

Creating With the Law of Attraction: 10 Principles That Will Change Your Life

By Edward J. Langan©

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Second Edition

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Dedicated, in loving memory, to:
John Langan, Kenny Langan, Joey Melanson, and Joseph Melanson.

Acknowledgments

It's been said the two most powerful words are thank you. As I study the law of attraction, I've learned that when you are grateful and appreciating you are your highest self and in harmony with your inner being. The following words do not begin to accurately describe my thanks, gratitude and appreciation to and for the following people.

My parents, John and Louise Langan. You inspired my wonder of life, quest for knowledge, my joy of teaching and sharing with others. Our venture years ago set me on this path. Thank you.

Thank you to Jason Straw, Sara Moore, and everyone at iUniverse. Marj and I love this book and appreciate all your efforts.

The photo on the back cover is from our dear friends Lynda Read and Susan Bouchard of Options Photography. Thank you, we love the fun we have with you.

Thank you Marlisa Clapp, Pam Marcela, and Samantha Jones of mcd studios for our amazing website. www.BeYourBean.com

Ann Donohue, thank you for your insights and attention to details. You are brilliant. Thank you Amanda Hamm, Debbie Andrade, Jean Schwier, Greg De Stephano, and Jim Garvey for your thoughts and insights, they are appreciated.

Thank you Hannah Goodman for your kindness, ideas, and efforts in editing this book, you helped me focus the book and make it much better. www.hannahgoodman.com

The book you are holding in your hand would not be, if not for the help of my wife Marjorie. Thank you for your tireless effort, insights, ideas, love, help and support. I am honored and humbled by your love and belief in me.

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Introduction

This book is inspired by the teachings of Abraham-Hicks. It's based on everything that I've learned so far, filtered through my beliefs and my life experiences. My journey began when I started asking myself questions about my life and the way I was living it. The journey has led me to share what I have learned, what has worked for me, and what has helped me answer those questions. I know a lot of you seek answers to those same questions I had (and still have), and now, all that asking has led you to this book.

Simply put, there's a lot of information here. Together, you and I are going to cover a lot of ground. I'll be here to guide you the whole way. But first I'd like to tell you a little about me, and my journey.

My Journey

Two events in my life caused me to question how I was living. My youngest brother and my younger cousin both died suddenly. I had already been a seeker all of my life with a great thirst for knowledge. Their passing really intensified my focus and desire for answers. Although a lot of questions about God and the universe came up within me, the strongest questions that presented themselves to me were: *What is left here for me? What am I doing with my life? What is important to me? What do I want to accomplish?*

From these questions came my quest for knowledge and enlightenment. I am naturally curious, but these events pushed my curiosity into overdrive. I studied everything that I thought would be relevant.

- The works and methods of Jose Silva and Harry Palmer.
- The teachings of Abraham from Jerry and Esther Hicks.
- The latest brain research and noetic science.
- Meditation techniques.
- A Course in Miracles.
- Native American religions and many religions of the world.
- Self hypnosis.
- Quantum physics.
- Near-death experiences.
- Breakthroughs in learning methods including the use of music and brain waves.

I studied anything I could get my hands on that I felt would help me in my quest.

Armed with everything I studied, I felt compelled to write this book. I feel that it answers the questions I have been asking for years. Questions that you probably are asking, too. Here's a preview of what follows.

Overview

As a musician, music has always been the voice of the universe to me, a way of expressing the inexpressible. I use music as a metaphor throughout this book. However, you don't have to be a musician to understand what I'm saying.

You can't play a musical scale until you know what notes to play, and you can't play a melody til you know what scale to use. Chapters one through seven will give you the notes. Chapters eight through eighteen show you how to play the melody. Each of the first chapters builds on to the next one to make a solid bass line, a strong foundation for understanding.

You are going to learn about creating with the law of attraction. You'll learn the 10 principles that will change your life. You might look at your life and want to improve it, find a new focus, a new career, whatever matters to you. You get to decide why you are using these principles. You can use them to create whatever you want.

I'll explain what our emotions really are and why we have them, as well as how to use them rather than be controlled by them. You'll learn what the law of attraction is and how to apply it to your life. You will see how quantum physics and spirituality can blend together. You will see who and what you really are. I will illustrate the power of thoughts and show you how what you believe creates what happens in your life. You will discover which of your beliefs are working for you and which ones are not. You will learn how to change those beliefs that don't work and create new ones.

I will reintroduce you to your imagination, show you how powerful it is, and teach you how to use it to your advantage. We're going to talk about the importance of asking. What desire is and what it can do for you. We're going to talk about the Zen principal of being in the moment. You will learn why "now" is the most important moment there is.

I'll show you the emotional scale and teach you how to move up the scale towards feeling better. I'll talk about the turbulence and drama in your life and what you can do about it. You'll understand what is "good" and "bad" and who gets to decide. You will learn the awesome power of forgiveness and why it is so important to you and your life. There will be exercises mixed in along the way, as well as a whole chapter of exercises all of which are designed to help you change your life.

