

# **RAIDERS**

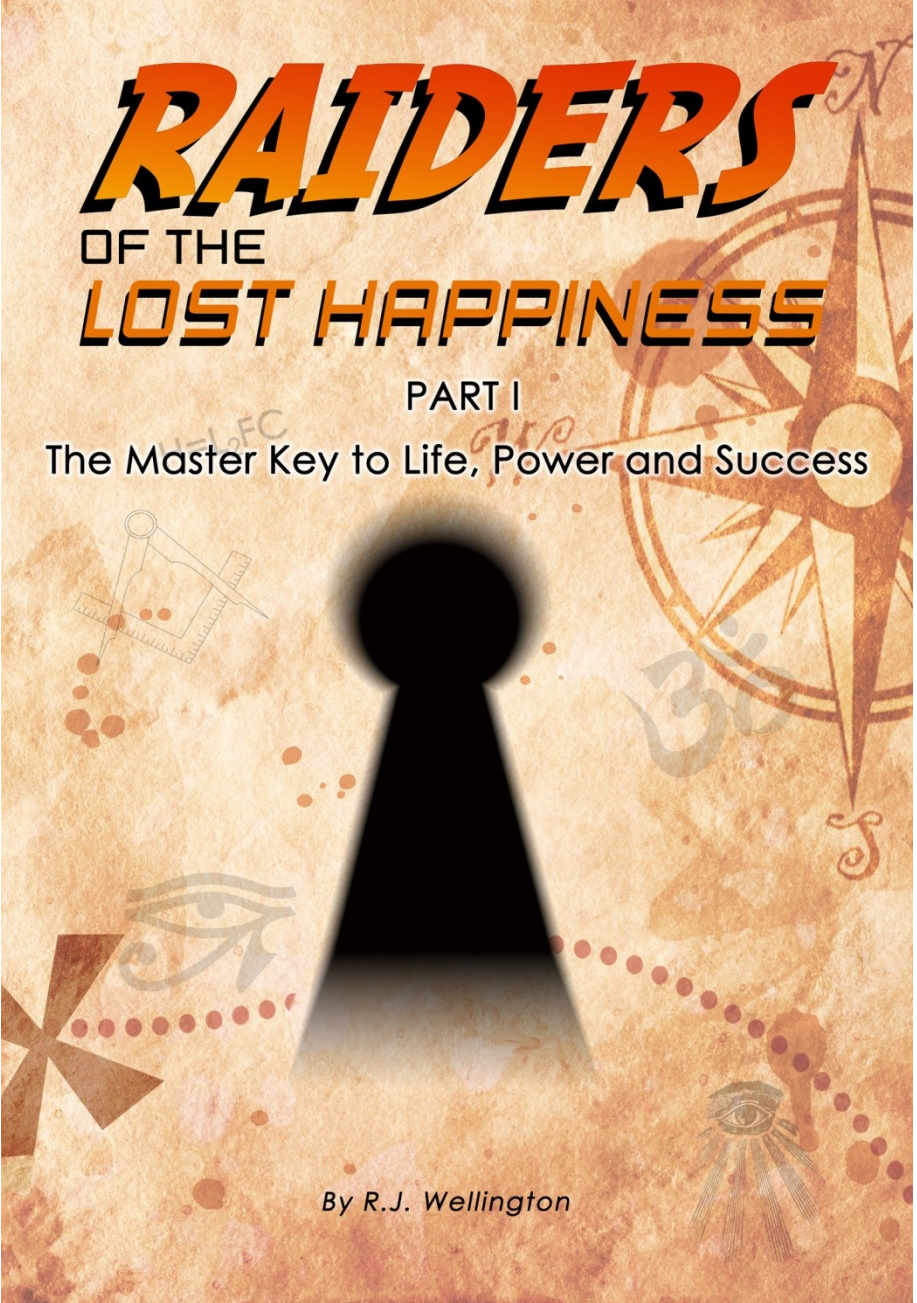
OF THE

# **LOST HAPPINESS**

PART I

The Master Key to Life, Power and Success

By R.J. Wellington



***RAIDERS OF  
THE LOST HAPPINESS***

The Master Key to Life, Power & Success

R.J. Wellington

Raiders of the Lost Happiness

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ISBN 978-1-304-94387-3

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Edited by Helen Leib

Cover by Power-Tech



This book is dedicated to all those who believe that life can be better, individually and collectively; to all those who haven't given up being happy, those who believe that it is possible, and have the courage to join us in this amazing journey.

This book is dedicated to the new generation of men and women who will, one day, rule this planet; especially the brave explorers who are not conformed, nor complacent, with the old paradigm, and will bring a new dawn of justice, love and happiness for all, regardless of color, race, faith or geographic location.

And finally, I dedicate this book to all teachers, masters, friends and foes that helped forge my soul and make me the person that I am today.



## Acknowledgments

I wish to thank my wife, Karina Hilton, for her support, patience, trust and unconditional love.

Special thanks to my friend Helen Leib for the excellent editing job and valuable suggestions for this book.

