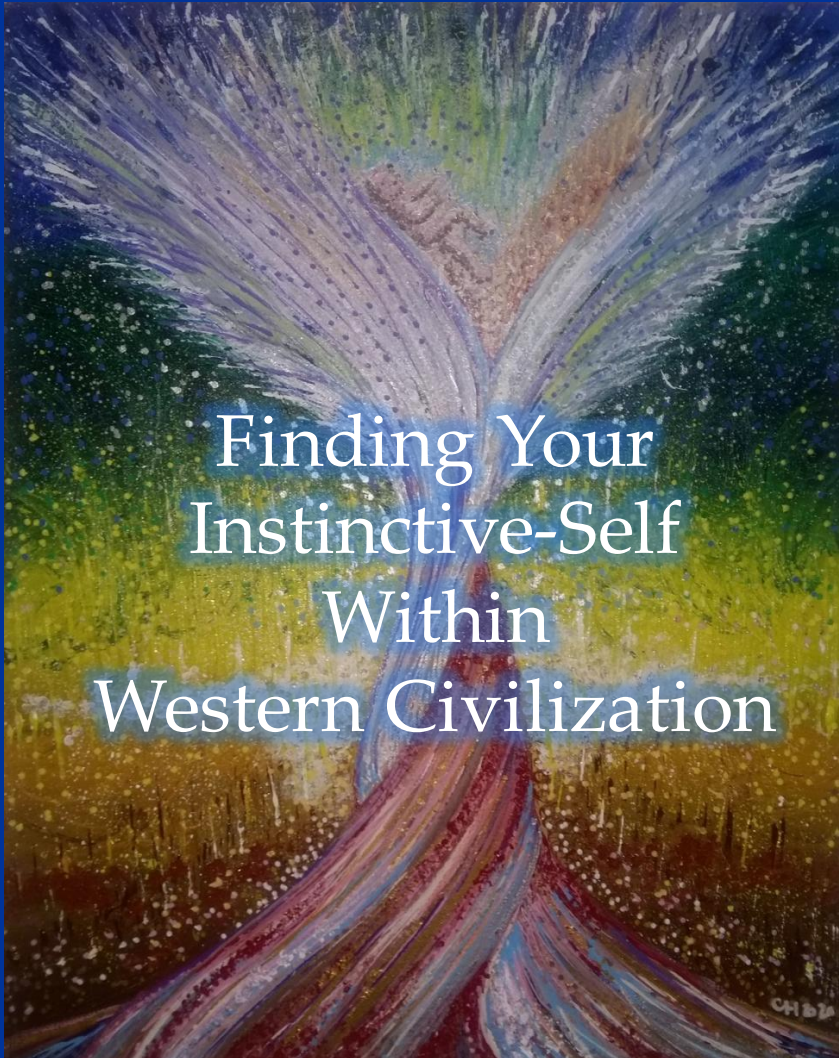


# The Happiness Warrior



Finding Your  
Instinctive-Self  
Within  
Western Civilization

Dr. Clare Hinsley

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Within  
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By  
Dr. Clare Hinsley

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Lastly, I would like to thank the daily opportunities which enable me to practice the abilities discussed in this book and yourself for reading it. May each of you personally bridge the gap between spirituality and science through your own experiences.

I dedicate this book  
to my parents  
for without their love  
I would be without form

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## Introduction

A connection to our instinctive-Self exists within all of us. Throughout my life this connection has shown itself many times, although it wasn't until recent years I lost the fear of hiding from it and began embracing it. Through much effort, I found peace within and I endeavour to simplify this process for others.

Those who read these words, may you realise that you are truly blessed and peace *WILL* come to you. It just requires effort and faith on your part. The power to create a better life resides within each and every one of us.

Our purpose in life is to evolve. For plants, evolving is to grow bigger and in many cases producing flowers. Human evolvement is a spiritual journey back to the Creator. We all know this inside, but instead we have been taught to think that money is the key. If money was the key, why are not all billionaires ecstatically happy? The happiest people seem to be the ones who don't connect with money, look at children for example. The less they know about money, the more



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they run around playing and enjoying themselves. Shamans, Buddha's and Mystics seem also to be carefree. The less they care about money, the more at peace they are within themselves. Those who have connections with the Creator do enjoy life more than those who limit themselves connecting with items of form.

The foundation of Metaphysics is to experience things on a personal level. Anyone can go to a library and find millions of books full of information. Unfortunately, this information is rendered useless until someone picks up one of the books and begins reading it. At this point the information is still just information until the reader applies it to their own existence. By combining scientific facts with a selection of philosophies, this book makes concepts easier to accept as well as thought provoking. My goal is for others to question everything until they understand who they are and what everything means to them personally.

Some call human evolution the Ascension process. Others call it finding God, connecting to Source Energy, or even living life more instinctively. Whatever you choose to call it, this process is something that *CAN* be achieved by anyone. Once achieved, life becomes filled with excitement, Inner Peace, and happiness. The

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stresses and strains of life become comical and take on the form of direction markers rather than manifesting negative physical symptoms. There are many sources of information about this process, but the majority seem to lack instruction. This leaves a person wanting to ascend but not knowing where to start. Of course there is no pill one can take to wake up the next morning and see everything in a more positive way. It is a process, a process that one must personally undertake. It requires effort. I don't know anyone who can pick up a guitar for the first time and expect to play to concert standards. In this book I will lay out the steps and exercises which will enable your own Inner Peace to flourish. The more effort one puts towards the exercises, the quicker one will achieve Inner Peace; it *IS* entirely under your control.