I believe in the material in this book. I know it works. In chapter six, you are going to learn the importance of what you believe. I know that if you do the exercises and study the material in this book, your life will change. I'm absolutely sure of that. The processes, thoughts, and ideas that I outline in this book will work, but it really comes down to the old joke, "How do you get to Carnegie Hall? Practice, practice, practice." You have to practice these methods that I'm going to give you. If you do, your life will change, forever.

The Next Step

Now you know a little bit about why I wrote this book. Life is a journey, an adventure. Where you go next is entirely up to you. I hope this information makes a huge difference in your life. The next step is to read this book. The step after that is to practice the exercises. What I said earlier bears repeating. The first seven chapters are individual notes. Each one builds upon the next, fitting them together like a melody. After the first seven chapters, you'll have a solid foundation and an understanding of the basics. You may have to accept some things on faith until you fully understand them in the later chapters of the book. As you read the first seven chapters, try to keep an open mind and withhold your judgment. The payoff will be well worth it. The chapters need to be read in order so that you understand the concepts as they build on each other. After you've read the book once and done some of the exercises, read the parts of the book and do the exercises that resonate with you. Do them again and again. My goal for you is that your book becomes worn, dog-eared, and well used. Your journey starts with the first step. The next step is, turn the page...

The Principles

Your mind thinks in pictures not in words. When you close your eyes and imagine or visualize, you don't see words, you see pictures. When you're asleep and dreaming, your mind's eye rarely sees words floating by. Instead, you see objects, people, places, and things. You see scenes.

When we communicate, the words we use generate images. Words can mean different things to different people, and so can the images generated by these words. For example, if I tell you about a fishing trip I took to a New Hampshire lake, I will picture the largemouth bass I caught, the lake I was fishing in, and all the stumps and lily pads in that lake. You might picture something different, like a deep, clear, cold lake, full of trout.

The word "God" invokes strong meaning and generates different pictures in each of us. My image of God used to be the traditional father figure archetype; long flowing robes, a long white beard, lightning bolts at the ready, passing judgment on us mere mortals. Some people have no image of God because they don't believe, and the word conjures no images at all. Still others may picture God in a less traditional manner. When they hear the word "God", they may feel the warmth of the sun, or envision a quiet walk in the forest. The possibilities are endless.

Because the word "God" can conjure up so many meanings, both good and bad, I will refer to "God" as "universe". What I mean by "universe" is God-force, life-force, source, collective consciousness, infinite intelligence, inner being, love, or any energy that is considered to be good.

I want you to hear the messages in this book and not get hung up on the meaning of any words. The important thing is to understand the underlying principles I discuss and then understand how to use them in your life.

My goal is to explain these principles to you in a way that is easy to understand. Then, you will be able to apply them to your life. I'm going to give you a brief explanation of each of the principles, and in the chapters ahead, I will go into greater detail.

The principles:

1. How you feel is important.

Your emotions help you navigate through life. They tell you how you are doing and whether or not you're moving towards or away from what you want. Did you ever notice that you if you wake up in the morning feeling bad, you carry that feeling with you all day? This feeling means more than just you feeling bad. It means that you're moving away from what you want. In chapter two, you will learn what your feelings really are, and what they are telling you.

2. The law of attraction controls everything.

The definition of the law of attraction is this: Things that are similar or the same attract each other. Did you ever have a day where everything just seemed to go perfectly? You felt good and good things kept happening all day long. Did you ever have one of *those* days where everything just seemed to go wrong? It was like there was a little black cloud over your head. In both cases, the law of attraction was working with you, creating your day. I'm going to explain to you how to use the law of attraction in your life to create the things you want. You will learn how to make the law of attraction work for you in chapter three.

3. The universe always says yes and does not give up on you.

There is no such thing as “no” in this universe. The universe will keep trying over and over to give you what you want. Did your parents give up on you when they were teaching you how to walk? They never said, “I helped you forty times, and each time you've fallen down, so I'm not going to help you any more.” The universe never gives up on you either. I'm going to show you how the universe helps you to manifest the things that you want in your life. In chapters three and seven you will gain full understanding of this principle.

4. You create your own reality.

Whether you realize it or not, you are here to create your life. Whatever you want. You don't need to prove anything to anyone. You don't need anyone's permission. In chapter four, we will talk about quantum physics and the universe, and how it can help you to create your own reality.

5. You create your own reality, even if you don't know you're doing it.

People who have schizophrenia or multiple personality disorder can have a completely different physiology for every one of their personalities. For example, one personality might need to wear glasses, another personality may be diabetic, and still another personality may have

a completely different menstrual cycle.. Once you understand that you create your own reality, I will teach you how to create it on purpose, which we will talk about in chapter four.

