invitation to happiness

7 inspirations from your inner angel

RYUHO OKAWA
IRH PRESS
We all face difficult or unfortunate situations in life, and hard times make some people wonder whether it’s true that angels are always protecting and guiding us, or even whether they exist at all.

Life in this world is every soul’s opportunity for development, and each one of us is responsible for learning from our experiences. This is why heavenly spirits are not allowed to take complete control over our lives and live them on behalf, as if we were only puppets. We all have to lead our own lives, but our angels also do whatever they can to influence things to our advantage. Your guardian angel helps you by sending inspiration at important turning points in your life.

Say there is an opening for a managerial position in a company, and two qualified people are competing against each other for this position. Their guardian angels will both do everything they can to help them get the position. They will, for example, send inspiration to convince the personnel director that the person they are guiding is suitable for the position. Or if you fall in love with someone that you think is your ideal marriage partner, your guardian angel will work very hard to attract that person and bring the two of you together.

Your inner angel guides and protects you throughout your life. Knowing this will increase your awareness of the help you receive from heaven. Your inner angel may protect you by getting someone to block your way to keep you from taking the wrong path in life and to push you toward your right path. The most important thing is to always believe. Believe that your angel will guide you to the right path and open up a way for you to pursue it.
inner angel memories

What memorable moments, inspirations, ideas, or thoughts have come to you from a source within that you recognized as knowing or spiritual?

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Remember the turning points in your life. In what critical moments have you experienced guidance? Make a list of these moments.

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RYUHO OKAWA is a renowned spiritual thinker, leader, and author in Japan with a simple goal: to help people find true happiness and create a better world. To date, Okawa’s books have sold over 100 million copies worldwide and been translated into 27 languages. His books address vital issues such as how our thoughts influence reality, the nature of love, and the path to enlightenment.

In 1986, Okawa founded Happy Science as a spiritual movement dedicated to bringing greater happiness to humankind by uniting religions and cultures to live in harmony. Happy Science has grown rapidly from its beginnings in Japan to a worldwide organization. The spiritual workshops Happy Science offers are open to people of all faiths and walks of life and are rooted in the same simple principles of happiness that inspired Okawa’s own spiritual awakening. Okawa is compassionately committed to the spiritual growth of others; in addition to writing and publishing books, he continues to give talks around the world.
Living here on earth in a physical form makes it easy to forget our innate spiritual freedom. But by harmonizing our minds with the vibrations of heaven, we can connect with our truest selves and remember what it is like to have a spiritual freedom.

We all send and receive various vibrational frequencies throughout our days. The thoughts that dominate our minds heavily influence the types of energy we receive from others, as well as the energies we reflect out into the world. Each of us has felt the distress, anger, or hopelessness of another. These feelings are like magnets whose coarse vibrations attract more of the same types of emotions. A calm mind boosts the serenity of our vibrations, inviting that same peaceful energy to be reflected back to us from those around us.

The first step toward achieving serenity within is to practice detachment. Practicing letting go of all of your distracting thoughts calms your mind and allows your vibration to resonate with the vibration of the higher world. A repeated practice of cutting off the worldly vibrations that surround you and looking within will help you achieve a deeper tranquility and reach your most spiritual self.
Life in this world is like a deep-sea dive, and your body is like your diving suit. The journey is dangerous and difficult. The water is cold, and the bottom of the ocean is dark. You may get washed away by a current and encounter creatures of the sea. You need a diving suit to block the coldness of the water, fins on your feet to swim, a snorkel and an oxygen tank to breathe, and swimming goggles to see. But because of this equipment, you may feel confined and lose your sense of freedom.
visualizing your true self

Humans have always had the power to receive heavenly inspirations. The more we’re able to let them in, the more connected we become with our true selves, and the more we will have to offer the world. Visualization and contemplation are simple, practical tools that anyone can practice daily to grow spiritually.

1. Begin by closing your eyes and sitting in stillness.
2. Visualize your true self within you, sparkling as splendidly as a diamond.
3. See your body being filled with golden light from heaven.
4. Watch the light fill your heart, making the darkness vanish as it grows and grows.
5. Feel the warmth from the light.

