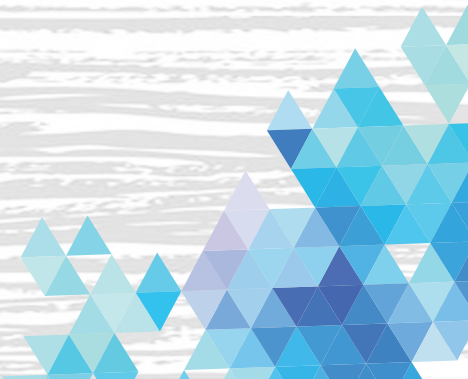


FLUENTLY Happy

Roslyn Loxton

PHOTOS BY GREG LOXTON





*“If you are happy,
happiness will come to you
because happiness wants to go
where happiness is.”*

- Yogi BHAJAN

“Happiness is the road
not the destination.

If what you are thinking isn't
generating happiness in your energy,

think in a way that
does make you feel happy.

If you can't manage that,
try getting some help with that.

It's 100% worth it.”





*“If you want to be happy
understand it's a 'state of mind'.
You have to be disciplined at knowing
this 'state of mind'.*

*You have to re think the things
that sneak in and collapse
your state of happiness.*

*This habit can be like learning
a new language.”*

- Roslyn LOXTON

*“Happiness requires nurturing,
surround yourself with the things
in life that all add to your happiness
and removing yourself from the things
that rob you of any of your happiness,
like maybe some of your beliefs.”*

- Roslyn LOXTON





*“RESPECT happiness
because your body,
your mind and your soul
have synchronised perfectly
to achieve it.”*

- Roslyn LOXTON

*“Do something selfless
that brings joy to another creature,
human or animal.”*

*- Lauren MURRAY,
angel on earth*





“When you see something that you love like a flower, you want to take it home, but, if you stop and think... this is also for the next person who would like to see this, so just observe and enjoy.”

- Lauren MURRAY,
angel on earth

*“To be happy,
your dominant thoughts
need to evoke
happiness.”*

- Roslyn LOXTON





*“Close your eyes,
quieten your mind chatter
and take a deep breath.
Concentrate on your breath
and ask your heart,
what colour is happiness?
Splash that colour
all over your world.”*

- Roslyn LOXTON

*“Ego...
I'd much rather
be happy than right.”*

- Roslyn LOXTON





*“Tune in to radio station happiness,
keep your dial centred
in the joy frequency.
The white noises on the edge
of the happiness frequency
is just old habit and
old conditioning ready to make their
old scratchy, distracting noises.”*

- Roslyn LOXTON

**FLUENTLY
Happy**

*“What you make something mean,
is up to you.
What you make matter,
is up to you.
If either of those things
in some aspect of your life are robbing
the space for happiness,
find a way to create a new meaning and to,
'not make things matter' so much.
This is totally up to you
no body else but you.”*





*“There once was a bloke in grey
who forgot the purpose of a day
so he gazed at the sea
and then cuddled a tree
and magically experienced... happy.”*

- Roslyn LOXTON

*“When you achieve connection
with your entire self,
your deep energetic inner self,
and you grow into the state of inner peace,
happiness happens in full colour
and on full volume.*

*You can't imagine this until you get there.
If every person could connect with their
entire energetic self and could reach
real inner peace, we would have
a kind of global peace...”*





*“The little things count
so don't underestimate them.
If you wear clothes that
you feel really good in,
it can help you feel good,
and when you feel good,
it rubs off on others around you.
Dress happy every day.
Look good feel good,
feel good play good.”*

- Roslyn LOXTON

**FLUENTLY
Happy**

*“Join the happiness movement.
There is an energy to happiness.
There is an energy in the food we eat.
If you truly desire happiness,
feed your body with good energy food because,
bad energy food makes your energy bad
and good energy food makes your energy good...
it's that simple.”*

- Roslyn LOXTON





“Sometimes I’m happy
to feel sad because,
I only FEEL sadness
but,
I AM happy.”