6. There is plenty for everyone.

The universe is based on abundance. There is more than enough for everyone, and you can allow yourself to have it. Just look around. There are examples of the abundance of the universe everywhere. Everything is teeming with abundance from the smallest quantum particles to the largest mountains. Look at the leaves on the trees, and the stars in the sky. The universe shows you its abundance. If you look for it, you will find it. You will learn about the abundance of the universe in chapter four.

7. Thought is everything, and everything is thought.

Everything started from thought. Everything you can see, hear, and feel was at one time a thought. Thoughts about the wheel were inspired by the need to move things. Someone saw a rock or a log roll down a hill and was inspired with more thought. Eventually they came up with the wheel and the axle. More thought and wagons and carts evolved. If you look around today, you will see wheels everywhere. Everything starts from thought. I will explain this fully in chapter five.

8. The life you are now living is what you believe.

The sum total of your life right now was created by everything that you believe up to this point. If you believe you can, you can, and you're right. If you believe you can't, you can't and you're *still* right. The beliefs you have create the foundation of your life. We will explore this fully in chapter six and learn how to change and create new beliefs that can help you create the life you want.

9. You are worthy.

Right now, exactly as you are, you're completely worthy. Worthy of everything you want. Think about nature and all of its beauty and complexity. A flower only lasts a few days, a sunset a few minutes; while you last a lifetime. You are smarter than the best computers on earth. They can't do what your brain can do. You are a complex, unique individual who can think, create, and wonder. As artist M.C. Escher said, "He who wonders discovers that this in itself is wonder." You can imagine, think, and ponder. We are the only creatures who can do this. You can write, draw, and make music. You can love, feel, inspire, and learn. You can touch and move others with your thoughts, your words and what you create. You are a miracle. You are an amazing, magnificent being right now, exactly as you are. You are worthy. Chapter fourteen will help you improve your self-esteem.

10. Life is meant to be fun.

I hope that this is self-explanatory. Life is meant to be fun. Life is meant to be joyful. Life is meant to be enjoyed. Look at children, how ready they are to laugh and play. Almost anything can bring them joy and fun: an empty box, a block, a stuffed animal, a stick, a flashlight, or a ball. No child is born a cynic or a pessimist. They learned that from adults. Just as they learned to stop being a kid, and get serious about life. Seriousness is a trait of the ego, not of your inner being. Fun, joy, laughter, eagerness, and enthusiasm are all traits of your inner being, which were natural in you when you were a child and are still within you now. In chapters eight and ten you will reconnect with the idea that life is meant to be fun.

The chapters that follow in the book will weave these principles together, and you'll see that these 10 principles are the keys to changing your life.

Emotions

It wasn't until after I felt the joy of an "aha" moment that I knew which subject should be first in this book. This chapter on emotions is the most important. **If you don't read anything else in this book, read this chapter. The information I'm about to give can change your life, if you follow and use it.**

"Nothing is more important than that I *feel* good!"-- Abraham-Hicks.

What are emotions? Why do we have them? If we can feel them, it's obvious that they are trying to tell us something. What do they do? And what are they trying to tell us? Our emotions are communication from our higher self to our conscious self. Our emotions are how we navigate through our life. Yes, both men and women have this ability, although women usually find it easier to identify what they are feeling. Our emotions are telling us how we are doing in relationship to what we want. When we decide that there is something that we would like, the universe starts forming the energy around it, and we can "feel" it. We feel good when what we are thinking and/or doing is in harmony with what we would like. We feel bad when what we are thinking and/or doing is not in harmony with what we would like. This is how we use our emotions to navigate.

Our emotions are very important. However, society has taught us to guide ourselves from the outside. What I said in the previous paragraph bears repeating: Our emotions are communication from our higher self to our conscious self. Our emotions are how we navigate. Our emotions are the way the universe communicates with us.

Our emotions are telling us how we are doing in relation to what we want. When we feel good, what we want is coming to us. When we don't, we're impeding what we want from getting to us. It's almost like we're creating friction within our own system.

If you drove your car without putting oil in your engine, it would create lots of friction. If you could feel the friction, the heat, and the discomfort of your engine, you would stop immediately. This is how we use our emotions to navigate. If we feel discomfort inside ourselves, we stop and try to make it better. We put "oil" in the "engine" so we can "drive" smoothly again.

Some of us use therapy or a long walk to soothe ourselves. When we feel internal friction, we stop and try to get what we need or want to make ourselves feel better. However, this only works if we are paying attention to how we are feeling. A lot of us have been trained to ignore our feelings so we don't know what we want, and, therefore, we remain unhappy and dissatisfied with our lives. Knowing what you feel helps you to know more about what you want. When you know what you want, you can "put it out to the universe" and the universe will communicate back to you by giving you what you want.

A new home

A woman at one of my workshops asked me, “How do I get a new house?” Do you remember the first part of Principle three: **The universe always says yes?** I explained to her that as you are thinking about the new house, the universe starts an energy vortex around the thought of you living in your new house, and as I said earlier, you can literally feel it.

