



HAPPINESS U CLASS MENU

NOTE: All classes are a 60 mins, but can be shared in a longer format such as a 90 minute or 2 hour class for an additional fee. "PPT" next to the title indicates that this class is accompanied by a visual slide presentation.

An asterisk () by the title indicates our signature classes or the most popularly requested classes.*

ALIGN YOUR SPACE

How to Bless Your Home Yourself

Many people believe that a house or office blessing needs to be performed by a priest, reverend, Kahu or someone "trained" or licensed to do blessings. However, did you know it's possible to do your own blessing effectively? Join Alice as she shares with you what a blessing is, how it works, and why it's important to clear the energy from time to time. Learn two blessings that you can do yourself, or with your friends and family in participation - a Ti Leaf Blessing, as well as a Feng Shui Blessing. Before Alice opened Happiness U, she worked as an ordained minister, and over the course of her career blessed hundreds of homes and businesses. Learn something you can do immediately to make an energetic difference in your home or office.

*Break Up With Your Belongings

We've all been in relationships that came to a point when we knew it was unhealthy, and best to "move on" from, and "let go" -- this is also true of belongings. Many of us find it hard to let go of things even when we know we want to. This is due to emotional attachments formed with objects. This class will help you get clarity on why you are holding on to certain things, as well as help you clarify what to keep, what to donate, what to give away when looking to clear your life of clutter (emotionally and physically).

*Clutter Clearing Plan 101

Do you have clutter in your environment you want to clear out, but could really use an actual plan for how to do so? Do you want guidance on what to keep, and what to get rid of? Would you like some help in letting go of the, "I can't get rid of it because it's still good" mindset? If so, this class will not only show you where to start, it will give you the inspiration you need to move forward. Our clutter ties us to the past and holds us back, energetically, in many ways. So whether you have monumental clutter, or just a small cluttered area, bring your calendar (yes, we will schedule your first clutter clearing appointment at the end of class), and let's get started on a plan to reclaim your energy and your power!

The Art of Tidying Up

If you are the type that is interested in anything that has to do with organizing and decluttering, you have probably heard about the best-selling book from Japan titled, "The Life Changing Magic of Tidying Up". When I heard of its popularity and the 50 persons waiting list for the library copy, I knew I had to see what all the fuss was about. If you haven't read the book yet, let me give you an overview of the book and the key points to the "KonMari" method. It is revolutionary in its method, and takes tidying to a whole new level. According to Marie Kondo, if you simplify properly, you'll never have to do it again. She has a category-by-category system that leads to lasting results. Come and hear the basics, make your plan, and see why I think this is the way to declutter!

***Feng Shui 101**

Do you want to create an environment that is a source of support for you? If so, this class is for you. In just one class, you will learn the basics of feng shui and be able to fully grasp the essence of it so you can go home, and make simple and immediate changes that will make a big difference in the energy flow. You will learn why feng shui is so confusing, how it works, the must-know three basic rules, and have the opportunity to ask questions about your own home at the end of class. By practicing feng shui principles in your environment with intent, you can raise your potential of manifestation on many areas of your life. Add ease and flow to your life by understanding how to create an energetically supportive environment (and it's not all about clearing out clutter!)

The Top FAQs of Feng Shui

A class designed to answer your most commonly asked questions about this multi-faceted ancient practice. Inquiries we will explore include: How do I use mirrors? How do they help my environment? What about water? Do I really need to put the toilet seat down? Can I use silk plants or do they all have to be real? I want to paint but can't decide what color. What is real and what is a superstition? We have all your answers on how feng shui and your environment interconnect.

Simple Feng Shui Moves For an Immediate Energy Shift

If you just want to "do something" to get the energy moving in your life, this is the perfect class. Alice will offer her wealth of feng shui knowledge and customize strategies for you to get what you need from your home or office space, without needing a lot of time or money. A few simple shifts can completely change the energy and raise your manifestation potential on multiple levels. Find out what that is for your personal space. Whether it's wealth, health, career, or love, join us for some inspirational ideas to change up the environment.

GET PRODUCTIVE AND ORGANIZED

Create a Mastermind

When it comes to getting what we want in life, having a clear focus and unwavering intent are vital keys to attaining our goals. Many of us make individual lists for ourselves and have an idea in our mind about what we are looking for in life, yet neglect to see the source of strength and power that pooling those visions with other people can promote. Join us for this informative session; showing how sharing a defined focus of intent for ourselves, as well as holding each others' visions of success in a safe place, can become a collective force for manifestation and empowerment. Let's come together to mold our own masterminds, then celebrate by sharing this new knowledge with others in support.

*Learn the Strategy of Pre-Paving

It is inevitable that you will face things that will throw you off a bit, stress you out, or give you some anxiety. Most times we just live each day hoping that everything will turn out okay. However, did you know that you have much more control over the outcomes of these challenges? Come and learn a strategy that you can use for the rest of your life, which will help you to take control of the outcome of every situation, and give you a focus that will help you to manifest the outcome you desire, instead of worry about the outcome that you don't desire. Alice has used this technique for over a dozen years with great success.

The Best Calendar Organization System Ever!

Do you have to keep track of many deadlines? Are some recurring and some not? Do you juggle multiple schedules? If so, Alice will show you the system that she uses to keep track of multiple projects, multiple due dates, and help you organize your "to do's" a little more, so you can be more efficient on a day-to-day basis, see at a glance what you have going on, and never miss a deadline again.

