

Feeling Good Is the Key to Everything You Want

Did you know that the most important thing you can do for yourself and the world is choosing to feel good? Feeling good is the key to whatever you want to be, do or have. You are the creator of your reality and the formula for creating everything you desire is simple:

Feel good + Law of Attraction = All Your Dreams and Desires.

Everyone wants to feel good and if you can choose to feel good first without conditions changing, you will have attained manifesting mastery. Instead of needing the world and people around you to change before you feel good, you can feel good and watch the world change to match your good feeling.

We live in an energy based universe with energy based laws. The Law of Attraction is one such law which draws to you the essence of whatever you predominantly focus your attention on. Some people think that the law of attraction is only working when they get what they want. They don't realize that it is always working, always responding to the majority of the vibration you are expressing. So if the majority of your thought and feeling is focused on feeling good then everything you want will manifest. Have you ever noticed when you or others are feeling good and are "in the zone" that everything seems to flow easily and everything works out? In contrast have you noticed when you or others don't feel good, frustrated or angry then things continue to go wrong? Whatever you focus on is what you get.

The next thing that is helpful in manifesting everything you want is to know that you will never be complete or finished and happily you never will be. Imagine getting everything you want right now and not wanting anything else. That would truly be the end of this wonderful journey for you. Fortunately we are eternal beings, that's why we will never get to a place where we are totally complete and so we can't get it wrong.

Also remember that the true essence of who you are is an extension of the nonphysical, expressing as form in physical reality. You are perfect and worthy as you are; all you are doing here is having an experience of physical reality where you get to create whatever you choose. When you get what you want, you will simply want something more. Life continues to expand and grow. Your life is supposed to feel good to you because you have deliberately chosen to be here to create your dreams and desires. Relax and know that all is well.

There are three basic steps to manifesting or creating your reality.

Step One

As we live our lives, there are occasions when a negative experience occurs. The negative experience provides us with the contrast we need to help us recognise that this is an experience we don't want, this automatically, tells us what we do want. It's not always easy to know exactly what we desire until we experience what we don't want. For example, if someone is angry or mean to us, our automatic desire is for that person to be happy and kind to us, or if we face difficulty because we don't have enough money, love or happiness, this reveals to us we would prefer our lives to be more abundant in money, love or happiness.

Step Two

After we experience what we don't want and acknowledge our true desire. Your Inner Being (the larger all-knowing part of you) instantly responds to what you want? Your Inner Being holds everything you have ever wanted in a vibrational reality and is ready to bring it to you in the perfect way. This vibrational reality is waiting to become physical reality and manifested into your life, as soon as you follow step three.

Step Three

This is your only active role in creating what you want. It is your role to align vibrationally with your dreams and desires. In other words, you need to find a way to get happy and feel good, no matter what, to attract what you desire into your life. Your Inner Being will then send you thoughts, feelings, situations and people at the perfect time for you to receive exactly what you want in the perfect way.

Step one is automatic when we come up against what we don't want we ask for what we do want.

Step two is taken care of by our Inner Being, and therefore, we need do nothing

Step three requires us to feel good no matter what is happening. This is the essential key to manifesting your dreams and desires

The easiest way I have found to be happy and feel good, is to wake up every day with the intention to feel good. The momentum of certain thoughts from the day before has stopped while you sleep, so this is the best time of day to set this intention. When you start your day feeling good, focusing on things that you appreciate, the law of attraction brings you more thoughts that feel good. When you practice appreciation for what is working in your life and notice things around you that you appreciate, everything begins to look brighter and more enjoyable. Every

morning look for reasons to feel good. Find positive things from your past. Look for positive things happening right now. Look for positive things that you want in the future. Smile a lot. It is your natural state to be a happy person. It's natural for you to love and to laugh.

Using these principles my wife and I became financially free and could choose whether to work or not, in less than five years. Before this we lived on very little and sometimes needed welfare to get by, although generally we felt good in our lives and didn't worry about money or not having enough.

We didn't know it at the time but this was the perfect mindset from which to attract wealth and well-being into our lives. We were not actually looking to become rich or wealthy, we were just living a comfortable and happy life, feeling as if we had everything we needed.

Over the next five years we managed to build a large property portfolio with some hard work and a lot of allowing. Now, with hindsight, I see that it was our feel good attitude and beliefs around money that attracted our new-found wealth. We were in the ideal emotional state to attract wealth and did so with relative ease.

Your feelings are your guide to your vibrational alignment with your Inner Being. So how you feel tells you whether you are aligned with what you want or not. If you feel good you are in perfect alignment. If you don't feel good then you are out of alignment. How you feel shows you what your present point of attraction is, in other words, what you will be creating next in your life. So if you feel anxious, frustrated, discouraged, inferior, worthless or afraid, that is your current point of attraction, if you feel joyful, happy, healthy or loving then that is your point of attraction, and is what you will manifest next in your life.

Feeling good is a choice, not a reaction to circumstances. You might ask, 'how do I feel good when something is happening that makes me feel bad?' The answer to that question is that you can't look at a situation that feels bad and expect to feel good. Instead, you need to take your focus away from the 'not so good stuff' and deliberately place it on better feeling thoughts.

Your dreams and desires will manifest when you make how you feel the most important thing in your life. Care more about how you feel than what is happening in your life and you will see the results manifesting quickly. But please don't just believe me. Improve the way you feel and see for yourself if this works or not; either way if you wind up feeling better, wouldn't that alone be worthwhile? You can choose to feel better any time you wish, just choose a thought that feels better.

Here are some additional tips that will help you feel good:

- ⊗ Meditate and relax
- ⊗ Find more things that please you
- ⊗ Get outdoors more often
- ⊗ Breathe more consciously
- ⊗ Walk/exercise more often
- ⊗ Have more fun
- ⊗ Make time to pursue interests you feel passionate about

You will only see the evidence you want when you actually put into practice the principles of the law of attraction in a way that changes your reality, and that is, by choosing to feel good most of the time.

Feeling good most of the time can be challenging for most of us. Shifting one's mindset and reversing your negative self-talk is not always easy, but I promise you that if you practice these things and start to feel good through choice not through reacting to circumstances, you will start to see the results in your life and you will be choosing to feel good along your journey. What could be better than that?