

Feeling Good

This is one of the most important things to do.

You want to feel good as much as possible. When you feel good you are in alignment with your true self. You are also in alignment with the things that you want to attract or manifest into your life. When you seek joy and feel good, you align yourself with positive experiences and outcomes.

When you feel good, you are in alignment with your Higher Self and therefore in a state of allowing. This is when you are most in tune with the flow of life and able to manifest your desires with ease. When you feel bad, it's a sign that you are not in alignment, often because you are resisting something or focusing on something you do not want.

Abraham-Hicks teaches that feeling good is the most important thing. According to them, your emotions are your guide to alignment with your inner being, or Higher Self, which is always in a state of well-being.

Feeling good is tied into the process of manifestation. The philosophy is that your emotions serve as a guide or a compass. When you're feeling positive emotions such as joy, love, or appreciation, it's an indication that you're aligned with your inner being, or Source energy. In this state of alignment, you're in a receptive mode, allowing the things you desire to flow into your experience.

On the other hand, if you're feeling negative emotions like fear, anger, or frustration, it's a signal that you're out of alignment. In this state, you're often focusing on the lack of what you want, or on things that you don't want, which blocks your ability to manifest your desires.

Therefore, to effectively manifest what you desire, you should aim to maintain a state of positive emotion and alignment as much as possible.

This doesn't mean you have to be happy all the time. It's about being mindful of your emotions, understanding what they're telling you about your state of alignment, and continually reaching for better-feeling thoughts. This consistent alignment with good-feeling emotions puts you in the perfect state to attract and manifest your desires into your life.