- Roslyn LOXTON

“It’s hard to get new life results with old thinking and old self imposed limits. Imagine going to the cupboard and picking a different brain, totally new thoughts, new desires, new hope, new interest, new curiosity, new vision, new happiness, new outcomes all round.

If that resonates for you, learn how to change your brain into the shape that supports your true life purpose and desires.”

- Roslyn LOXTON





*“If there was ever a time
to be happy it’s now,
get a pen and paper and write down
the answer to this question...
What is it going to take for me
to be truly happy?”*

- Roslyn LOXTON

*“There was an old man from a global
who didn't see life in it's total
he always felt crappy
the poor busy chappy
he never had time for his happy.”*

- Roslyn LOXTON





“The art of using love instead of fear in every part of your life makes life awesome and happy.

This is a practice, it is worth learning the art because fear and guilt have a strong hold on too many people. Happiness lives where fear and guilt don't.”

- Roslyn LOXTON

**FLUENTLY
Happy**

*“Life is too long
to not be happy.”*

- Roslyn LOXTON





*“Heads up...
Sausage dogs are pure fur
happiness on four legs.”*

- Roslyn LOXTON

*“Use happiness
to tie together
all of your moments.”*

- Roslyn LOXTON





“If you need a certain someone to change in order for you to be truly happy, that ‘someone’ is you. I know this to be totally non negotiable.”

- Roslyn LOXTON

*“Happiness can be found
in the garden, connecting with mother
nature's energy and if that doesn't
resonate for you, it is a sure fire sign,
you absolutely need to do it.
You were born a natural creature,
nurture the nature.”*

- Roslyn LOXTON





“Be present with the beauty of your today, and at the same time, be in love with your big picture vision, everyday is a part of bringing your vision closer to you, this is happiness in action.”

- Roslyn LOXTON

“Ditch judgement, eliminate judging others with negative energy.

Try to use love energy instead, this creates a healthier happier you.

If that is hard for you, engage in daily meditations on forgiveness and self love, believe me, it will be totally worth it. You will find happiness you have never known.”





*“If a thought causes you grief,
that is a massive sign... wrong thought.
Reach for a thought that helps you
to vibrate in a more positive way,
one that brings relief,
and create this as a habit.”*

- Roslyn LOXTON

“If you want people
to love you,
be loveable, happy energy
is very loveable.
If people aren't loving you
up the way you want,
it is because of how you
are showing up energetically.
100% how life works.”





*“The world isn't perfect,
so we have to be a thousand percent
grateful for everything in our life,
our health, our freedoms, our home,
our friends, our memories, our capacity
to choose one thought over another
and to create and then we can't help
but be filled with happiness.”*

- Roslyn LOXTON

**FLUENTLY
Happy**

“Don't compare what others have against what you don't have, instead, be truly and genuinely happy for others and what they are fortunate enough to have, that way you will attract more abundance and happiness to yourself. Guaranteed, it's how life works.”

- Roslyn LOXTON

FLUENTLY
Happy





*“Spend time with nature,
time in meditation, time with people
and situations that uplift us.
Away from machines, phones, t.v.s,
computers that the over indulgence in is
responsible for the disconnection between
humans and our inner self which
cause illness and depression.
Humans are not machines, they need their
spirit nurtured to be truly happy.”*

- Roslyn LOXTON

*“Let yourself be happy,
let go of that thing that blocks
the space for happiness,
let go of having to be right,
let go of negativity and
allow positivity, it is totally
up to you and your mind... just let go
and BE happy.”*

- Roslyn LOXTON





*“Remember
every day to love
YOUR life.”*

- Roslyn LOXTON

“Miracles are just the universe's way of showing up in ways we don't understand, don't limit this by tripping over the word.”

