

The Art of Happiness

Decreasing Stress and MAXIMIZING Joy

The Gospel Tool Kit

Skills for Increasing Happiness



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**Men are, that they might have joy.
(2 Nephi 2:25)**



The 12 Principles of Change

1. Understand the dual nature of man
2. Trust in God
3. Live well one day at a time
4. Find peace through acceptance
5. Let virtue garnish your thoughts unceasingly
6. Take care of the inner self
7. Recognize individual worth
8. Change self-defeating inner beliefs (schemas)
9. Strengthen social connections
10. Live by celestial principles in your family
11. Perfect your desires
12. Seek continual self-improvement

Principle no. 1

Understand the Dual Nature of Man

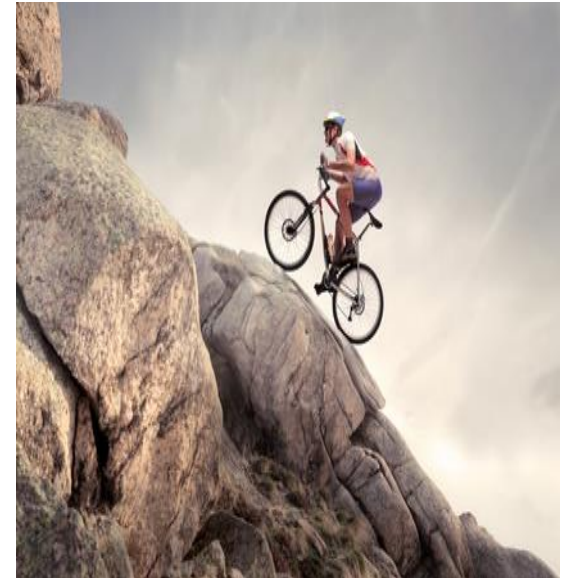
The spirit of man is knit together with the body and has a powerful effect on our personality and behavior. Learning how the heart and mind interact is essential to effective emotional functioning.

Man was also in the beginning with God. Intelligence, or the light of truth, was not created or made, neither indeed can be. (D&C 93:29)

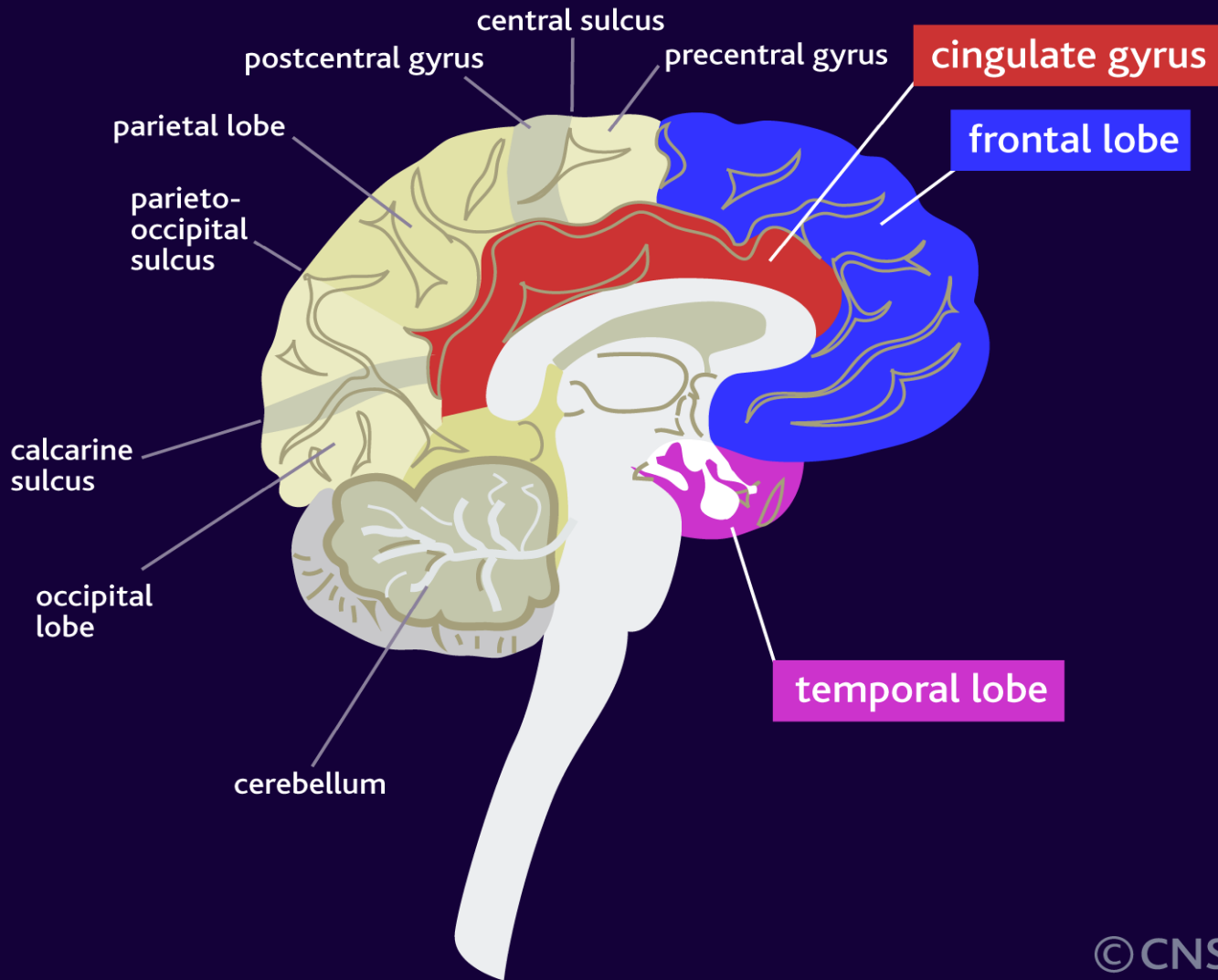
We are much more than we appear to be!