Eat That Frog: How to Get the Stuff You Need Done, DONE

Mark Twain said, "If you eat a frog first thing in the morning that will probably be the worst thing you do all day." What author Brain Tracy did was take that quote and write his book around it, recommending that if you do the task that you have been procrastinating on first, all other things you have to do that day will not seem as bad. There are 21 effective methods that we will cover in this class to help you beat procrastination and get much more done every day! If you want to be more productive, you will come away with tangible ways to do so.

Avoid Distractions 101

Do you need a plan to stay focused? Do you find that you have a lot to do, but by the end of the day have nothing to show for it? If so, you may just need some new perspectives on your life. During class we will write and examine your "to do" list, break it down in a new way, and look at it from a different perspective, giving you greater clarity. This will allow you to adopt new strategies and set boundaries. Leave class with a new plan. Distractions cease to exist once you define your focus. If you don't put some effort into finding out how you can live a life that inspires you, your whole life will end up being just one big distraction.

Set Goals, Not Resolutions

Goal setting and resolutions are something everyone does at the beginning of the year and they struggle to achieve it during the year and often give up. Learn how to set goals that you will stick to and have success at and how to avoid goal setting that will end up frustrating you. Your goals need to be aligned and congruent to what you truly value. Many times we set goals based on what we think is "right" or what we think we "should" do. When we set goals based on anything other than our true desires, we will need outside motivation when it is time to do them. Let's set goals that inspire you, goals that make you feel grateful when you work on them, goals that you want to do when you wake up in the morning. The types of goals that manifest are the goals that truly inspire you. Come gain clarity on why the goals you set are not manifesting and what goals you need to set instead!

What You Can Do When Your Life is a "Mess"

Manage the things you can and can't control. Your house is a mess, you're behind on your projects, you need to take care of your health... there's something to do everywhere you look and you don't know where to start. All of this leads to stress and sometimes we feel we don't know how to take control of it. Join Alice in this class, as she shares how we typically deal with stress, and what the latest in psychology says about the best way to approach any stressful situation - and that is "meaning-focused" coping versus "problem-focused" or "emotion-focused." Come away with step by step ways to revamp how you see your situation, and get moving in the right direction.

MAKE LIFE EASIER

Get Over It 101

Do you have a situation, or is there someone or something that is zapping your energy? Do you feel angry, resentful or betrayed? Sometimes it helps to see what happened from a different perspective, and understand that the way to let go is not to “forgive and forget”, or to judge what the other did as wrong, but to see how the situation came up for you to learn something, and grow from. Whether what you are holding on to is a minor or major thing, if it happened in the past or is very recent, if it’s still in your life, you can gain value by seeing the bigger picture. This class is for you if you’re ready to balance it out and move forward, or at least take a step to feeling better about it.

*Banish Stress & Worry 101

Do you worry about things that you have no control over? Do you live each day with more than an average amount of stress because you worry about the outcome of something? Worry is our most common daily mental activity and holds us back from inner freedom and happiness. It is the greatest misuse of our mental energy, not to mention a complete waste of time. This class is for you if you'd like to take steps towards trusting life more, right now, in the present moment - instead of hoping for the day when there is nothing in your life to worry or stress out about (which will never happen). Any worry you have is simply anxiety based on an idea you have in your head, a scary story that hasn't happened yet, which in turn leads to more stress. Come and find a new perspective so you can enjoy more and worry less.

Healthy Money Mindset 101

Do you stress out because you don't have enough money? Do you wish you had more money so that you could do all the things you want to do? The stress you have about your finances is one sure thing holding you back from more financial abundance. If you change your mindset about money, you naturally change the way you manage it, which can make a big difference in your financial flow. This class is for you if you are open to creating a new relationship to money. If you value money but don't value the saving of money, it may be the reason why it flows out of your life. Let's spend some time getting conscious about money and breaking through your own limiting view on abundance!

*Overcome Overwhelm 101

Do you feel that your life is filled with challenges or obstacles that seem to hold you back? Are you overwhelmed with all you “have to do”? The more overwhelmed you are, the more uninspired you tend to feel – and this results in living a life that is further and further away from who you really are. Feeling overwhelmed by physical, emotional, mental or spiritual aspects of your life comes from not fulfilling what is truly most important to you. This class will help you to see why you feel overwhelmed and where you can draw stronger boundaries, or learn to let certain things go (even if you think there is nothing you can let go!). This will enable you to consciously make choices to operate from your heart, and you will find that things will align, and opportunities will appear to help you move on your path with greater ease.

Get Unstuck 101

Do you feel stuck in your life in some way, as if you aren't moving forward in the way that you want? There are many reasons we can feel stuck in our lives. Perhaps you are in a job, relationship or situation that you are not inspired by, but feel that you can't leave because of certain obligations or dynamics. Or, maybe you find yourself doing the same thing over and over, knowing that you need to make a change, but not knowing how. This class will address being “stuck” from a different perspective and bring a new awareness to your being. Come get insight into what may be keeping you in a stagnant place and how you can find a new path forward.

How to Say No 101

Do you say “yes” when you want to say “no”? Do you wish you could get out of certain responsibilities and commitments but just don't know how to - without feeling guilty? Many of us have been conditioned to live our lives according to others' rules (society, perceived authorities, traditions, parents, cultures, spouses, etc.). This creates perceptions on how we should live our

life and by doing so, we get caught up in living outside of our true selves. You are not destined to be a doormat forever, especially if you choose to put forth the effort to learn the skill of how to say “no” and why it’s sometimes the best thing you can do for yourself. If you don’t value your time and energy, no one else will. Come and learn how to get on the “no” train and feel good about it.

Get Over a Betrayal

Are you having trouble "letting something go"? Did someone "do something to you" that you'd like to move forward from? This class will focus on looking at the situation from a different perspective and help you to begin to see a new reality of what happened. Come with an open mind and see how this situation could be getting you to be more aware in some way. Challenging situations always bring a gift of a new perspective. The sooner you can see it and get the lesson, the less of a charge there will be, and the sooner you can move forward and use your energy for more productive things in your life.