I said to her, “You want to think thoughts about your new home that feel good to you. Can you think of any thoughts about the new house that feel good to you?” “OK, she said, “it will be bigger so there will be more room for all of us and we will each have our own space. I will have my dream kitchen and we will all hang out there together when friends and family come over and visit. It will have a nice living room with a cozy fireplace for the winter. It will have a master bedroom suite with a spa tub like I’ve always wanted. I can see my new furniture in the great room and the whole family being there for the holidays.” Her eyes were alive with excitement. “How does that feel to you?” I asked. “It feels good,” she said. “The energy vortex has started around you getting a new house. Those thoughts feel good so they are in harmony with what you want, and it's flowing to you.”

“But what if we can’t sell our house? It’s really small and it’s been on the market for awhile. The economy is bad and houses are not selling. This could lead us to financial ruin.” The spark was gone from her eyes. I asked her, “How do those thoughts make you feel?” “Really bad,” she replied. “What you are doing with those thoughts is creating friction. Your feelings are telling you that the thoughts that you are thinking are not in harmony with what you said you wanted. If you keep thinking those thoughts, your new home, which was on its way, is no longer easily flowing to you.”

So let me break this down in the simplest terms I possibly can: You decide you would like something. The universe agrees and begins to form energy around it. As you think about it, your feelings are telling you that when you feel good, what you want is flowing to you. When you feel bad, what you want is not flowing to you. That's how you navigate your life with your feelings.

Vacation vs. work

Let's navigate together through another example. What does it feel like when you wake up on the first day of your vacation? You're feeling eager and excited. You're happy. You're full of anticipation about where you're going. You practically jump out of bed. You can't wait to get your day started. If someone asks you how you are feeling, you would say you are in a good mood. Compare that to the morning when you get up to do something you don't want to do. Like going to a job that you don't like. The alarm goes off, you feel sluggish and don't want to get out of bed. You hit the snooze at least once, maybe more. You're tired, listless, or maybe even angry. You're certainly not eager and full of energy. Instead, you're slow and dragging. You feel anxious or bad. You're probably cranky with others around you. If someone asks you, you would probably say you're in a bad mood.

Let's look at the vacation example. You're eager, excited, you feel good. Your energy is flowing. Your emotions are telling you that you are in harmony with your desire. Now let's look

at the example of working at a job that you don't like. You don't feel good, you're anxious and in a bad mood. Your emotions are telling you that what you are thinking is not in harmony with what you want. That's right, what you are thinking—your thoughts. Nothing else. What you are thinking brings forth an emotional response. Your emotions come from the thoughts that you think. They are the response to the thoughts that you are thinking. Always. What you are feeling is telling you if the thoughts you are thinking are in harmony with your desire or not. Chapter five is on thoughts. Remember what I said about reading this chapter? I recommend you read that chapter, too.

Two emotions

The thoughts that you are thinking only bring up variations of two emotions, feeling good or feeling bad. *A Course in Miracles* says there are only two emotions, love and fear. Abraham-Hicks says there are only two emotions— one feels good and one feels bad. Starting to see a trend here? We have given all kinds of names and all kinds of labels to all of our emotions. But if you think about it, they all fall into one category or the other. We have a long list of emotions that feel good: joy, happiness, enthusiasm, love, hope, optimism, etc. Conversely, we have a long list of emotions that feel bad: anger, blame, worry, hate, guilt, depression, fear, etc. Regardless of the label that you would give the emotion, it's easy to see that an emotion either feels good or feels bad. In essence, there really are only two emotions, and the labels that we give them are describing the intensity of the emotion rather than a different emotion.

Now some emotions feel really bad and others don't feel so bad. Some emotions feel really good, and others feel kind of good. The intensity of the emotion is an important part of the communication. If something happens that makes you very angry, what is being communicated to you is: this subject is very important to me. Because I'm feeling bad, what I am thinking and/or doing is creating friction within me and not letting my energy flow. This bad feeling is letting you know how much desire you have and how important this subject is to you. Anger and fear mean you have really strong desire, but the thoughts that you are thinking are really opposite of what you want. So you're not letting your energy flow.

What happens when something feels really good? The communication to you is: I am feeling really good, and so this subject is very important to me. I feel good. I'm not creating any friction within me, and I'm letting my energy flow fully, so my desire right now is easily coming to me. Finally, I am, right now, in perfect tune with my higher self and my conscious self. The strong feeling of joy and passion all mean that you're in harmony with your strong desire and that you're letting your energy flow.

For example, I remember being in art class. We were drawing the figure. One of the girls in the class was having a really hard time. She threw down her pencil, and complained a bit under her breath and walked out of the room. We all knew she was upset, and we all knew that she was having a hard time with the drawing. A little later, she calmed down and came back in. We were having a group discussion and talking about our drawings and what we had done during that session. I said to her, "It's not a bad thing that you got as frustrated and upset as you did. What that means is that you really care about this. You really want to be able to draw well, and you really want to be able to draw the figure." She looked at me kind of perplexed, because she

didn't understand what I meant. "How is my frustration at not being able to do this a good thing?" she asked me. "You saw me trying to do it, and you know I couldn't do it, and it just made me very upset. How is that good?" I explained to her that she has a really strong desire to be able to draw well and that if she didn't, she wouldn't care if she were unable to draw well. She wouldn't get upset, and she wouldn't get frustrated because she just wouldn't care and it wouldn't matter.

