

## **CHOOSE TO FEEL HEALTHY**

You can begin right now to feel healthy! You can begin to feel prosperous and abundant. You can begin to feel the love around you. And what will happen is the Universe (God) will correspond to the nature of your song. The Universe will correspond to the nature of that inner feeling and manifest, because that's the way you feel.

So what are you feeling now? Take a few moments to think about how you feel. If you're not feeling as good as you'd like to, focus on FEELING your feelings inside and purposely lift them. As you focus intensely on your feelings, with the intention to lift yourself, you can powerfully elevate them. One way is to close your eyes (shutting out distractions), focus on your feelings inside, and smile for one minute.

Your thoughts and your feelings create your life. It will always be that way.

*"YOU CREATE YOUR OWN UNIVERSE AS YOU GO ALONG."* WINSTON CHURCHILL

You have the power to change anything, because you are the one who chooses your thoughts and you are the one who feels your feelings.

When you're feeling down, did you know that you can change it in an instant? Put on a beautiful piece of music, or start singing--that'll change your emotion. Or think of something beautiful. Think of a baby or somebody that you truly love. Dwell on it. Really keep that thought in your mind. Block everything out but that thought. Create some "thought shifters", things that can change your feelings in a snap. It might be memories, future events, funny moments, nature, a person you love, your favorite music. Then if you find yourself stressed, angry or frustrated or not feeling good, turn to your "thought shifters" list and focus on one of them. Different things will shift you at different times, so if one doesn't work, go to another. It only takes a minute or two of changing focus to shift yourself and shift your emotional frequency.

Excerpts from writings of Canfield and Beckwith