“A sorcerer asks the question, ‘If we are going to die with the totality of ourselves, why not, then, live with that totality’” (Castaneda, p. 131)? When life is not lived to its full potential it becomes wasted. With the knowledge of how to change your perspective, life becomes much more enjoyable, productive, and creative. In order to live life to the full, it requires increased moments of acknowledging where you are in the present moment. The more present you become, the

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more consciously you choose actions and reactions. Don Juan said that “the condition of a warrior is to be aware of everything at all times” (Castaneda, p. 117). Here I endeavour to teach the skills to acquire a connection with your true, instinctive-Self, through becoming more present, turning you into a warrior. Just by becoming aware of the information received from our senses, it is possible to notice the positive effect it has on our lives. Once this awareness is achieved, choices and reactions can be made from our instinctive, True-Self. This is *THE* prominent step moving towards a purer state of living. The reward gained is having the capability of picking apart the negative aspects of life until they become so diluted that they have no influence over us. I will introduce your own environmental-Self and show how it has formed as well as how it has contaminated our senses. With conscious effort, it is possible to redirect our misguided use of the senses to activate light meditational states. Through an explanation of how our sensing abilities are different to animals, I will demonstrate how to achieve the gift of experiencing higher states of consciousness.

The necessity in finding my own Inner Peace began when I found myself becoming physically ill through the stresses and strains of Western life. It was

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then that I started asking myself questions like “Where is my Inner Peace? Why is life so difficult?” At first these questions were contained within my own mind until they became frustratingly unanswered and I began voicing them. Once, while searching through papers at work, someone helpfully asked “What are you looking for?” My response was “Inner peace, I am looking for Inner peace, have you felt it?” The reaction of others was always the same, “If you find Inner Peace, can you give some to me, please?” This feedback told me that very few people living in Western Civilization are at peace within themselves. We are all very similar in the way that we are unsatisfied with our lives, our physical bodies, our jobs; we are always striving to have more money, a better car, and more appreciation. Why is this so? These questions led me to research the reasons behind this lack of satisfaction and I found that the basis lies with the way we have been taught. We live an external life rather than an internal life. We have been conditioned, throughout our whole lives, that which needs fixing are things around us, outside of us. We have been taught that happiness comes from consuming material goods. Schools do not teach children the value of being at peace within their own bodies, instead they teach lessons on history, maths, and flood our minds

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with information that has little influence over our happiness.

In order to find Inner Peace and lead happy lives we need to fix the things within us. We need to learn how our perception has been tainted, how we have become overly and unnecessarily judgemental. There is a transformation required to sustain Inner Peace, it is a process we must go through. Our whole lives our inner truth has been hidden from us. Luckily it can never be lost; instead it is inactive and waiting to surface. We have been distracted with information and if you continue reading this book, your inner truth will begin to shine through. Here you will find the keys to unlock your own happiness, but it is up to you to unlock the door by practicing the techniques provided. This is why the book is entitled 'The Happiness Warrior', as you will find yourself gaining a warrior-like attitude as you begin to evolve into your True-Self and shed the falsities that have been acquired throughout your lifetime.

My reason for writing this book is to support the reader on their own journey to find Inner Peace. My personal journey was very much a secretive one. I often hid my tears due to a frustration with myself and the world around me. I was so desperate to find Inner Peace that I found myself in some type of a dream state, in

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2014, where my mind and body felt as though they were numb. I was aware of what was going on around me, although I felt completely detached from my environment. It was as if a positive path was illuminated before me, so much so that I had no awareness of any alternate negative paths. My perception of everything transformed completely. This process increased my confidence to the point where I turned my life upside down. I found myself committing to positive decisions that would alter my life forever, for the better!

I started by making small decisions for myself, focusing on little improvements to my own life and understanding what really mattered to me. I stripped all things from my environment that I didn't believe served me. I stopped rushing around, forcing myself to carry out activities that I used to believe were necessary. My circle of friends changed, my eating habits changed, and I transitioned myself into a simpler lifestyle.

A few years later I stumbled upon Metaphysics, and began researching the works of Dr. Paul Leon Masters, Swami Vivekananda, and C.G. Jung, to name a few. Through my studies I began meditating and found a connection with my Higher-Self which has helped to increase Inner Peace and happiness in my life.

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'*The Happiness Warrior*' describes the many barriers that Western Civilization has laid in our path to finding spiritual enlightenment. Discover these obstructions and how the senses perceive them within your own life. Once these blockages are understood, the path to *Inner Peace* can begin.

As conscious beings, the human race is born with natural abilities, many of which have become ignored in favour of external wants and desires. These abilities, which are used almost daily, can be exercised and expanded upon in order to maintain a level of *Inner Peace* and *Happiness*, in every situation that life brings.

Learn how to increase your vibration through building your own connection with Nature and a Higher Power. Utilising the examples of Buddha's, Monks, Mystics, and Shamans allows one to find the very same connection, transitioning yourself into a purer, more instinctive way of living. This type of existence brings a deepening sense of *Inner Peace* that will awaken a new appreciation for life that you may have only dreamed was possible.



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