The Daily Battle of Willpower

Most human beings have aspects of impulse control and self-discipline that are problematic to them. We also struggle to control our thoughts.

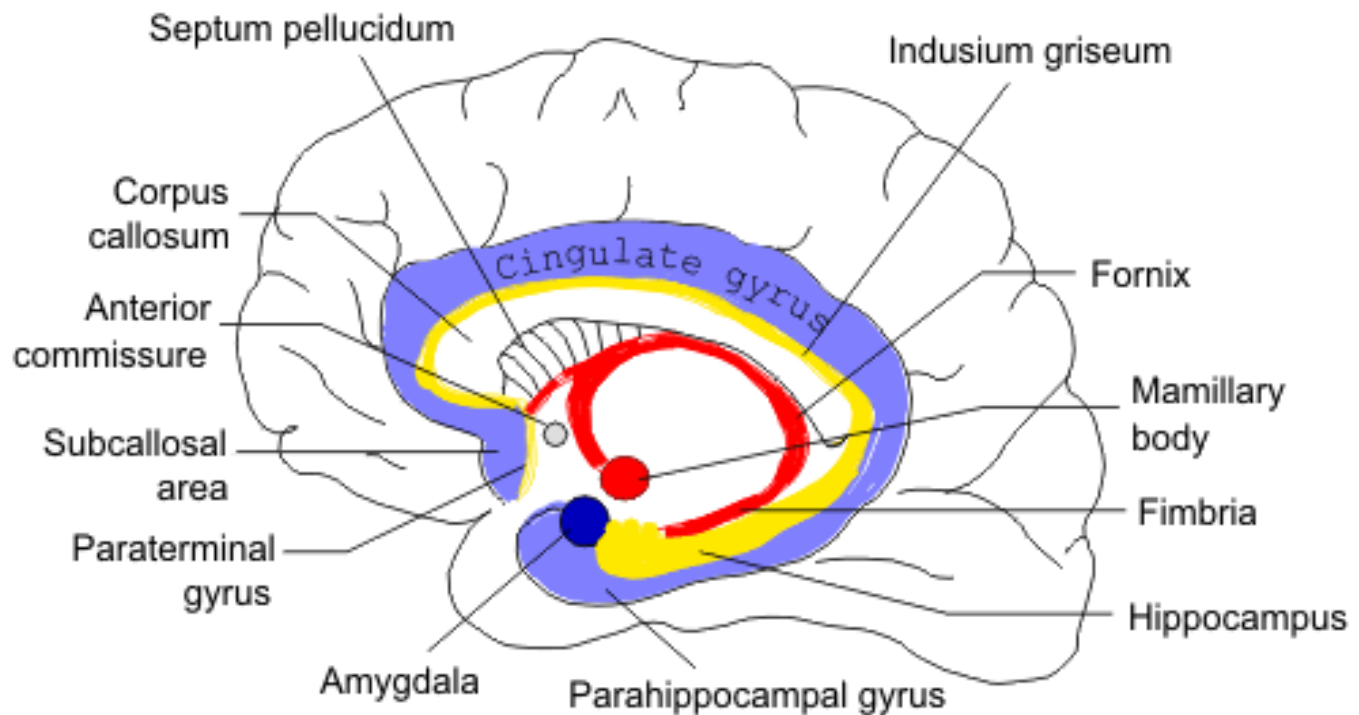





The Brain



The Emotional Mind

The Limbic System



 Limbic Gyrus  Intralimbic Gyrus  Fornix & Inner Arc

Neuroscience Discovers the Subconscious

Benjamin Libet, 1983 (Measured brain activity preceding simple movements using EEG.)

C.S. Soon, 2008 (brain activity measured by fMRI)

J. Dylan-Haynes, 2008 (brain activity measured by fMRI)

Answers to simple choices can be predicted 7 seconds or more in advance by subconscious activity. In the Dylan-Haynes and Soon studies the activity in the subconscious predicted the ultimate response about 60 percent of the time.

The Bicameral Brain

- The emotional system allows us to act fairly spontaneously using pre-established automatic subroutines (quick and energy efficient).
- The rational (conscious) system allows us to make sense of set behavioral patterns, interrupt them, and establish new, more effective patterns.

Incognito - David Eagleman (neuroscientist)

The Happiness Hypothesis – Jonathan Haidt

The Brain's Dual System

1. The conscious, rational system.
2. The emotional, subconscious automatic system.



The Pre-Existence

Man was also in the beginning with God. Intelligence, or the light of truth, was not created or made, neither indeed can be. (D&C 93:29)

Now the Lord had shown unto me, Abraham, the intelligences that were organized before the world was; and among all these there were many of the noble and great ones.