Thanks to all my students and coaching clients around the globe for helping me expand my knowledge, and for giving me the opportunity to guide you towards freedom and happiness.

Thanks to YOU – my reader, for your decision to trust me and read this book.





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# Introduction

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*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”*  
US Declaration of Independence

*"Doing what you like is freedom.  
Liking what you do is happiness."*  
Josh Billings

*“Happiness is the meaning and the purpose of life,  
the whole aim and end of human existence”*  
Aristotle

Writing a book is not an easy task. It isn't, especially when we endeavor to write a book proposing to explore such a complex and elusive theme as *happiness* – a subject that evokes countless presuppositions and can branch out almost *infinitely*.

As they look at the title and proposal of this work, the first questions that may come up in the readers' minds, understandably, are probably:

*Who are you to write a book about happiness?  
What do you know about happiness?  
Are you happy?*

And the first challenge we may face, both that of the author and the readers, is that although these questions are very good and reasonable, they can be answered with other questions, such as:

*What is the reader's definition of happiness?  
What does “being happy” mean to the reader?*

Definitions and beliefs about terms such as “*God*”, “*love*” and “*happiness*” can be as varied and individual as the different flavors of ice cream you can manage to find around the world, or even more. Therefore, I will not dwell on a single definition because it can be elusive and non-inclusive, but rather on a *formula*. Hopefully, a universal formula that brings together the essential *elements* that will help us experience a certain state of being.

By applying this same *formula* and the processes taught in this book, most of my private coaching clients have been able to experience a state that they have defined as happiness. A state they pursued for a long time and that always seemed intangible, until they realized the secret was not in *searching for it*, but rather in *tuning into* and *cultivating* it.

And why are we in such an incessant, sometimes obsessive, search for this elusive *blue bird* called *happiness*? Are we chasing after an illusion that has never existed? Are we trying to deny the inevitable hardships of life and escape into a utopic world which is real only in a dreamer’s fairy tale? Are we fooling ourselves by assuming that there’s more than this *mechanical* and *accidental reality* in which we have no choices or free-will?

Honestly, I don’t know the motive for why each individual is searching for the so-called happiness. It may be a combination of the reasons cited above for some people; but in my own opinion, the motives for the *search* may go beyond what we can conceive. Maybe there’s a part of us that *intuitively* knows that it is possible to reach such a state; maybe we miss the moments when we have experienced it during childhood; maybe it’s because it is the secret to a life of balance and self-realization.

Whatever the motive may be, the fact remains that we are all looking to experience happiness in one way or another. All our dreams, aspirations, goals, schemes and actions are geared towards achieving this special state.

Nobody, in his right mind, would *consciously* and *deliberately* do something in order to feel *bad*. Rather, we are always trying to find ways to feel better. The sick person wants to heal, the lonely individual wishes to find companion, and the poor man wants to increase his income.

We can surely engage in *self-sabotage* to remain sick, lonely or poor, but that is usually an unconscious process that involves a *secondary gain*. The secondary gain, in this case, is distortedly perceived as making us feel better than we would feel under different circumstances. Therefore, someone may unconsciously wish to remain sick because of the attention dedicated to her, or to remain lonely because then she won't have to compromise, or poor because, in that state, she will not have many obligations.

In the examples above, the so-called negative states are (*unconsciously*) perceived as being "good" or, at least, better than other alternatives considered *threatening*, and therefore make the individual feel *happier*.

Even a drug addict or a thief, for that matter, is in search of a way to feel a little better or "*happier*" through his actions; the drug addict by altering his state of mind and briefly escaping his perceived reality, and the thief by temporarily having some money to spend on whatever he fancies. The bottom line is that they are both trying to feel somehow *better*, no matter how reproachable their actions may be. The search for this specific state can drive some of us to disregard moral standards, values, and even personal safety.

Therefore, at the core, we may all be after the very same goal. Be it the Buddhist monk, the college graduate, the business woman, the self-sabotaging sick individual, the drug addict or the thief, the goal is *just to be happy*, regardless of the ways in which we move towards this goal or what we think will help us accomplish such a state. For some, it may be renouncing everything and moving up to a mountain to spend the rest of their lives in meditation; for others, it may be becoming multi-millionaires or world famous celebrities.

My suggested hypothesis then is that *happiness is the ultimate goal and the backbone of any type of self-realization and success whatsoever*, pretty much as carbon is the backbone of all organic life. Without happiness, nothing else seems to bind together very well or permanently; something always seems to be missing in the *chemistry of life*. This hypothesis may be verified if we just observe our own and other people's lives.

Health, wealth, professional realization or fame may seem to be important and the primary goals for many people. And they definitely are, but without the *bonding element* of happiness, these things

do not necessarily represent long-term satisfaction. Proof of this is the people who enjoy some, if not all, of the above but still feel *empty* and discontented to a point of ending their own lives in one way or another. We often see this happening with famous celebrities and wonder *why* it happened to them.