Free Yourself From Fear: Just Do It!

Is there something in your life that you want to take action on, but can’t seem to be able to take the first step? One of the reasons why we avoid taking action is because at some level, we don’t believe we deserve more. The other is because of fear. If you want your life to change, you have to make a change, and no one has the power to do this for you. In this class we will clearly identify your underlying fear or fears from the seven main fears that hold people back from taking action. You will be guided through a process of collapsing these fears so you can change your perspective and not only feel inspired within, but confident to take action.

Get Along Better with Anyone

Learn how to generate peace and harmony in your communication with others, as well as techniques that will automatically deflect verbal challenges. Come away with an understanding of how to deal constructively with everyone you communicate with. Learn tactics, words and phrases that will allow you to better handle people you interact with. We’ll also take a look at communication from a non-ego standpoint, with the final goal being an attitude that takes you away from embarrassment and frustration and leads you to diplomacy and kindness.

The Way to Find Any Answer to Any Problem

Explore techniques to help you tap into your inner wisdom for guidance. Our lives are filled with questions that we seek answers for. When we are at a crossroads, or uncertain, the need to find an answer or solution is greater. What are the different strategies and techniques available to us to find answers? This class will go over a handful of ways to get answers to what you need to know, so you can make the right decision. From questions you can ask yourself, to "divination" tools to different helpful approaches, use this class as a "resource" for help for the next time you need an answer or want to help someone else find one.

How to Focus in a World of Distractions

Can we reclaim our time, our mind, and our lives, in a time where everything feels busier, more distracting, and distinctly more overwhelming than ever? We all check our emails at dinner, get impatient if a web page loads slowly, or stay in front of the computer longer than we really want. How do we stay connected without losing productivity and without losing the ability to really live. Join Alice as she explains the critical components needed for focus, what hijacks our focus, and when to see distraction as acceptable. Learn about the ways to tune into your life and your world, without tuning out of the current times we live in.

Memorizing and Remembering Can Be Faster, Easier, Lasting, and Fun

Learn how to "memory cement" what you need to remember in your brain. When you need something "right now" - like a key, or a pair of reading glasses - having a spare nearby can save you a lot of time and energy. The same goes for information and for things you need to remember. If you want to remember something more easily, you can actually learn how to store duplicates of that information in multiple locations of your brain. Does this sound interesting? If so, join Alice as she shares how

you can store what you want to remember in multiple areas of your brain so you can benefit by having faster access to the information when you need it.

GROW YOURSELF

Be Judgment Free 101

Do you tend to strongly judge others based on what they do or don't do? Do you see your way as the "right way"? Even if outwardly you are helpful, and polite, if many of your inner thoughts are critical – constantly sizing up, dismissing and diminishing those around you, you will find value in this class. Being judgmental of others takes up a lot of mental space and is very revealing. Often what you dislike most in others, is a reflection of something in you – though your ego would never let you believe it. When we judge others we put ourselves above them. Come to this class if you want to see the other side of it, be more open and take a leap forward in your personal journey and transformation.

Happiness 101

Do you want to be happier? This class will show you where your happiness is, what's taking you away from it, and how you can steadily move towards a happier place in your life, and in your heart. If you feel a sense of dissatisfaction with your life, or feel unhappiness in your heart that you can't define the source of, it's time to get back in touch with your-self. Happy people are healthier people, they live longer and reportedly have "better" things happen to them. Most importantly, they see life through a different perspective. There is now scientific proof that happiness is not a personality trait, it's something that can be learned and you have much more control over your happiness than you think, even if the challenging circumstances around you don't change. Being happy in life has so many advantages - maybe it's time for you to get happier!

Boost Self-Esteem 101

Do you find that your self-esteem is stronger in some areas of your life and is weaker in others? If your confidence seems to be fading away, or is virtually non-existent in the area of relationships, career, finances or life in general, nurturing it will boost your self-esteem, and help you to feel more empowered in your life. This class is for you if you tend to undervalue your time and energy, jump to negative conclusions, see only the downside when it comes to yourself, reject praise for your achievements, and confuse your feelings with facts such as, "I feel like a failure, so I must be a failure." Let's break through some old patterns, challenge the past, and open up to new experiences and opportunities!

Goodbye to Guilt 101

Do you have any of the following types of guilt? Financial guilt - when you buy something frivolous for yourself, or pay more for convenience sake; Friend and Family guilt - secretly dislike certain members of your family, or purposely avoid contact or Kid guilt - take a yoga class instead of doing something with them, or have to work during an important event for your child. You may even have a general free-floating guilt or sometimes allow others to put guilt trips on you. None of which feels good! Guilt is an emotion that arises when we unrealistically assume that what we have done (or not done) is bad, when in fact, it's our perception that's imbalanced. This class is for you if you are ready to say goodbye to guilt and develop new, healthier ways of looking at your actions.

***Positive Mindset 101**

Do you wish you could be more "positive" about things in your life, and things you see going on around you? Do you find yourself thinking "negative" thoughts and then telling yourself that you should be "more positive"? If so, this class is for you! There is a huge collective myth around "being positive," and many believe that if we keep thinking positively, eventually all the negative will go away and we will feel balanced. This class will show you why that will never happen. Learn how to move out of a skewed perspective of what "positive" is, and embrace a healthy mindset and balanced outlook about how you are "supposed" to think. There is so much more to "thinking positive" than you can imagine and once you "get it," you are set free.