And God saw these souls that they were good, and he stood in the midst of them, and he said: These I will make my rulers; for he stood among those that were spirits, and he saw that they were good; and he said unto me: Abraham, thou art one of them; thou wast chosen before thou wast born. (Abraham 3:22-23)

*And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,
And prevailed not; neither was their place found any more in heaven.
(Revelation 12:7-8)*

A Prophet Speaks



President David O. McKay:
The spirit in man controls this physical body just as the driver of an auto may control that machine.

The Heart of Man According to Modern-Day Prophets

President Brigham Young: The spirit is the intelligent part of man, and it is intimately connected with the tabernacle.

President James E. Faust: The main mission of the Church is to change the inner self.

President David O. McKay: The highest purpose of man is to develop the spirit within him.

The Heart According to the Scriptures

Purify your hearts, ye double minded. (James 4:8)

Create in me a clean heart, O God; and renew a right spirit within me. (Psalms 51:10)

Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart. (D&C 8:2)

A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. (Matthew 12:35)

For where your treasure is, there will your heart be also. (Matthew 6:19-21)

For I, the Lord, will judge all men according to their works, according to the desire of their hearts. (D&C 137:9)

For as he thinketh in his heart, so is he: (Proverbs 23:7)

And the spirit and the body are the soul of man. (D&C 88:15)

Recognizing the Heart

Emotions

Desires

Intuition

Emotionally-based thinking

(Logical thinking is altered to fit what we want to see)

Why is Changing the Heart Important?

