

## HAPPINESS PHRASES

**How to integrate the phrases:** After reading aloud each phrase in DIVINE DISCUSSIONS take a deep breath and on the exhale drop your jaw and release with the sound AHHH.

We shall now randomly select a few phrases to share in a loving, supportive community allowing Archangel Uriel to interact with us. For a complete list of phrases see: ***HAPPINESS HANDBOOK: Being Present Is The Present, Phrases of Presence to Set Us Free to Be Happy.***

1. Being Present means joining the Light Workers and the Way Showers worldwide and walking through our lives in happiness.
2. Presence knows exactly how to love self-right where you are in each Present moment, allowing us to journey into the unknown without judgment or shame.
3. Being able to access our Presence on a Present to Present basis is the necessary new normal.
4. Our Presence wants to know where our truth comes from. Does it come from inside of us or from outside?
5. Being Present allows a new you and a new soul family to be born, and for you both to connect with one another...
6. Our Presence knows that we do not have to meet anyone else's expectations or prove anything outside of our Present self to be happy.
7. Being Present is doing something that brings great happiness into your life.
8. Being Present is knowing that all suffering is self-inflicted.
9. Attempt to stay Present in all areas that your emotional and mental bodies wish to escape. By being Present you are fully alive and not worrying to escape life.
10. Presence eliminates the need for duality, separation, conflict and war.
11. Being Present will set us free right now.
12. Presence allows us to transform unconsciousness into consciousness.
13. Presence teaches us to build a parallel path, rather than to confront, resist or fight.
14. Presence reveals there is often a wounded little girl or boy leading our lives. Presence allows us to heal that child in order for us to become the happy adult in the present.
15. Through Presence we know that all physical forms are impermanent; we see the relations between seen and unseen worlds.

16. At Present, deceit and denial of deceit are common place in our world and create much unhappiness. Presence knows that only through truth can we be happy.
17. Presence is not something outside you; it is inside you waiting to go outside.
18. Being Present is knowing what responsibility and consequence means: responsibility for self and for others.
19. Being Present is knowing the difference between expectations and accepting what is.
20. Presence is an in-depth way of listening by bypassing the emotional and mental bodies. Sense of Presence is all about reclaiming true Presence from our emotional and mental bodies.
21. Many people are not aware they have Presence. Some know they do. Which are you?
22. Presence teaches us that there is neither negative nor positive; they are essences of the same thing.
23. Our Presence is really who we are and the way to discovering why we are here.
24. Through Presence we can accept what is and move from unhappiness to happiness.
25. Presence is inclusive, not exclusive.
26. Our Presence is constantly showing us the path to be and to love ourselves.
27. Presence knows we are indestructible, immortal beings of light that need no physical proof.
28. Being Present is discovering your purpose and knowing what resonates for you and what does not.
29. To become Present is our reason to be here.
30. Through Presence our talents and gifts can change the world.
31. Our Presence always supports who we truly are, free of the expectations of others.
32. Presence teaches us that when our addiction to the physical form is reduced, we become happier: People and things that we thought we needed to be happy come to us with grace and ease when we reduce expectations.
33. Presence enables our connection with oneness, with Source.
34. Presence allows shame, blame, and judgment to cease and to be replaced by acceptance, compassion and forgiveness.
35. Presence is what makes us whole and complete, whether we are male or female, black or white, gay or straight, right or wrong or weak or strong.
36. Being Present is your chance to use Presence-energy through your freedom of will to create the new, fully, happy you.

37. Presence knows that we are just one step away from something unbelievable through surrendering to what is.
38. We are living in a body; God lives in Presence, flowing through us all the time.
39. Give Presence to yourself and know how it feels to be loved.
40. Within Presence you can withdraw all the energy you need for life.
41. Presence knows that resistance and force are not strength. They are masks pretending to be strong.
42. Many spiritual teachings have taught us that the Present is the true gift of life. Most of our negative notions need the past and future and cannot be maintained and sustained in the Present.
43. Presence teaches us that the real parts of us never die.
44. Without Presence, things in our life can be considered negative, dramatic and harmful which are really learning tools we create.
45. Our Presence is showing us that we are moving from cause and effect and karmic consequence to divine Presence.
46. A momentary sexual orgasm is the closest many people get to Presence. This is only a brief glimpse at Presence; our destiny is to be Present all the time.
47. Presence is our soul plan embodied within us.
48. Presence supports our decision to move from separation into oneness with life.
49. Being without Presence often feels like not being good or worthy enough.
50. Being Present allows the creation of a new world of love, equality, harmony and balance.
51. There can be no enlightenment without Presence.
52. Presence is the individuated part of creation within us.
53. Our Presence is constantly asking, " Am I expressing who I am through my talents and gifts?"
54. Being Present means that we have entered the center of our hearts, a place where only Presence exists.
55. Our true, eternal, unseen and formless Presence is who we truly are; in Presence we already know this.
56. Our Presence mirrors our truth, If we wish to change the world outside us, we need to first change the world inside us,
57. Presence allows us to infuse our doing with our being.

58. Presence teaches us that happiness is not dependent upon the outside world.
59. Presence knows that Source is waiting for humanity to awaken and to join in oneness.
60. Our Presence knows that much of our unhappiness has been the result of our resistance to feeling our feelings and releasing them, Then we know we are not our feelings.
61. Being Present is saying yes to what is, rather than to what is not.
62. As old paradigms die, what remains is Presence to build the new paradigm upon.
63. Being Present and happy is knowing our talents and gifts and bringing them out into the world.

Divine Discussions, April 12, 2018

[TheAngelNewsNetwork.com](http://TheAngelNewsNetwork.com)

[PhillipEltonCollins.com](http://PhillipEltonCollins.com)