You only have strong energy flowing and strong desire about things that matter to you. If you don't care, it doesn't matter, and you don't get upset. Your feelings are telling you, this is important to me, but the thoughts that I'm thinking are not allowing it to come to me. As she was trying to draw, she was thinking, *this is a hard pose. I'm having trouble doing this. I'm not getting this right. I don't know if I can draw.* Those self-doubting thoughts are not consistent with what she wanted to do, which is to be able to draw the figure. When she was thinking things like that and trying to draw the figure at the same time, she could feel the conflict, and she got upset. She couldn't draw the figure, and the anger and frustration she was feeling was her navigation letting her know what she was doing. The thoughts that she was thinking right then were not allowing what she wanted to come to her. That's how your emotions work. That's what they are there for.

The emotional scale

The following is an emotional scale:

10. Love
9. Joy
8. Appreciation
7. Passion
6. Enthusiasm
5. Happiness
4. Belief
3. Trust
2. Optimism
1. Hope
0. Contentment
- 1. Boredom
- 2. Pessimism
- 3. Frustration
- 4. Worry
- 5. Blame
- 6. Discouragement
- 7. Anger
- 8. Revenge

- 9. Hate
- 10. Guilt
- 11. Grief
- 12. Depression

When we look at this scale, we can see that from 1 to 10 feels good. At times, contentment probably feels good, too. From -1 to -12, we can see that this side doesn't feel good. 1 to 10 and beyond is the “love” side. Zero to -12 is the “fear” side. From this, you can see, although there are many labels, that there are only two emotions, love and fear. The higher up on the scale, the more we are allowing our energy to flow and the better we feel. The lower down on the scale, the worse we feel because we are not allowing our energy to flow. Our energy flowing is how we attract and receive what we want. This concept will be explained throughout the rest of the book. If we think of this as a musical scale, then we want to keep moving up to the higher notes. We want to keep moving a few notes at a time and not trying to make big jumps. 1 to 10 is like a major scale, or happy music. Zero to -7 is like a minor scale, or sad music. -5 to -12 is like a diminished scale, or very sad music.

The main idea is to move up this scale. Although the scale illustrated above stops at 10, in reality, it doesn't. There is no limit to how good you can feel. You can just go higher and higher. As you recall in the introduction, I said that the chapters build on each other and fit together like a jigsaw puzzle. You will learn how to move up the emotional scale in chapter ten, *Giant Steps*.

How our emotions feel

Now let's review some of our emotions and what they feel like, especially for those of us who have forgotten or are not in touch with our feelings. Sorry guys, that's usually us. Let's start with the easy ones, like anger. What does it feel like when you are really angry? Well, let's look at some of the common expressions that are used to describe it and see if that gives us any insight: *I'm so angry I could explode. I felt like I was going to blow my top. That made me so mad, I could spit nails. If looks could kill...* All of those expressions describe feeling bottled up, feeling confined, feeling restricted, and feeling blocked. You're pulling more energy than you're allowing to flow. That strong feeling of pressure and suffocation is your indicator that you're not letting your energy flow. So, anger feels like a clog in a hose or like a blockage. That's why when people feel really angry, they tend to snap, explode, and lash out. They yell and scream and carry on to try to relieve the pressure, to push the blockage out to let the energy flow again.

Now let's look at joy and what that feels like. Joy has the opposite feeling of anger. You feel happy, you feel eager, you feel energized, and you feel alive. When you're feeling this way, you usually can't sit still. Do you remember the end of the movie *Saturday Night Fever* with John Travolta? He was feeling so good that he wanted to strut down the street. That's a classic example of feeling good and what that looks like. We've all seen people who were very happy. They usually spread their arms out and up. They close their eyes, tip their head back, and smile. They appear to be basking in how good they feel. Some people, when they feel really good, start

to dance, like Cuba Gooding Jr.'s character in *Jerry Maguire*. When you're feeling like this, you are fully connected with your higher self. You are in harmony with who you really are and your desires. You are wide open and letting the energy of the universe flow. The feeling is electric. It's exciting. It's enthusiasm, and we all feel the energy flowing, and that's why enthusiasm is contagious.

It's hard to describe feelings with words. There are not enough words to accurately describe all the feelings you feel. It's like trying to describe a color to somebody. You really can't describe the color so you say, "It's like this thing—" and you name an object that is the color you are trying to describe or you say, "It kind of looks a little bit like this, except maybe a little bit lighter." Trying to describe feelings is trying to express the inexpressible. We struggle to find the right words, and, not being able to find them, we use metaphors and analogies. Because the best art and music create an emotional response within us, it seems that much of art and music are an attempt to describe feelings. Let's try to describe a couple more. Ladies, I can hear you. A guy talking about feelings! I know, amazing, isn't it?