How to Break Any Habit

We all have good habits and bad habits that we want to get rid of. Bad habits, especially, once formed, are hard to break! Join Alice as she shares the latest on science and psychology about habits and how to break them, and create a master plan

for breaking your bad habit once and for all. Bad habits are usually ones that were developed during times of stress or boredom and waste your time and energy. Let's put some new energy into shifting from the old. Come with a habit you want to break, and let's create a strategy that will lead you towards success. It doesn't matter what it is - if you want to change it, let's give it a try and consciously replace your bad habit with a more empowering state!

How to Be More Resilient

Life is hard and sometimes it is just not fair! We can think that if we work hard, do what we need to do at home and at work, things should go well... however this isn't how life works. Sometimes out of the blue, adversity strikes, or the unexpected happens bringing situations into our lives that are completely out of our control. Resilience is the ability to withstand and recover from challenges such as losses and life disruption. The good news is that resilience can be learned and is something that can be developed in anyone. Join this class to learn more about how to develop resilience even when things are going good, and what tools and strategies to implement when things are challenging, so you can bounce back and get into the flow of life sooner, rather than later.

***Crush Negativity (PPT)**

Understand everything there is to understand about negativity – from the micro to the macro. This class will help you to understand the intricate balance of life, and how negativity serves a purpose and serves your life. Come away understanding how to manage your negative thoughts, how to look at negative events differently and how to find the balance in any situation you encounter where you feel it's more negative than positive. Once you see how negativity isn't as bad as you think, you can transform how you operate and find a greater sense of peace.

***How to Manage the Negative People in Your Life (PPT)**

If you live with, work with or are forced to interact with negative people, then this class is for you. Learn why people are negative, what *not* to do, what you need to do to save your precious energy, and how to manage your life when with these people when it seems that all they want to do is bring you down.

***Say Goodbye to Irritating People (PPT)**

When people irritate you, no matter what you say or do, or how much you try to ignore them, have you noticed that these people still get under your skin? When you don't understand why certain people annoy you, they will continue to do so!

Learn how to resolve relationship annoyances without nagging outwardly or fuming inwardly. Believe it or not, it's not what someone does or doesn't do – it's what the action represents to you. Come and see for yourself the deeper meaning behind those irritating people, and leave with a better understanding of how to “face” them without losing your own precious energy, or losing your sanity.

Are You Driving Yourself Crazy?

Sometimes we think it is others that drive us crazy with their habits, words, judgments, and more. However, in truth, you may be doing things that are contributing towards your own “insanity.” Join Alice for this class as we cover the specific things that you want to avoid in order to keep your life as balanced, and as sane, as possible. Do you tend to do any of the following on a regular basis: Procrastinating until there is an emergency, maintaining untruths, focusing on what you don't like, having unrealistic expectations of yourself and others, competing in an unhealthy way (with your ideal or others) Say, “I should have. . .” If so, this class will be a great check-up for where you could be holding yourself back, and what you can do to let go of the insanity and move towards being optimally productive.

Habits: Why We Do What We Do

Learn the very latest on why habits exist and how they can be changed. Come get a whole new understanding of human nature and our potential. The key to exercising regularly, losing weight, being more productive, and achieving personal success, is understanding how habits work. Learn the most efficient way to kick your bad habits and hang on to the good ones. Alice will share the "golden rule of habit change" so you can understand how to modify your existing habits in order to create new ones. What habit do you want to change? Let's make a workable plan.

The Best Way to Age in Order to Stay Young

Combat the negative influence of subliminal messages. Your attitude towards aging makes all the difference, but what is influencing your attitude? It's all about subliminal messaging. Come learn about where this messaging is coming from and how you can be more aware of what is speeding up the clock for you. Aging is real. As people age, skin gets thinner and muscle mass decreases, but if you internalize the negative stereotypes of aging thrust upon you by the outside world, your performance can decline faster than your biology! Let's discuss aging, see what you believe, and how you really are as old as you subliminally think you are!

Rewrite Your Past to Renew Your Present

Reframe your perspective with awesome techniques, and reshape your own story. You are the story that you tell about yourself, and those stories that you tell yourself help you make sense of your life. These stories were never "fact-checked," and these stories could very well be holding you back from your own happiness because there are a lot of untruths woven into them. So whether you think that the past was better, a traumatic event is still holding you back, or you think you need a better relationship, job, or life, join us to learn how to rewrite your memory of the past to make the present more open, valuable, and relevant.

SPIRITUAL AWARENESS

***Life Purpose 101**

Do you feel that you are uninspired in some way, living life without clear direction and purpose? If so, be assured that no matter how you feel about your life, you are definitely here on earth for a defined purpose. When you know your purpose, you not only feel more fulfilled but you can also make a contribution to humanity in a manner that is uniquely yours and create a foundation for the path you want to travel in life. This class will reveal the multidimensional layers of your life's purpose and help you identify the best direction forward. Come away with an understanding of your true values and a simple, yet profound personal purpose statement that you can use daily as a roadmap for your life.

Understanding Spirituality 101

Do you think of yourself as a "spiritual" person? How does being spiritual differ from being "religious"? How do you define your spiritual belief to others when they ask you? Is it what you do, who you are, or how you feel that makes you spiritual? Join this class to get all your questions answered about this controversial topic, and understand for yourself, what your form of spirituality is. Learn how being spiritual is not about what you do or about who or what you believe in, and how it's simply a matter of your state of consciousness, and your approach to life. This class will help you better understand your connection to your heart and your spirit, so you can be more inspired and confident in your life in terms of who you are.

