any physicist: you can't destroy energy. The chemicals that make up your body will decay into the earth and air, and the atoms they are made of will always exist.

Blimey. How's that for immortality?



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step 15: party animal!

Life's extremely short and very gorgeous.

Party 'til you drop whenever the mood takes you!