What does it feel like to be in love? It feels good, it feels joyful, and it feels happy. You can feel light, almost like you're floating. You don't seem to mind the things that go wrong around you. You say things like: That's all right. I'm feeling too good to be bothered by that. I am not going to let that bring me down. You have all the feelings that we described in joy. You're fun to be around. You light up even more when you see your lover or talk to him or her on the phone. You feel like Leonardo DiCaprio and Kate Winslet from the movie *Titanic* in the scene where they're on the bow of the ship, and Leonardo proclaims, "I feel like the king of the world." Then he stands up on the bow, spreads his arms out, tips his head back, and closes his eyes.

Let's try another one. What do gratitude and appreciation feel like? Well, like being in love, they put a smile on your face. You feel open, and you may feel a warm feeling in the center of your chest. You feel expanded, and you feel full. You feel grateful. You might think to yourself, wasn't that a really nice thing they did? Gratitude is a hard one to describe. When you feel gratitude, you're at your best. That's when you're letting all your energy flow.

Have you ever run into a grocery store to buy one item? You're in a hurry, you rush into the store, find the item, and head for the checkout. You get to the express lane, and there's a woman just starting to check out and a man in front of you with a full cart of 15 items to check out. You get in line and nervously look at your watch. The woman is just about finished, and the man in front of you turns and says, "You only have one item. You can go ahead of me." Right there, in that instance, a wave of gratitude flows over you, from head to toe. You can't thank him enough. You really appreciate it. What a nice person he is to do that for you. And the amazing thing is, you didn't even ask.

All of the good feelings are open, expanding, and flowing. You feel empowered. You're letting all the good things you want flow to you when you feel good. All of the bad feelings, whatever names you want to call them, feel confining, constricting, and suffocating. They make you feel like you have no power. They create friction within you, and let you know that what you want is being hindered by what you're thinking. But the good news is, you can always change the way you feel by changing what you think. **Your feelings come in response to your thoughts, and you always have control of what you're thinking.** Once you feel better, you have your power back.

What happens to people when they're not in touch with their feelings? That depends on how much they are out of touch. For someone who is out of touch with her feelings, life can be a roller-coaster ride because she only notices really strong feelings. Since she doesn't know that her feelings are communication from her higher self and what she feels is in response to what she thinks and the strength of her desire, she finds it very disconcerting and confusing. The confusion and discomfort causes her to try to hide and ignore her feelings even more, which only starts a vicious cycle and makes the roller-coaster ride even worse. People who are so far out of touch with their feelings that they are numb can become dangerous. They don't feel good feelings, and they also don't feel bad feelings like: guilt, remorse, regret, or fear. So there's a potential for them to do harmful things. If you think about it, your conscience is a feeling. It's sort of a poke at you that says, "Maybe I shouldn't do this. This probably is not the best idea I've had." Your conscience communicates with you as a feeling.

So, to reiterate, your feelings are communication from your higher self to you. The strength of the feeling that you feel is telling you how important this thing is to you and if you are attracting the thing or hindering it.

Feelings can also overwhelm people. When you don't know what feelings are or why you're having them, this can be very disconcerting. You could end up feeling like a ping-pong ball. You bounce around all over the place, feeling all kinds of things. Some good, some bad, and some you're not even sure of. This bouncing around can lead to feeling overwhelmed, which can lead to addictions.

Addictions can be connected to feelings in two ways. First, people get so overwhelmed by their feelings that they become anxious and afraid of them. They try to stuff them back down with food, alcohol, drugs, etc. Second, deep down inside, we all know that it's natural to feel good. We want so much to feel good that we drug ourselves in some way or another to feel good. While we are high or intoxicated, we feel better because we've stopped thinking about what was bothering us. The problem is, we didn't find our way to feeling better by choosing our thoughts and paying attention to how they feel, instead, we found our way to the good feelings by getting high. So the only way we can get back to the state of feeling some relief is by continuing to get high. However, feelings don't go away if they are ignored or stifled. They tend to get stronger. It gets harder and harder to ignore them. In response, we use more of our drug of choice, and then the addiction gets stronger. That's when it becomes a problem.

What society teaches

Society teaches us to ignore our feelings, which really means ignore our navigation. We're taught to look outside of ourselves for answers. Have you heard the expression *if Mama ain't happy, nobody's happy*? We learn at an early age that if certain people are upset, it's better to ignore how we feel and either get out of their way, or do something to make them feel better. This is especially true for little children, who rely on other people for everything. We are taught at an early age what the appropriate behavior is for certain situations. We learn how to play roles. We learn how to wear masks and hide behind them. When you go to church, you are taught the appropriate behavior, and the way to act, regardless of how you feel. When you go to

Grandma's house, you sit quietly in your chair and say please and thank you. There is no running around at Grandma's house, and we do not touch any of Grandma's things. We are taught to ignore our feelings, so instead of looking to navigate with our feeling radar, we start to look outside of ourselves for answers and for things that will make us happy.

