

Editorial Guidelines

Welcome to the Milk Happiness Mastermind!!! Cedes Truth would be thrilled to have you on the blogging team. Here's what the site's all about and the type of content we're looking for.

What Does It Mean to "Milk Happiness"?

At Milk Happiness, we believe in taking every chance you get to BE HAPPY and attract happiness. And we want you to share that joy by releasing your thoughts, proclaiming your truth, and reaching for happiness every moment you get.

This isn't just pie in the sky. By living and focusing on our highest excitement, we ignite the power of our emotions and leverage the universal **Law of Attraction** to achieve our greatest desires and experiences. As we vibrate in our truth we become masters of our light and designers of our Universe.

What Kind of Content Are You Looking For?

Here's the most important point about articles written for Milk Happiness. Our content:

- DOES show people practicing and experiencing happiness
- DOES NOT explain or teach happiness

In other words, it's all about the experience.

Many research studies show that our brain doesn't distinguish between real or imaginary experiences. When the writer paints a picture in the reader's mind they inspire them to feel and live the experience using their imagination.

That's exactly what we want to achieve with content published on Milk Happiness.

Do You Have an Example?

Sure. Here's an example of the kind of content that we would approve for the Milk Happiness home page:

I Have the Whole Day Ahead of Me

As I stepped onto the warm white sand I could feel the gentle glow of the sun beating upon my face. The laugh and excitement of children playing mixed with the lapping waves of the ocean filled my ears, causing my own excitement to increase with wonderment and thrill. The cool breeze echoed through the air causing my hair to blow slightly over my face. I narrowed my eyes in on a vacant area in the tranquil beach perfect to lay out. I had my beach bag packed to the brim with my belongings, not needing a reason to leave throughout the day. As I laid out my bright pink beach towel and prepared my body with sun tanning spray, I thought to myself that this is the life I was meant to live.

Gabrielle

In this short article, Gabrielle is living in the moment and sharing her experience. You can clearly feel that the person in the article is happy and fulfilled without her even mentioning or explaining her happiness. This piece is a great example of content that matches what Milk Happiness is all about: living your truth and basking in your highest expression.

Writing and Submission Guidelines

Here are the guidelines for writing and submitting content to Milk Happiness.

Submission Email: Please submit content for consideration to milkhappinesswithme@gmail.com.

Content Length: We accept articles between 300 and 1300 words.

Originality: All content must be original to Milk Happiness. We will not repost previously published content. (Yes, we'll check.) Once content has been live on Milk Happiness for at least three months, you are free to

republish it elsewhere, provided you link back to the original article on this site.

Copyright: All work submitted may be used on the Milk Happiness website and may be promoted on our social media profiles. Content authors are responsible for ensuring they have the rights to republish any external sources cited in their articles.

Content Categories: While all content fits into the general category of Happiness, we may choose to feature your content in the Our Universe, Proclamation, Point of Bliss, or Video Glisten sections, or any new sections added to Milk Happiness in the future.

Editing: Note that submitted content may be lightly edited to eliminate grammatical errors and typos, and to comply with the Milk Happiness style.

Attribution/Byline: At Milk Happiness, we focus more on the message than the messenger. Therefore you are free to submit articles anonymously or use your first name only.

Please state your preference when you submit an article, and say which country or state you're from, as we will include that information when posted an accepted article.

Photos: If you wish to include photos with your articles, please get these from Unsplash.com and include a link to the photo and the copyright owner's name in your submission email.

Promotion and Linking: We will reject all self-promotional posts. However, if you would like to recommend the things that make you happy, like products, services, objects or ideas, please include a URL with your submission and we will consider adding it to the Point of Bliss page on the Milk Happiness website.

Article acceptance is at the discretion of the site editor. If your article is approved and selected, we will post it on the Milk Happiness website for all to enjoy.

Thank you.
Cedes Truth