- Roslyn LOXTON





*“The mind is a habit machine,
and practicing happiness is
like a formula, so, endeavour to learn
the formula and make it a daily habit,
then, hey presto, **HAPPY LIFE.**”*

- Roslyn LOXTON

“We believe the stories we tell ourselves, so, make sure the story book you are living out is good and right for you, make sure it's a happy story with happy people and happy situations and that your character is a happy one.”

- Roslyn LOXTON





*“Space in your day
and in your mind is like
body building
for happiness.”*

- Roslyn LOXTON

“What would be different if you were truly content and at peace with everything and everyone in your life? Is anything getting in the way of this being your reality? What we see on the outside of us is because of how we see it from the inside of us.”





*“Judge nothing,
you will be happy.
Forgive everything,
you will be happier.
Love everything and
you will be happiest.”*

- Anonymous

*“Be lead by what
makes you happy
not pushed by what
doesn't feed your
happiness.”*

- Roslyn LOXTON





*“Hmmm, what would
a happiness Ninja
look like?”*

- Roslyn LOXTON

“Surround yourself with the things that reflect happiness for you... holiday snaps, art work, instruments, artefacts, music, plants, incense, books, colours and smells because if happiness is all around you, happiness will be all around you.”

- Roslyn LOXTON





“When you approach living your life with a child like immersion in the game, free from the fear of the judgement of others and you just play life like playing in the sand pit with no fear or attachment to the outcomes, it is freedom and happiness personified.”

- Roslyn LOXTON

**FLUENTLY
Happy**

*“It is a more powerful thing
to feel rich than it is to be rich.
If you feel rich, then, you are rich and
actually by default if you feel rich,
the universe knows where to allow richness
to flow to. If you don't feel rich, that is
the message you send the universe, it's a lack
message, so you feel more of the lack.
Practice feeling rich.
Tip - It starts with gratefulness
and ends with gratefulness.”*





“Happinesses has a positive vibration that feels good to every part of your human being, that good vibration can heal, so vibe it often and teach your children to vibe it. Meditation for kids could be a great idea to help them start managing their energy early in life.”

- Roslyn LOXTON

**FLUENTLY
Happy**

*“Our mind creates our reality,
it is an energy thing.
We attract life to us via our energetic set up.
Plant lots of happiness seeds
and nurture them daily.
Read your inspiring goals daily,
meditate daily, contemplation on good things,
creative visualisations, journalling, yoga,
exercise, laughing, making love and
surrounding yourself with happy people.”*

- Roslyn LOXTON





“There can never ever be too much happy.
Go to the beach, enjoy the stars,
visit a forest, plant a garden,
have a sausage dog once in your life,
take an afternoon nap, write a book,
learn guitar, marry someone that makes you
laugh, colour in, do something nice for someone,
try writing a poem, read a great book,
make others laugh, run nude in the rain,
marvel at every sunset.”

- Roslyn LOXTON

FLUENTLY
Happy

“Happy news...
You know that time that is always
just out of our reach.
That, ‘One day’ place.
Well it is finally here,
so it’s time to do all those things
you promised your soul
you would get to one day.”

- Roslyn LOXTON



How to create global inner peace, I believe can only be achieved in one way...every human individually take charge of their own inner peace... Inner peace is void of negativity toward others or self. Put down the weapons, put down the distain for others, put down any thought that is negative for self or others and connect with your true entire inner self. Turn off the t.v., put down the phones, find time to reconnect with your inner energetic spirit because you are way more then your mere mortal flesh and your mere mortal thinking and in there, is peace and in peace their is the love required to make everything flow.

Our modern life has created a disconnect with our entire self, the energetic inner self. In todays lifestyle, the words peace and love have become watery and have lost their real meaning. They are verbs, verbs are doing words. That's it, if we all just took charge of our own inner peace, by default we would have global peace. I encourage you to explore finding your own inner peace. How easy it is to reconnect with that part of you depends on how far you have drifted from it. Inspired by the happiness movement ...

Roslyn Loxton

FLUENTLY
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Roslyn Loxton

PHOTOS BY **GREG LOXTON**