The media is aware that people are looking outside of themselves to make them feel better, and to make them feel whole. Lynne Twist, highlights this idea in her book *Soul of Money Transforming Your Relationship with Money and Life*: "We start to believe the profit driven commercial and cultural messages that suggest money can buy happiness, and we begin to look outside of ourselves to be fulfilled."¹ But the heaven you seek is **always** within. Nothing outside of us can guide us as well as we can guide ourselves.

Let's take a look at a few examples of how society teaches us to ignore our feelings and to lose track of how we navigate. People who are in the military are trained to ignore the feeling of fear and to rely on their training. For people who are going to be put in harm's way, this is a very effective way to train them. However, it also teaches them to ignore their navigation. Veterans returning from war sometimes suffer from post-traumatic stress disorder. They see horrific things, and they are not in a place where they can acknowledge what they're feeling. So they ignore and/or suppress what they're feeling while they're in combat situations. They run into trouble when they get home when feelings that they've suppressed start bubbling up again.

Society also teaches us which feelings are acceptable to show in public and which feelings are not. As I said earlier, by following this social norm, we begin to ignore what we're feeling and start to play roles. We start putting on masks to hide behind. I remember when I was a young boy, I was playing Little League baseball. I remember getting hit pretty hard in the arm with the baseball. I wasn't seriously hurt, but it was quite painful. I wanted to cry, but I remember being encouraged by the coach and by the rest of my teammates to "tough it out, walk it off, suck it up, and shake it off". "You are all right," they all told me. "Come on, let's go." What was Tom Hanks' line from the movie, *A League of Their Own*? "There's no crying in baseball." So, with things like that, little by little, we start to lose track of our internal navigation.

I remember another time when I struck out and was very upset. In my opinion, I didn't help my team much at all. I wouldn't say it caused us to lose the game, but I didn't help us win it either. I was very upset, and again, I wanted to cry and have a little fit. But I didn't, because "I'm a man." I was just a little kid and knew that men didn't cry. So I didn't. I sucked it all in, slammed the bat to the ground, kind of lashed out in anger, and again moved away from my navigation and my internal radar.

Not saying what we mean

Another way we lose touch with our feelings is by not saying what we mean. A very small amount of our communication comes from what we actually say. How we feel is the biggest part of our communication with others. Children are very good at reading how others feel because they are still using their feelings to navigate with. They still trust their feelings.

¹ Twist, Lynn, *Soul of Money Transforming Your Relationship with Money and Life* W.W.Norton & Co. Inc. 2003

For example, a man and woman are not getting along well. The woman is upset with the man because of something he did. They are in the living room in the middle of a disagreement. Their young son, hearing the commotion, leaves his bedroom upstairs and comes down to the living room to see what's going on. In order to protect the child, when he walks into the room, they pretend nothing is going on. The child, who is about five or six-years-old, is still very much in touch with how he navigates and his internal radar and can easily *feel* that both parents are upset.

There may be some visual clues, but the adults do the best they can to hide the truth, which they believe is for the child's own good. What they don't realize is the child can tell, because he can feel it. He can easily feel that his mother is very upset because she doesn't hide her feelings as well as his father can. So the child asks, "Mommy, what's the matter?" And the mother replies, "Nothing honey." The child thinks, hum that's strange; I can feel that she's very upset. Why is she telling me she's not upset? The child asks again, "Mommy is everything okay? You don't seem like you're so happy to me?" And once again, the mother now visibly upset, tells the child in a curt manner, "No, Mommy is fine."

The child now turns and says, "Daddy, why are you mad?" By now the father is starting to get upset and says to the child, "Why don't you leave your mother alone?" At this point the mother, who is mad at the father, turns and says, "Leave him alone. He hasn't done anything wrong. Besides, this is all your fault. Leave him out of it." Now the father, who is quite angry, turns to the child and says, "See what you've done. You've made your mother mad." The mother strongly objects. "Stop it! That's enough!" The mother turns to the child and says, "Honey, why don't you go play in your room?" The child, now very confused, says, "Mommy, why are you mad at me?" The mother says, "Honey, I'm fine. I'm not mad at you. Everything is fine. Run along and play." And as the child walks away, confused, he can hear his mother angrily lashing out at his father. The child is thinking to himself, I know they're upset. I can feel that they're upset. Why would they tell me that they're not upset, when I know they are? I don't understand. I guess something inside me is not right. I guess I can't trust my feelings.

That is a logical conclusion and the only conclusion the child can come up with. This is how little by little, we are taught to lose touch with our feelings and to not trust what comes from within. This is how we learn to say what we *don't* mean. You've often seen that you can't fool little kids. Why? Because kids are still in touch with how they navigate. They rely on how they feel and how things feel, more than what is said. They can get a very good reading on you and how you are feeling. However, as they grow up, they learn to stop using their feelings to navigate. They also learn to look outside of themselves for guidance, like everyone else does.