So, what should we aim for in life? Along our life journeys, most of us seem to be trapped in the *egg and chicken dilemma* of *what comes first?* Happiness or success? Happiness or health? Happiness or self-realization? Are we happier when we enjoy any of these states, or when we reach our goals? Surely, but what if one of these is missing in our lives? Are we then doomed to be unhappy until we accomplish them?

I have seen hordes of individuals affirming that they would be *very happy* when they finally reached their major dreams, be it buying a house, finding a twin soul, getting the expected promotion or winning the lottery jackpot. I also have seen many of them actually reaching their so anticipated goals or dreams, and still sensing as if something was missing in their lives, and the resulting feeling was disappointment. They have certainly confused a state of *temporary contentment* for long-lasting happiness.

So, what really comes first? This question may continue to elude our logic, however, sometimes facts speak louder than logic or presuppositions. And a fact, that I have witnessed and I am sure that many of my readers have as well, is that *switching* to a state of happiness is the *secret* that many people have used to attract more friends, improve their health, advance in their careers and even acquire great fortunes.

Therefore, we can be sure of one thing; *happiness can come first*. We do not have to wait until we have everything that we supposedly want to be happy. Actually, if we wish to smoothly navigate towards our goals and enjoy every single step of the process, happiness must be part of the formula and our constant companion throughout our *journey*.

On the other hand, collecting *toys* and accomplishments, in the hope that they will make us happy somehow, sometime in the future, does not seem to be a surefire strategy. The *opposite* effect may happen; we can get even more frustrated after realizing that the new status did not change our inner states as much as we expected.

Social studies theorize that wealthier people live longer. Is this fact true because the wealthy have the means to pay for better health care and make better choices in life, or is it because they are *happier* due to the fact that they have more *freedom* and more *control* over their lives? What about the *centenarians* who live in very modest conditions all over the world and still reach old age in a very good shape?

Many years ago, I watched a documentary featuring healthy elderly people from all over the world, many *octogenarians* and older, including some amazing *centenarians*. They lived in radically different conditions, had different dietary habits, varied cultural and religious backgrounds, and very different socio-economic conditions. At the end of this film the only element that I found in common among these amazing people is that they all said, in one way or another, that they were *happy*.

My maternal grandparents are my best example of this observable fact. They have always been happy with their lives, regardless of circumstances. At the time of this writing they are past their mid-eighties, living healthy and active lives. My grandfather is almost 89 years old and still drives and works as a tailor. My grandmother is 84 and still cooks for the whole family on special dates and takes good care of the house on a daily basis. She refuses to have a housekeeper.

Therefore, based on my own hypothesis, which is backed up by observation, I would risk suggesting that our main goal should be to cultivate a state of happiness – the backbone of a healthy emotional and physical life, and, in my opinion, the secret to true and long lasting success.

And although some people may find this task challenging, especially when they don't have the supposedly supporting elements, such as health, money or professional satisfaction, I can say, without a shadow of a doubt, that this is the *easiest* task you can engage yourself in.

Being in a state of happiness depends only on yourself. That to me is a blessing. Nobody or no-thing can give you that state, nor take it away from you. But the state, once *cultivated*, can be a very attractive force to bring you whatever you wish to be, do or have. That is another observable fact and you will have proof of it as soon as you

start practicing the simple, but powerful, processes and ideas shared in this book.

I am pretty sure the reason why so many “*law of attraction*” or “*positive thinking*” enthusiasts have failed in using the so-called “*mind over matter*” principles is because they have focused only on *external mirages* instead of developing the *inner landscape* first. Try a different approach, dear reader! I have concluded that happiness is the greatest *attraction force* we can use, especially when we apply the *Master Key* given in this book, which to me is the most abundant element in the *happiness molecule*.

Can you create a state of happiness? No! This state is already within you. All you have to do is to cultivate it, to live from it. And that is just a matter of *decision*, as we will see later on. Here, I will give you a formula and the elements that will activate the formula. What you do with it is your problem, or it can be your solution.

Therefore, *who I am* or *if I am happy* should not really matter to you at this point; I can be lying to you. But, your own personal experience of the principles and processes shared in this book can't lie. Once you finish this book, you will be able to figure out by yourself if happiness can become your core frequency. Once you figure this out, you will not care about me or anyone else for that matter. Your direct experience will suffice.

By the way, this small but powerful book may save you years of “self-improvement” practice and thousands of dollars in courses. You still can do those, but after you practice the teachings in this book, you will be much more able to take advantage of and truly use whatever you learn out there. Why? Because this book shows you the universal glue that binds all other teachings together; without this glue, you cannot put together the pieces of the eluding “*self-help puzzle*.”

This book is about principles, not just methods. Principles are universal, methods are individual. If you browse through the self-help section of any major bookstore, you will probably be confused by so many books promising to teach you how to be happier, rich and powerful. Some teach principles, some teach methods, and a very few teach both. This book is in the third category.



This is not just another *self-help* book; this is *Raiders of the lost Happiness*.

R.J. Wellington  
New York - spring 2014

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