***Universal Laws 101**

Do you sometimes wish that life was easier, that you could manifest faster, or understand how to get to where you wanted to with less obstacles? If you sometimes feel that life is working against you, or you just want to know more of how to make life work for you, this class is the key. Understanding universal law, the spiritual extensions of physical laws (such as The Law of Gravity) helps you to understand what governs the unseen world of energy. You may have heard about "The Law of Attraction" – this class covers it, and many of the major laws, such as the Law of Karma, the Law of Abundance, the Law of Opposites, and many more. With these laws as the foundation of your understanding, you will be in greater control of your life.

***Meditation and Affirmations 101**

Do you want to learn to meditate? Have you ever tried to meditate and didn't know if you were doing it right? What is the importance of meditation and how often should you do it? Are there different ways to meditate other than just "sitting there"? What if you can't stop your active mind while meditating? All these questions will be answered, and more. Meditation has become popular, not just for spiritual reasons, but also as a way to find balance and well-being. The first half of this class will be about the benefits of meditation, affirmations, visualization and setting an intention. The class will close with a relaxing guided meditation with music, to help you connect to your spirit of joy, peace, and balance.

Experience Multiple Styles of Meditation

Meditation is known to help keep your body and mind healthy. Meditative practices have existed for centuries, and the use of meditation has increased in the last decade. Have you ever wondered what the difference is between all the meditation styles out there? Meditation techniques have evolved from Hinduism, Christianity, and Buddhism, and can be classified under five categories. Come and learn about all five categories and the techniques that can help you gain what you are looking for. After the talk, Alice will lead you through a concentration meditation, a reflective meditation, and close with a heart-centered meditation.

Dream Interpretation

Do you ever wonder what to make of some of your dreams? Do you have recurring dreams and want to explore some symbology? Dreams can help us get insight into our lives and can be used as tools for deeper understanding. Dreams are like windows into our subconscious mind that allow us to see the information that is flowing in or out of it. Dreams can communicate feelings, thoughts, ideas, and needs that are hidden when you are awake. Come join the discussion on dreams and see what opportunities you may further seek by connection with information from our higher consciousness.

Understanding Divination

Is there a way to "tell the future?" Can one accurately predict what's going to happen in time? Can we get useful insight by using divination tools? There are numerous methods of divination from different cultures and time periods. This class will be a discussion and practice of the most common ones. Bring your questions and curiosity, and get further personal insight and understand more of "how it works." Divination is a systematic method with which to organize what appears to be random facets of existence, such that, they provide insight. Cards (Tarot), stones (Runes), pendulum, and the I Ching, are a few of the methods we will discuss. Some find these tools to be helpful on their journey of life, and others find them to be nonsense. Only you will know what resonates with you. This class is a simple offering of information, not a class to sway you to "believe" or use them in your life.

***Demystifying the Unseen: Explore Fascinating Topics Such as Karma, Soulmates, Universal Laws, Channeling, Superstitions, Mediumship, Clairvoyance, the Higher Self, Telepathy, and More (PPT)**

This event will be an informal and basic introduction to the mystical and unseen world that we live in, presented in a way as to bring clarity to highly questioned topics. The more you understand the elusive world of the unseen the better you can manage the tangible aspects of your lives. If you've ever wondered about any of these topics, or had questions that you didn't know who to ask, this is the perfect opportunity. Prior to opening Happiness U, Alice worked professionally as a medium for seven years, and has substantial insight to share when it comes to the "other side of the veil."

Insight from the I Ching Oracle

Come and learn about the I Ching, also known as the "Book of Changes", and get insight on a life situation, or get answers to ponder for a specific question. The I Ching is an ancient form of divination, and the oldest of the Chinese classics, and provides inspiration and wisdom to help one understand life. The I Ching uses a type of divination called "cleromancy", which produces apparently random numbers that are turned into a hexagram which are then looked up in an I Ching book. The answers are symbolic, yet can provide deep wisdom and insight into any situation. Join us for an hour of significance and synchronicity.

All About Lucid Dreaming

Lucid dreaming is a powerful state of awareness that can be used to your advantage to experience being free from waking-state limitations. During lucid dreaming you can consciously observe or control your dreams, and it is as if your brain switches into waking mode inside your dream! Learn valuable tips and techniques on how to get into lucid dreaming. Hear about the scientific research that is now available, that supports lucid dreaming, and how you can use it for personal growth, in depth insight, and transformation.

RANDOM BUT INTERESTING

Physiognomy: The Basics of Reading Faces

Physiognomy is the assessment of a person's character or personality from his or her face. Statistical results have shown that there is a strong connection between facial features and personality traits. Have you ever noticed that people who look alike tend to behave in the same way, or have common behavior traits? What do thick lips mean when it comes to personality? What about a high forehead? Large ears? Learn the basics of face reading and how to relate them to their corresponding personality traits to get an advantage in life when it comes to "reading people." Use it to answer questions like, "Can she be trusted?" "Is this the right person for the job?" and more! Using your intuition is good, but now you will be able to "match" it to their facial features! A FUN class!

Everything Happens for a Reason: 10 Reasons to Explain the Challenging Events in Your Life

We have all heard the phrase, "everything happens for a reason." Is it actually true? If so, what is the reason for why things happen, especially challenges, or seemingly unjust situations? Anytime we have undesirable situations in our lives, we have a greater chance of finding peace and understanding if we can find the significance of the event. Come discover what could be the reason(s) for confusing or unfortunate moments in your life, and celebrate the gifts, lessons, or opportunities they have brought. We will work on both past and present events in your life.