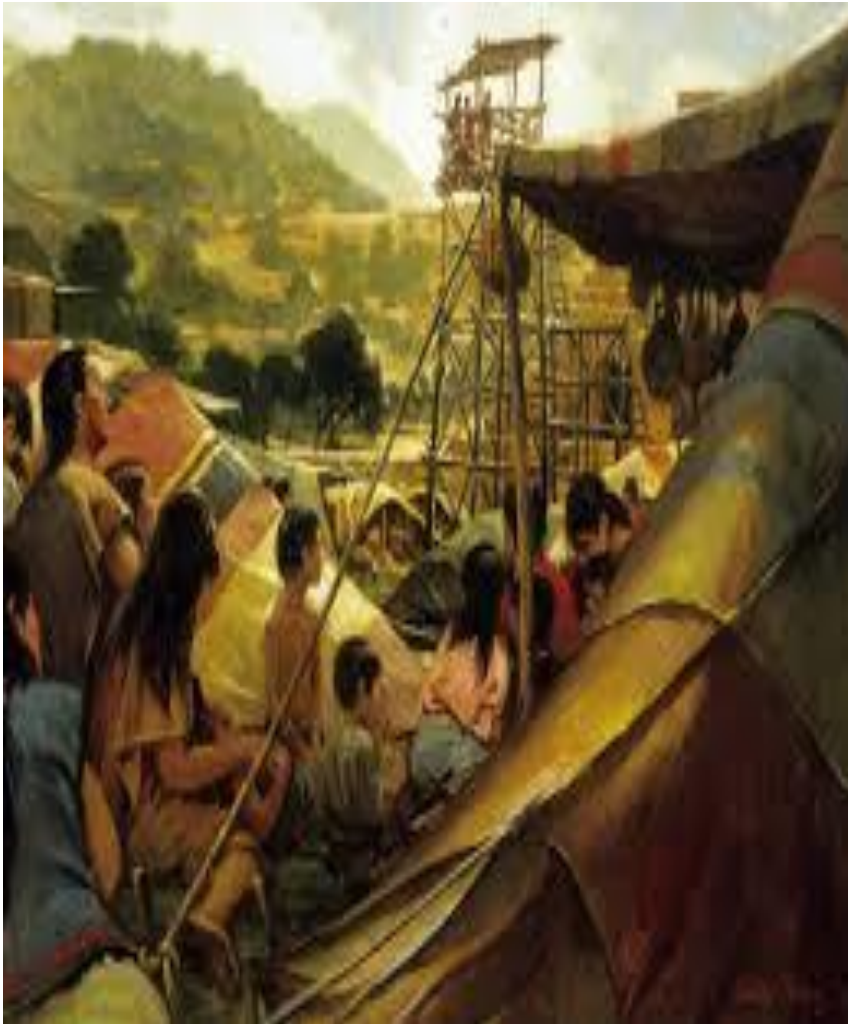
For I, the Lord, will judge all men according to their works, according to the desire of their hearts. (D&C 137:9)

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

For where your treasure is, there will your heart be also.
(Matthew 6:19-21)

King Benjamin's Warning



But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not. (Mosiah 4:30)

The Power of Thoughts


For my ways are higher than your ways, and my thoughts higher than your thoughts” (Isaiah 55:9)

For as he thinketh in his heart, so is he (Proverbs 23:7)

Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth. (D&C 121:45-46)

Emotions come from thoughts and perceptions



From restless thoughts, that, like a deadly swarm
Of hornets arm'd, no sooner found alone, But rush
upon me thronging.

(John Milton)

lzquotes.com



How Do the Two Systems Interact?

- We can communicate with the emotional system.
- The emotional system provides information and feedback to the conscious mind and the conscious mind provides analysis and direction.



Gaining Cooperation with the Heart

Our main leverage with the emotional mind is persuasion and truth.

And ye shall know the truth, and the truth shall make you free. (John 8:32)

But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. (John 4:23)

Assignment for Next Week

Read chapters 1 and 2

<http://ldsmentalhealth.blogspot.com>

Action Step

During the next week choose three different situations and practice identifying the different aspects of functioning - rational mind and emotional mind (the heart).