Losing track of our internal radar

Let's look at a couple of other ways we lose track of our internal radar. Have you ever heard the expression "The squeaky wheel gets the oil"? Imagine you're in a toy store, minding your own business, walking down the aisles. You come upon the following scene: a small child, maybe five or six, has a toy that he wants. He's picked it up off the shelf, and there's no way he's putting that down. His mother has told him that this is a trip to buy a present for cousin Billy for his birthday, and there is no way he's getting a toy. The little kid is going to be relentless. *I want*

it, I want it and the meltdown has begun. The little kids starts to cry, scream, kick, and do everything he can til he gets his toy. Now it's a question of who wears out first, his mother or him. Sometimes the squeaky wheel will get the toy. Unfortunately, this distorts how we navigate. It teaches us that if we have a fit, and we make enough noise and commotion, we will get what we want. However, the universe does not respond to temper tantrums. Sometimes your mother did, but the universe never does. Another way that we lose touch with our navigation is when we're told, if you're good, you will be rewarded for your behavior. Or, if you behave, mommy will buy you an ice cream, or a toy or whatever the bribe may be.

As we begin to lose track of how we navigate or our internal radar, we also lose track of our hunches and intuition. Some people realize that just like our conscience, intuition is also a form of communication. Most people don't know exactly where hunches or intuition are coming from, but they know when they're in tune with it, it feels right and they happily use it. Did you ever notice that when you're feeling good, you have more hunches and intuition than you do when you're not feeling good? Did you ever know who was on the phone before you picked it up? Did you ever have the feeling about something, and it turned out to be right? We learn to ignore our hunches and our intuition. People tell us, don't be silly, you couldn't possibly have known that. Intuition is portrayed in the media as something scary and frightening. There is something freakish about people who are that highly attuned to what's going on around them, and they are strange, scary, and weird. Of course none of that is true, and all of us have hunches, insights, and intuition. Author and psychic Sonia Choquette says, "Our physical senses give us our feet and keep us earthbound, while our sixth sense, gives us our wings and teaches us to soar. Sadly, few people realize that we have such an important spiritual sense, let alone know how to access or listen to it."² In the last three words of that quote, Sonia is acknowledging that intuition is a form of communication, and you're in tune with this communication when you're feeling good.

Feeling good

When you're feeling good, and your energy is flowing. You're connected to the universe and that's when you want to pay attention to your hunches and insights. I remember one time, two of my brothers and I were downstairs in the family room. We were working on some music, and I remember I had my guitar, a blond-finished 1969 Fender Stratocaster. I was feeling quite good, too. I remember the radio was on. For some reason, we were talking about how good this particular radio station was. I remember it as clearly as if it were yesterday. I said to Johnny and Billy, "This radio station is so good. The next song that they play is going to be *Long Train Runnin'* by the Doobie Brothers." Moments later, the unmistakable rhythm guitar part of *Long Train Runnin'* started to play, and, yes, it did freak them out. Remember, when you're feeling good, you're in the flow, and you can do amazing things. I'm not saying that you'll be able to tell what song will be on the radio next or that you'll be able to guess tonight's lottery numbers. But when you're in the flow, life is wonderful, and good things happen.

² Choquette, Sonia, *Trust Your Vibes, Secret Tools for Six-Sensory Living* Hay House Inc. 2004

Our emotions are communication from our higher selves to our conscious selves. Our feelings are telling us that what we would like is on its way to us, or that we are hindering it. So, our first building block is in place. The first note of our scale is Principle one: **How you feel is important.** When we decide we want something, the universe starts forming energy around it, creating it for us. Our feelings tell us how we are doing. The next part is how does it get to us? How does it manifest in our lives? I'm glad you asked because that's the topic of the next chapter: *the law of attraction.*

Summary:

1. Your emotions are communication from your higher self to your conscious self.
2. Your emotions are how you navigate through your life. They are your internal radar.
3. There are only two emotions: one that feels good and one that feels bad.
4. All of the good feelings are open, expanding, and flowing. You feel empowered. You're letting all the good things you want flow to you when you feel good.
5. All of the bad feelings feel confining, constricting, and suffocating. They make you feel like you have no power. They create friction within you and let you know that what you want is being hindered by what you're thinking.
6. The stronger the emotion is, good or bad, the more important the subject is to you.
7. You can always change the way you feel by what you think. **Your feelings come in response to your thoughts.** You always have control of what you're thinking.
8. Society teaches us to guide ourselves from external sources. The best guidance always comes from within.
9. Losing touch with and/or not paying attention to our feelings can eventually cause major problems in our life, like addictions.
10. We all have hunches and insights. They are also feelings, which are communications from our higher self. Trust your instincts and follow them.