Get in the FLOW – The Psychology of Productivity, Creativity, & Life Enjoyment

There are famous studies in the world of psychology on "optimal experience" - a state of consciousness called "flow." During "flow," or when we are "in the zone", we typically experience enjoyment, creativity, and a total involvement with life. Join us in this class as we discuss and learn how to apply psychologist, Mihaly Csikszentmihalyi's, groundbreaking work to our lives. This state can be controlled, not left to happen by chance. It has to do with how we order the information that comes into our consciousness. Understanding how to get in the flow more often can greatly improve the quality of your life.

*Synchronicity and Paving the Way for Synchronistic Events in Your Life (PPT)

Synchronicity is most often defined as a "meaningful coincidence" or "significantly related patterns of chance." Even though the elements involved are seemingly not connected, synchronistic events follow divine order and bring about something extraordinary when we further affirm them. Though the phenomenon of synchronicity sounds "mystical" and "unbelievable," it's only because we don't really understand how natural it is in the bigger picture of life. Synchronicities are mirrors that have strong parallels to your inner and outer life. Come learn about them and watch as increased synchronicities unfold in your life further, to let you know you are on the right path. We will also cover: Why you might see a certain set of numbers everywhere you turn and what it means and how to interpret its meaning.

Introversion in an Extroverted World

Ralph Emerson said, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." Extroverts make up about 75% of the world's population and they tend to be louder, get more attention and get higher scores on "likability" tests. Introverts, on the other hand, often get drowned out and are sometimes seen as "less value" than their extroverted peers. If a crowded social event is "no fun", and you are drained by too many encounters, and energized by solitary pursuits, you are likely more introverted than extroverted. Learn more about introversion, what it is, what it's subtle power and hidden strength is, and the things that all extroverts should know about introverts (and vice versa). If you are an introvert, you will love this class! If you know and love one, don't miss this! Introverts are not failed extroverts.

Turn an Unpleasant Job Into a Pleasant One

Stuck in a job you don't really like, but can't quit or move on just yet? Wish you had a "better" job or could get more motivated at work? If so, this class is for you. We will explore how to deal with everything from boredom, stagnancy, nightmare bosses, negative co-workers, conflicts, bureaucracy, and challenging management. It's not necessarily about eliminating all the "bad" from the job, but rather, how to deal with "what is", so you can see past your challenges straight into how to find and apply

greater meaning to your work days. We will explore what your challenges mean, and "how" to be positive, how to learn from the unpleasant situation, be open, participate more, and how to find meaning in a job that seems like it has none.

Feng Shui Gifts

We all give others gifts throughout the year. This year, why not give some "good energy" gifts that are simple, easy to create, and that have great energetic meaning? Join Alice as she shares with you ideas for feng shui positive gifts you can purchase anywhere, as well as some ideas to "put things together" for specific purpose (abundance, fertility, career success, etc.). Bring your list of people you need to get gifts for, and let's figure out something "perfect" for them.

Start a Business? Me?

A two-hour class designed to help you get a little clearer on your life purpose, and one that will help you look at different possibilities of what the "right business" is for you. Do you have a hobby you want to turn into a business? How can you come up with ideas for a business? If you have an idea, will your idea make money? What is the reason you want to start your business? What kind of business? Personal Services? Products? Information? Membership? This is a class of exploration and brainstorming, yet based and grounded in guidelines to help you move towards an entrepreneurial venture that is right for you. We close with the first three action steps you will need to do to move forward in your "baby" business, once you get the idea of what you want to do, solidified in the year to come. Note: This class is designed as a very basic class covering pre-entrepreneurial nuts and bolts, and things to be aware of from the idea stages to the early stages.

***It's Time for an Energy Check (PPT)**

Where are you losing precious energy? What is energy? Where does it exist? Why do you need it? From your thoughts, to your environment, to the energy of the people you deal with... we are spending, receiving, and managing our energy day in and day out. Let's find out where your greatest energy drain is, and what simple, easy, yet effective, steps you can take to fill your energy reservoir so you feel better at all levels. We'll do a simple "test" that will show you exactly where your energy leaks are.

***Why is What You Have, Not What You Want?: How to reprogram your subconscious to get what you want (PPT)**

We think we are living our lives consciously, but research now shows that 95-99%(!) of our cognitive activity comes from our subconscious mind. The subconscious is what allows us to walk, talk, and perform without having to think about it - which is great, but the subconscious has also accumulated years of habitual programming that we are not even aware of, and this can hold us back. Your subconscious mind may be self-sabotaging and limiting you in ways you don't even realize. Join Alice for the latest research on how to break away from what's holding you back, and exactly what you can do to match your vision with reality.

Pick Your "Word of the Year"

If you've never picked your "word of the year", then this year is a good time to start! Join Alice for an hour of fun, exploring what the "perfect" word would be that you can use to guide you this year. Better than new year resolutions, the word that you come up with will guide you, inspire you, transform you, and perhaps even challenge you! Picking your personal word is a journey that you will be guided through to ultimately have the word "pick" you, rather than you pick it. What is your personal word of the year? Come find out!

Your Numerology

Our total life span is comprised of a succession of events, experiences, disappointments, advancements, challenges and successes. What is the energy of this year and next? Did you know you can calculate this through your birthday and current year and get awesome insight? Life is a series of stages that we grow and evolve through and each year paves the way for the next, which makes every year of our life important. Just as no puzzle can be completed if one piece is missing, so also your life can't be fulfilled in the way it needs to be without the sum total of all the experiences in each year.

By understanding your personal numerology, you can make the most of every day. For example, if it is a "4" year for you, one that is meant for hard work, you know that if you dedicate yourself, you will reap the rewards in the following year, which is a 5 year. Since it's impossible to change the vibratory powers of every year, your best strategy is to coordinate with the year so you can be maximally successful. Come and learn how to find your personal number for the current year, and set intents and goals that are in alignment with this.