Continue this visualization until your heart feels warmer, lighter, and renewed and you can see yourself as a wonderful person, shining with kindness.

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Through contemplation, the thoughts and mindsets that oppose our divine nature will gradually and naturally become more visible and approachable. If you discover thoughts within yourself that shine with the light of your true self, let go of the thoughts that oppose them. For example, if you discover the characteristic of love within yourself, then let go of your feelings of hatred. If you visualize yourself blessing other people, remove jealousy from your mind. If gratitude wells up from within, get rid of sarcastic and malicious remarks. If you can feel peace in your mind, get rid of impatience and irritation. If you visualize a healthy romantic relationship, you should refrain from purely physical relationships. If you feel a pure, tranquil mind that is free from uncontrollable desires, let go of negative, troubled thoughts. This is how we can keep polishing and shining our diamond within.

It can be difficult to reflect on ten years or even one year all at once, so the key is to develop a habit of daily contemplation. Try taking ten or fifteen minutes before bed to review that day’s thoughts, feelings, actions, and conversations. Ask yourself which of these moments best represented your true self and in which moments you may have given in to a false self. This simple practice of mindfulness powerfully reconnects us with gratitude. We feel deeply grateful for all the things we have been given and all the love we’ve received. We remember how much our friends and family have believed in us and all our hopes and dreams. It’s a spiritual renewal that moves us forward from mistakes of the past. Sometimes with joy, and sometimes with healing tears, this practice rejuvenates us with the power to make a fresh, new start every day.
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about happy science

Happy Science is a global movement that empowers individuals to find purpose and spiritual happiness and to share that happiness with their families, societies, and the world. With more than twelve million members around the world, Happy Science aims to increase awareness of spiritual truths and expand our capacity for love, compassion, and joy so that together we can create the kind of world we all wish to live in.

Activities at Happy Science are based on the Principles of Happiness (Love, Wisdom, Self-Reflection, and Progress). These principles embrace worldwide philosophies and beliefs, transcending boundaries of culture and religions.

**Love** teaches us to give ourselves freely without expecting anything in return; it encompasses giving, nurturing, and forgiving.

**Wisdom** leads us to the insights of spiritual truths and opens us to the true meaning of life and the will of God (the universe, the highest power, Buddha).

**Self-reflection** brings a mindful, nonjudgmental lens to our thoughts and actions to help us find our truest selves—the essence of our souls—and deepen our connection to the highest power. It helps us attain a clean and peaceful mind and leads us to the right life path.

**Progress** emphasizes the positive, dynamic aspects of our spiritual growth—actions we can take to manifest and spread happiness around the world. It’s a path that not only expands our soul growth, but also furthers the collective potential of the world we live in.
programs and events

The doors of Happy Science are open to all. We offer a variety of programs and events, including self-exploration and self-growth programs, spiritual seminars, meditation and contemplation sessions, study groups, and book events.

Our programs are designed to:

- Deepen your understanding of your purpose and meaning in life
- Improve your relationships and increase your capacity to love unconditionally
- Attain peace of mind, decrease anxiety and stress, and feel positive
- Gain deeper insights and broader perspective on the world
- Learn how to overcome life’s challenges
- And much more!

For more information, visit our website at happyscience-na.org or happy-science.org.

international seminars

Each year, friends from all over the world join our international seminars, held at our faith centers in Japan. Different programs are offered each year and cover a wide variety of topics, including improving relationships, practicing the Eightfold Path to enlightenment, and loving yourself, to name just a few.

happy science monthly

Our monthly publication covers the latest featured lectures, members’ life-changing experiences and other news from members around the world, book reviews, and many other topics. Downloadable PDF files are available at happy-science.org. Copies and back issues in Portuguese, Chinese, and other languages are available upon request.
Happy Science is a worldwide organization with faith centers around the globe. For a comprehensive list of centers, visit the worldwide directory at www.happy-science.org. The following are some of the many Happy Science locations.

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books by Ryuho Okawa

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CHANGE YOUR LIFE, CHANGE THE WORLD
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