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## Overview:

The Happy Sessions Online Course is based on our deep inner need for growth, unconditional love, and “soul-realization.” This healing program is designed to dive deep into the soul of our being, heal old wounds, and reconnect with our inner essence.

Led by spiritual coach Anne Berube, this spirit-affirming, transformational program looks at different models of understanding from the wisdom traditions of Vedanta and Huna, new research in epigenetic and positive psychology, as well as the teachings and energy of the late Dr. Wayne Dyer.

With this program you will:

- Deepen your experience of self-love
- Learn how to connect with your unlimited source of joy
- Learn to tap into the creative dimensions of your being
- Reconnect your identity with your “I Am” essence
- Practice techniques for healing suppressed emotions
- Connect with your ultimate calling: your spiritual reason for being

The program includes the following exercises:

- Guided meditations
- Visualization exercises
- Shamanic healing energies
- Automatic writing and journaling
- Soul exploration, inquiry, and contemplation

Although the work is often challenging, the breakthroughs experienced in these sessions are life altering as they help connect us to a deeper, soul-connected, meaningful, and sustainable source of happiness.



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## Instructions For Best Results:

1. This content is not meant to be consumed passively. Set aside ninety uninterrupted minutes to work through each module.
2. Keep a daily journal for the duration of the course. The days between the modules are part of the process!
3. Consider incorporating your favourite tarot or spiritual card deck into your journey. Pick a card at the end of each weekly module and see if it inspires insights specific to your process.
4. Take the course with a friend or a coach. Share your experiences and your truth. Expressing your insights, worries, and revelations out loud is crucial to your healing and transformation.
5. Practice the subtle body awareness meditation every day for 4 weeks.

*Please note: we reserve the right to make changes and adjustments to this outline as we continue to improve your learning experience.*



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## Module 1: Self-Reflection: Spiritual Happiness

### Introduction to the Module:

In this module we will undertake a inner journey of self exploration: How do we see ourselves? How does the world see us? As we shift our perspective and identity we redefine our relationship to happiness.

### Self-Reflective Questions to Contemplate:

- Why am I taking this course?
- What isn't working?
- Who do I consider myself to be? (Who Am I?)

### Video Lessons:

1. The Call Of Spirit: A Personal Story
2. Why We Need Authenticity And Spiritual Meaning
3. What Is Happiness?
4. Externally Referenced Versus Internally Referenced
5. Love: The Fabric Of Who We Are
6. The Importance Of Self-Love
7. How Do I Love Myself?
8. You Are A Soul With A Body
9. What's In The Way?

### Tools and Exercises:

1. Meditation: Subtle Body Awareness
2. Written Exercise: Inquiry Into Limiting Perceptions
3. Automatic Writing: Reflect on the Experience of the Subtle Body Awareness  
Meditation



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## Module 2: Self-Awareness: The Soul-Body-Emotion Connection

### Introduction to the Module:

In this module, we will discover the innate intelligence of our human instrument. We come to understand feelings and emotions as the language of the soul and the incredible power of the body to heal trauma, limiting patterns, and fears.

### Self-Reflective Questions to Contemplate:

- How does my body feel most of the time?
- What is my relationship with my emotions?
- What behaviour and beliefs patterns have I inherited from my family? (Should's and Should Not's)
- Do those beliefs persist? Do they still serve me?

### Video Lessons:

1. Women In Leadership: Pivotal Breakthrough Story
2. The History Of Emotions: We Are Designed To Fully Feel
3. The Body As A Processor Of Information
4. Examples Of The Body As A Processor Of Information
5. Understanding The Roots Of Our Limiting Patterns And Habits
6. Protection At A Cellular Level
7. Energy Flows Where Attention Goes
8. Honouring Our Traumas
9. Heart: The New Brain
10. Fear Versus Intuition

### Tools and Exercises:

1. Body Awareness Meditation
2. Visualization Exercise: Going Back In Time
3. Automatic Writing: Reflect On The Experience Of The Visualization



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## Module 3: Soul-Awareness: My Calling

### Introduction to the Module:

In this module, we will explore how healing reveals our life's purpose. We become acquainted with our soul's communications and become attuned to the frequencies of different messages.

### Self-Reflective Questions to Contemplate:

- Who are my heroes and role models?
- What are my unique gifts and skills?
- What did I do naturally as a child, without be asked or influenced?

### Video Lessons:

1. Why Am I Here?
2. Remembering Your Soul Plan
3. Your Uniques Gifts And Innate Abilities
4. Subjectively Experiencing The Soul Through The Body
5. The Cleansing Properties Of Water And Witnessing Tears
6. Healing With Voice And Sound
7. The Importance Of Stillness And Silence
8. The Difference Between A Limiting Belief And A Highest Essence

### Tools and Exercises:

1. Inquiry Exercise: Highest Essence Elicitation
2. Visualization Of The Energy Body
3. Automatic Writing: Reflect On The Experience Of The Highest Essence Elicitation



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## Module 4: Engaging the Soul: Your Calling in Action

### Introduction to the Module:

In this module, we learn how to engage from the seat of our soul and bring it into our daily lives. We go forth with confidence and trust, knowing that our being is guiding our actions with divine intelligence. This approach begins to change every aspect of our lives.

### Self-Reflective Questions to Contemplate:

- Are there habits that don't serve/align with my highest essence?
- How do I define a healthy and meaningful relationship?
- What do I bring to the relationship and what do I expect from it?

### Video Lessons:

1. How To Feel Your Highest Essence
2. Soul-Realization: How To Engage Your Highest Essence
3. Finding Our Soul Family
4. Huna Chant For Healing And Support
5. Modelling Versus Preaching
6. Be Feel Think Do: A Way Of Living Moment To Moment

### Tools and Exercises:

1. Core Expansion Meditation
2. 95th Birthday Visualization