Live WHOLE-Heartedly

How can we best live in a world where society and the media "tell us" what is attractive, and who, what, and how we should be. We get messages that cause us to think, "If we could only look perfect and lead perfect lives, we'd be happy and our lives would have value." Questions that run through our heads are, "What will people think if I...." or "Will there ever be a time when I truly don't care what people think? Or "When do I have to stop proving myself?" Let's explore our minds, heart, and spirit as we learn pillars of truth that will help you cultivate the courage and connection to your own life that causes you to wake up each day and think, "No matter what I do or don't do, what I do, and how I am is enough." Let's see how best to face our fears of not being good enough or smart enough, and begin embracing and seeing the gifts within our own imperfection.

The Magic of Life Will Never Leave You

We all have jewels of inspiration within us, but as we go through life and get caught up in the challenges and humdrum, sometimes our creativity and our ability to believe that we can live a better and more creative life eludes us. We develop attitudes and behaviors as well as habits that hold us back. What are they? What do we need to do to live our most creative lives? Whether you are looking to write a book, find new ways to address different challenges, embark on a life long dream, or simply infuse your life with more mindfulness and joy, let's explore new ways to tap into the magic of wonder and joy that is within you. It's never too late to find something amazing within you.

Are You Feeling Stagnant in Life?

Let's get back on track! Every so often we find ourselves spinning our wheels with "busy-ness," yet somehow feel strangely stagnant. Come with one thing, area, project, or dream that you feel you are stalling on, and let's make a plan. We will identify what it is that is holding you back, think of solutions that you might not have considered before, look at it from new perspectives, and go away with tools to add "WD-40" to your journey.

Using the Power of the Present Moment to Manifest Abundantly

We forget that our power lies in the "now" - not in the past and certainly not in the future. It exists in the very present moment. Let's get back in touch with life, and what we are doing moment to moment, to either take us towards where we want to be, or to hold us back from getting to where we want to go. After an inspirational talk and share of empowering information, experience a meditation specifically designed for you to get present with your life at all levels.

Your Personality Type Based on the Four Elements

If you've ever felt that you were "outside" the norm in some way, or didn't quite fit in, exploring your elemental balance may be the key to finding another aspect of yourself, your gifts, and how you fit into this world. In this class we will talk about personality types based on the four elements, and use this information to gain a deeper awareness about ourselves and why we are the way we are. As well, the pain you experience in your life is specific to one of the four elements - and your challenges will repeat themselves over and over until you get the lesson. Join us and learn more about applying ancient wisdom to modern day life.

***The Power of Body Language (PPT)**

Discover how to connect, influence, and understand people. The more you know about body language, the more you can understand the inner thoughts and emotions of others without even listening to the words they are saying. As well, the more you can adjust your body language based on the situations you are in. Body language is non-verbal communication and very helpful to know in any situation you might be in, where you need to exude more confidence, interest, and authority (even if

you're not 'feeling' it). As well, learn how to discern if someone is telling the truth or how they are really feeling so you can better communicate with them. Use your body as another powerful tool to support yourself!

The Secret Language of Color

Everything you want to know about color meaning and it's beneficial use. The "properties" of color have been recognized since ancient times. From color therapy and color psychology to feng shui and colorpuncture (acupuncture that uses color light on acupuncture points), there are comprehensive studies that show how our bodies respond in different ways to the vibration of the color spectrum. What do the different colors mean? How can you best use color for healing, for communication, for strength or an expression? Learn about the restorative and magical powers that color and light can bring into our lives.

ASTROLOGICALLY RELATED

Note: You must provide your birthday, birth time, and birth location at least 24 hours prior to any astrologically related classes.

*Astrology 101

Do you think of astrology as the horoscopes you read in the newspaper for fun? Do you believe horoscopes just tell you what kind of day you will have, or what kind of person you are best suited to marry? Most people do, but did you know that astrology is actually so much more than that? By analyzing the position of the planets at the time of your birth, you can gain profound insight into who you are. This class will help you better understand your personality and life potential through your astrological chart. It's a fun, basic beginner class where no knowledge of astrology is necessary.

*Find Your Archetype

Find your Archetype through Astrology! Are you a Hero or an Outlaw? A Caregiver or a Creator? A Magician or a Jester? Find out by just looking at your astrological chart. You will have at least two or three, but maybe four or five! Learn how by embracing your archetypes and who you are authentically, you can find a greater level of success in your life, and confirmation as to "why you are the way you are."

*Your Astrological Elements

Using your astrology chart we will explore your dominant elements (Fire, Earth, Air or Water), understand not only what that means to you, but explore why you are attracted to or repelled by others you meet. For example, if your dominant element is water, that makes you very sensitive. It may explain why your friend who is a dominant fire (bold and outgoing) may hurt your feelings on occasion, and not understand why. Or maybe you are a strong earth (you like stability and tend to be more cautious), and your partner is a strong mix of fire and air (they move fast and always on the go). How do you reconcile differences? Can we live and work harmoniously with those who we differ from? Let's understand how elements can help us to live more harmoniously with others! This class will explore your chart in terms of your elemental qualities as well as your primary "mode" of operation (cardinal, fixed or mutable), which translates into "action-oriented, stubborn, or flexible."

Relationship Compatibility Astrology

Do you want to learn more about astrological compatibility? There is so much more to astrology than just your Sun sign. In other words, just because you are a Cancer and your partner is an Aquarius doesn't mean you are doomed. You will receive an astrological birth chart that will give you lots of information about the two of you. Find out where you are compatible and where you will learn from each other through your differences. There is no such thing as incompatibility! It's all about how you see it. Come alone and do both charts, or come as a couple and laugh and connect in a deeper way. Couples, parent-child, co-workers, best friends - we will explore all relationships.

