

## Feeling Good Is the Most Important Thing You Can Do for Yourself

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 become a master manifestor. 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.

Throughout this course I am going to show you and prove to you that the most important thing that you can do for yourself is to feel good. I will also be teaching you powerful tools to help you feel good consistently and unconditionally.

So the old saying "I will believe it when I see it" is actually reversed you will see it when you believe it. But I don't just want you to believe me I want you to improve the way that you feel and see for yourself if this works or not. Either way, if you wind up feeling better, wouldn't that alone be worth it?

In this course you will be learning the tools to help you to feel good and change your limiting beliefs. Beliefs are just habits of thought or thoughts you keep thinking.

The key to feeling good is not waiting for good things to happen in your life so that you can have a good feeling reaction to them, but letting the emotion of feeling good be good enough without having to see the manifestation first. What we usually do which stops us from having everything we want, is we focus on what is happening and allow that to show us how to feel rather than choosing to feel good without the condition being necessary. In other words feeling good unconditionally. I want you to know that at any moment you can feel better and it can be achieved in a very short time. Everything you want, you want because you think it will make you feel good, isn't that true? So why not just go straight to feeling good right now.

Feeling good is a choice, not a reaction to circumstances. You might ask, 'how do I feel good when I have a situation in front of me 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 about it. Instead, you need to take your focus off the 'not so good stuff' by thinking more general positive thoughts, like, things are always working out for me, or I'm doing the best I can from where I am and every day in every way I am getting better and better. So for example, say you have some sort of problem with your health or illness that is affecting your quality of life. It certainly doesn't make you feel good. But what do we usually do, when faced with this sort of situation, we

usually focus on what's going wrong we usually talk about it to others or complain that you don't feel good. So the only way to feel good in this situation is to take your attention away from your health problem or illness and focus on something that does feel good. Your mind can only focus on one thing at a time so if you achieve a good feeling about something else that is working in your life and you take your mind off the health problem then you have achieved a better feeling experience. The Meditation and self-hypnosis technique I will be teaching you, can also take your mind off your problem and put you in the receptive mode where the law of attraction can begin to bring you more good feeling thoughts, experiences and better health.

We often think we need to 'get to the bottom' of a problem before we can feel good again. But the truth is, you will never find the underlying cause because as long as you continue to focus on the problem, it will persist. What you resist persists. So redirect your attention away from the problem and find a way to feel better. Let go of trying to change reality from the outside and start changing it from the inside. The result is that when you feel good most of the time, I absolutely guarantee that you will attract all that you want.