

Feeling Good - Excerpt by Abraham-Hicks

Just think about something that makes you feel really good. You can think of something. And once you get it just know that as long as you've got that feeling - that's all you'll ever need to live happily ever after. And just practice getting there in whatever way you can. I recommend meditation early in the morning and writing lists of positive aspects and things you love and things you like to do and to do more of those things and to just take it easy and be good to yourself. Do things that feel good. Say things that feel good. Think things that feel good. That's all you need to do. Get in an attitude of appreciation and eagerness about life. What if wonderful things are just hovering on the verge of happening for you? What if all you needed to do was just love and respect yourself enough - just as you would for anyone else you care about - and give yourself the benefit of the doubt. And give yourself the license to relax and trust in yourself and your world and your body and your relationships and your finances and believing all your aspirations and your dreams can come true. If you just trust that something will come...it will. If you're not focused on, "oh it's not here yet," or "I'm still in this same situation I don't like," or whatever has got you twisted inside and divided against yourself. Do you believe in dreams coming true? Well, you can't believe that and believe that yes, they can but not for me...you can't believe those two things at the same time and not feel a real tug of war inside that can manifest as all sorts of discomfort within or "outside" of you. You've gotta trust that you're on the right track and that any discomfort that is past is past and that you have the ability to get feeling good now. This works for every single thing. You just have to relax and know that you're loved and understood completely by your Inner Being and that the Universe has you. But you have to freely choose to believe what you want to believe. And when you use that free choice to choose the real you, which you can always identify in a moment because it feels better to you, then you get to

experience all of the living breathing manifestations of what you have declared as true. You get to experience that either way actually - you're always experiencing the story that you say and have been saying is true of you or true of whatever. Everything in your experience is playing its part on your screen for the benefit of displaying and informing for you what you've got going on with your thoughts. But when you choose the thoughts that feel better, the experiences that reflect it are attracted into your personal experience and you and they are of one energy and frequency. And what feels better to you is precisely what feels better to the universe. You prefer to trust in the well-being of your body and your mind and your heart and your soul. Well, the universe prefers it too, and as you declare, as you ask, as you invoke with your focus and attention, it is given. You are so free you can choose bondage. But every time you are choosing true freedom and true joy and the true you who is powerful and confident beyond measure and magnificent beyond description, you know it because it resonates within you as an improvement. A sensation of satisfaction or relief or ease or allowing or eagerness or happiness or joy or enthusiasm or passion or appreciation. All those feelings mean you are thinking or speaking or acting in resonance and harmony with your true north, the true you, and that road is paved with everything you have ever wanted, because abundance and health and happiness and love is who you are. You are the treasure, the roadmap that you must unlock. Only through choosing to believe - to begin a new pattern of what serves you - because it bolsters and improves your frequency and your visceral knowing of higher and higher vibrations and better and better feelings that you can sense it on every level of your being will you manifest what you want. What you want is a state of being that is a match to all of that. A state of true love and joy which is the only reason we want anything. Long story short, you can trust that guidance in thought and word and deed that comes in the form of the emotions within you to lead you to anything and everything that you have or will ever want. The better the

emotions feel, the swifter you are moving along that golden path of least resistance to every single thing that matters to you on every single subject. All of the different areas and subjects and things you think and say and do and experience are interwoven and reflective of each other. You have so much more control to manipulate the energy that creates worlds than you hardly ever acknowledge. Pure thoughts are where all the leverage and clarity and joy and power come from. Pure uncontradicted thoughts of what it is that you do really want, leaving all the other things you don't prefer out of it. The things you don't prefer informed you already about what you prefer, now what is it that you want? Now give all your energy to that vision of your dream. That's all that matters. You can be or do anything you want to dream, and this marvelous, miraculous mechanism of life will facilitate it for you! You don't have to crank all the gears and flip all the levers yourself, just like you don't have to be inside your car's engine manipulating individual pistons and levers to be able to drive it. You have access to unlimited leverage. You just have to trust that the entire thing is on your side and that you can trust yourself. You know how to be happy that's all you ever need to know how to do - it just takes one happy thought like Peter Pan - to start a whole new momentum of thoughts and manifestations that just feel better and better and better. That is your purpose. To enjoy whatever, you choose. And of course, you enjoy helping other people. Everything that you prefer is part of your solution. It's a complete package. It takes care of everything, this alignment with who you really are - with what you most resonate with - with that inner guidance that is always there for you.

~ Abraham-Hicks