Purpose, Fulfillment, & Vocational Astrology

Let's look at your birth chart from the perspective of your purpose, vocation, and fulfillment. What do you need to be fulfilled? Many people spend more of their lifetime working than doing anything else. Even if you are not working at a "job," what we do on a day-to-day basis is not just for survival, but also for an individual sense of personal fulfillment. Join us as Alice helps you see – through various analytical considerations – how to distill some general direction. Much of it you may already know, but to see it line up in your chart can be insightful and life-affirming. It may even spark some ideas or directions to pursue.

How Are You Holding Yourself Back?

Chiron is known as the "wounded healer" which comes from an ancient mythological story that describes Chiron, (half horse, half human) as a creature who had an arrow in his hind quarter that he used as an excuse for why he couldn't do things. When he became aware of this arrow and pulled it out, he was able to rise to new heights. Metaphorically, we all have "arrows in our butts" that we hold on to and we use as "excuses" for why we don't move forward. Come find out where your "arrow" is, and what you need to do to pull it out once and for all, to enable you to move upwards and onwards.

The Part of “Fortune” in Your Chart

What is the "pot of gold" that you seek in your life? Is there something at the end of the rainbow for you? In everyone's astrology chart, there is a sensitive point called the “Part of Fortune” that is considered to be a beneficial point. When you know your Part of Fortune by sign and house (which you will learn in this class), you can learn more about yourself, the area in which your endeavors are most likely to be auspicious. These are usually the areas that you are naturally drawn to without really understanding why. The key to accessing and enhancing the Part of Fortune is through awareness and cultivation. Join us to find out more about this beneficial point in your chart.

Unveil the Mysteries of the Moon

Your Lunar return is the monthly chart of the instant the Moon in the sky returns to the exact position it was at your birth. It's kind of a monthly birthday, and the arrangement of planets it displays reflects the patterns of your coming month. Each month, this "re-birth-day" works out its potential for you and then is renewed once again 27 and a half days later with a new set of surprises and opportunities. This class will help you to gain general understanding of what the month holds for you, and the area of focus.

Find Your Prenatal Eclipse to Understand Your “Karmic Lessons”

Your pre-natal eclipse is the eclipse that happened just prior to your birth. The location in your chart as to where this happened is a very important area for you, as it activates activities and issues associated with that house throughout your entire life. Some astrologers believe that the eclipse point is the point at which the soul enters the world and the area of life that is governed by that house is where you might feel a strong need to grow and develop. Come find out what your pre-natal eclipse point is, and see if you can gain more insight into your life.

Evolutionary Astrology

Evolutionary Astrology gives us insight into a soul's higher life purpose, and ultimately where you are heading. In traditional astrology, the Sun, Moon, and Ascendant play a big role, but in this class, we look at the focal point of Pluto and how it relates to your "soul intention" in this life. Perhaps something that is not working in your life is expressing itself as a repeating theme until the lesson is learned, or maybe you are recreating patterns that are not "good" for you. Regardless of what it is, this is a chance to see how basic evolutionary astrology can unveil insight that can serve as guidance to self-empowerment and your soul's deepest desire and intention for your life.

The Sabian Symbols in Your Chart

Every degree of the zodiac is associated with a very specific symbol, which means that every planet and sensitive point in your chart is connected to a symbol. Sabian symbols are enigmatic visual keys to the deeper aspects of our individual soul essence. Sabian symbols can be used to gain deeper insight into your chart, or be used as an oracle to help you discover a deeper meaning to your hopes and challenges. It leans more towards the esoteric branch of astrology, and it's always interesting to see what new information is revealed with this deeper look. Join us for some fun discussion and lots of laughs and insight.

PREPARE OR BEWARE! Mercury Retrograde Personal Guide Class

Many of us have heard of Mercury Retrograde and know that it has to do with mix-ups, delays, and technology and communication mishaps. We groan when it arrives and “dread” it when in the midst of it, but Mercury Retrograde can serve a great purpose and actually HELP us move forward! Come to this class to find out exactly where and how Mercury Retrograde will be affecting your life through your birth chart, and what you can do to maximize and optimize these times.

Astrological Signatures

What is yours and how do you use it? Every astrological birth chart is as unique as your handwritten signature. Within your birth chart are planetary placements that bring something unique to you as a person. Do you know what makes you "you" and

how you can capitalize on that? Let's identify your unique planetary signature(s), see how you have used it in your life for your success and how you can consciously build on it to move yourself towards your dreams!

Get What You Want from Anyone by Knowing Their Astrological Sign

It doesn't matter if you want your child to do something, your boss to give you more money, or your partner to agree on what you want to buy, everyday, we need to negotiate with others to get what we want. Sometimes, it's like the people you are talking to are from another planet. You may say something clearly but the other person's understanding is completely different. How can you communicate in a way that others can more clearly understand? Through knowing their astrological sign! Learn strategies to optimize every important conversation you have.

***Western Astrology and Chinese Astrology Combined! (PPT)**

What happens when we combine the 12 Chinese animal signs with the 12 Western zodiac signs? We get 144 astrological archetypes - one of which is your unique Eastern-Western astrological signature! Are you a Rat/Scorpio, a Dragon/Virgo, a Dog/Gemini or one of the other many combinations? What does it mean? These combinations, explained in an integrated way, will reveal more about you than one or the other signs when interpreted alone. Western and Eastern astrological sign interpretation is nothing new, but rarely is this information converted into a practical language and shared in a fun, and easy to understand, way. Join Alice as she shares more about the origin of these two star systems and how it applies to you and to those in your life.