

## **Do You Want Change the Condition or**

### **Do You Want To Feel Better Now?**

The next thing I want to ask you is Do you want change the condition or manifestation or do you want to feel better now?

What can you accomplish right now in the next five minutes is it likely that you will get that dream job or new car or the new relationship or the abundance you desire, or is there more possibility that you can create a feeling which feels better than where you are right now. Feeling better of course, and that is why you want the new car, dream job, perfect relationship or more money, simply to feel better. Can you give yourself the permission to feel good before you get what you want? If you can then you can have what you want before it manifests. And if you can achieve feeling better right now then you are on your way to manifesting everything that you want.

How you feel is simply the best internal guidance system that you have. How you feel tells you whether you are in alignment or out of alignment with your nonphysical Source the larger all-knowing part of you. When you feel good within yourself, you are perfectly aligned; and when you don't feel good, then you are out of alignment with Source in that moment. But this is not a bad thing because what it's showing you is that source or your inner being does not agree with your negative feeling or thought. If you feel unworthy or inferior for example then the bad feeling you have is because your Inner Being Your Source does not agree with that thought and knows you are completely worthy. How you feel is also showing you what your present point of attraction is, meaning what you will create next in your life so if you feel good you will be attracting and creating all the good things that you want into your life and if you don't feel good you will be attracting more of the same not so good feeling stuff. So in other words 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 more of, next in your life.

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.

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. 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 your mindset and reversing your negative self-talk is not always easy, but I promise you that if you practice the things that I will be teaching you throughout this course they will help you to change your thinking and therefore change how you feel. So you will start to feel good through choice not through reacting to circumstances, and you will definitely start to see the results in your life. What could be better than that?