

## Video Narrative - Intro to Our Mission (Green indicates a slide on the video)

Hi, I'm Russ Lawrence, Founder, Author, Composer and Musician at [HereandNowHappiness.com](http://HereandNowHappiness.com) where our mission is to help you, me and anyone *BE* the way we want to *BE*.

So it's not about how to have what we want to have or know what we want to know or do what we want to do. We get all that. It's how to *BE* those inner, positive, strengthening, nurturing, life-enhancing "states of being". We may not understand but we all, universally want to *BE*.

And at the same time, it's how-to stop *BEING* those inner negative, weakening, diminishing, subtractive "states of being". We all, universally, don't want to *BE*.

And yet, despite what we want and what is clearly best for us. We humans more often *BE* those negative states than those positive states.

Because, we have never understood the entire *BE* level of our life experience. Until now. And that understanding starts with two mega-breakthrough discoveries we've made. Breakthrough one is about how we experience this here and now life.

We unique humans experience life all the time on two simultaneous levels. One is the familiar transactional level of what we *DO*. And super-simplified, the *DO* level is comprised of the thoughts, words, actions, and interactions that our cognitive mind and physical body *DO*.

The other level is the almost unknown, unmapped, and yet far more influential inner level of what we *BE*. Where those inner states of being, positive or negative, are determined and originate within us.

And then breakthrough two is about our human nature. The specific roles of mind, body, and spirit in determining and expressing what we *BE* and what we *DO*.

And we all get it that cognitive mind and physical body express the thoughts, words, actions, interactions we *DO*. But what we don't get is that it's the human spirit, our spiritual or highest nature, that operates at the *BE* level and determines what we *BE*. Yeah, our state of being - positive or negative - is continually being determined by our highest nature.

And what we're saying here is... Once we fully understand the *BE* level and *DO* level and the roles of mind, body, spirit, anyone can stop being those negative states and much more often *BE* those positive states of being we all want to *BE*.

And here's the very big deal.

When we *BE* those strengthening, life-enhancing, positive states of being, all countless the thoughts, words, actions, interactions our cognitive mind and physical body *DO* will also be positive, strengthening, elevating, liberating - of others and our self.

Yeah, by simply *BEING* positive, our entire inner *BE* level and outward *DO* level life experience is positive and life is sure to be good.

And when we *BE* those negative, weakening, subtractive states of being we more often *BE*, the thoughts, words, actions, interactions our mind and body *DO* will also be negative, weakening, needy, manipulative, and controlling - of others and our self.

And yeah, by simply *BEING* negative, our inner and outward life experience is sure to be unrewarding, problematic, or worse.

So hopefully what we're making clear is... We unique humans find our way to the rewarding, fulfilling, meaningful here and now life we all want by achieving just one thing. Just *BE* those no-cost, always available, inner, positive states of being. We all want to *BE*.

And that's why our mission is to help you, me, and anyone *BE* the way we want to *BE*.

And if you'd like to find out more, check us out at [HNH.com](http://HNH.com) where after decades of infrastructure building, we're just now coming to the marketplace. So thanks for listening and happy trails.

VIDEO NARRATIVE  
Russ Lawrence [HereandNowHappiness.com](http://HereandNowHappiness.com)