

Changing Your Limiting Beliefs Part 3

If you can change the way you feel you can change what shows up in your life. Do you believe that a certain desire whether it be a relationship, more money or a state of being will make you happy? What I want to ask you right now is Do you want the desired condition or do you want to feel better? What can you accomplish now within the next five minutes, a better relationship, more money, better health or... a better feeling? Feeling better of course and that is why you want to change the condition or manifest your desires in the first place, to feel good. Nothing is necessary outside of you for you to feel good now. The desire to feel good is our most natural desire. Can you give yourself the permission to feel good before you have the desired condition? If you can say yes to this, then you will have what you want even before the condition manifests and then you will easily and effortlessly manifest the things you want. You will have achieved living life by design and not default. You are the designer, you are the creator of your own reality. Up until now we have allowed the conditions and experiences of our life to control how we feel. It is now time to control how we feel by our own choice, and so also be in control of what manifests in our reality. The biggest mistake we make in trying to manifest our desires is thinking that we need the desire before we can be happy, and yet we know that we can make ourselves feel good no matter what is happening in the moment.

I think the real key to creating your reality the way that you want, is to feel good unconditionally. In other words feel good before the conditions show up in your life. If you can achieve feeling good without the manifestation appearing first, then you have achieved the perfect mindset for manifesting everything you desire, but it won't be as important any more as you already have what you want. That is feeling good.

As I said in my introduction, I believe it was our feeling good unconditionally around money and abundance that allowed my wife and I to become financially free.

When we first met we were living on a very small annual income, and I mean small, and we were both only working part-time. We even needed welfare occasionally to get by. But the difference was, we did not need the condition of lots of money showing up in our life before we felt good about where we were. We never worried about how much money we had, we just lived a happy life doing the things we could do on the little money we had. We didn't get into thoughts like a lot of people do that we don't have enough or we needed more.

After we became financially free we realised that 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. We realised 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.