

The Law Of Feeling

Recall that a Manifestation Master is someone who looks at his life in the present moment and profoundly accepts that he created everything in his life and then chooses to revel and savor in all of it – even the challenges.

The “reveling and savoring” piece speaks to the *feeling* aspect of creation.

While we are living in a thinking universe, and every creation begins from a thought, it is our *feelings* that determines the direction of our power.

Our feelings are a measure of our energetic frequency.

What Is Your Energetic Frequency?

Your energetic frequency is the energetic level you are living at. Your energetic level is a measure of your ability to create what you want in your life. The higher your energetic frequency, the more self-actualized you are.

To measure your energetic frequency, look around your life. How much of your life is the way you want it? How much of your life is not?

Another way to measure your energetic frequency is your thinking. How much of your thinking makes you feel powerful, uplifted, and free? How much of your thinking is filled with excuses, complaints, limitation, and blame?

Your Energetic Frequency changes from moment to moment, depending on what you're thinking in that moment.

If you were to observe your feelings through a day, you would likely find several peaks and valleys. It is 100% human to move from emotion to emotion – all over the board – in very short periods of time.

The ultimate way to measure your energetic frequency is to observe your feelings. Your feelings are a direct indicator of your energy. If 1 equals a feeling of utter despair and 10 equals a feeling of utter bliss and godliness, then every other feeling falls somewhere in between.

At every moment, you experience a different feeling. And that feeling equates to a particular energetic frequency. If you were to measure your feelings on a scale of 1 to 10 on the hour every day for a week, you would get a sense of what your **“Average Energetic Frequency”** is (assuming you measured on a relatively average week in your life).

Your Average Energetic Frequency determines the results of your life.

It's important to understand this because, as I explain the Law of Feeling this week, and the Law of Attraction next week, it's important to understand that it is the Average Energetic Frequency – not the moment-to-moment frequency – that determines your results in life.

To explain what I mean, let's look at your Relationship to Feeling.

What Is Your Relationship to Feeling?

In order to become a Manifestation Master, it is important to discover and cultivate a healthy and loving relationship with your feelings. *All your feelings.*

Most of us grow up believing that certain feelings are bad, while others are good.

It's bad to feel angry, sad, and needy. It's good to feel happy, loving, and compassionate.

As a result of this relationship with our feelings, we build our lives, as best we can, to feel the "good" feelings and avoid the "bad" feelings. But this is not the kind of relationship a Manifestation Master has with his feelings. Remember that **the Manifestation Master "revels and savors" in all his creations. *And his creations include feelings.***

Thus, he doesn't revel and savor in feelings of love and happiness, but resist and avoid anger and sadness. He savors in them all.

Let's imagine a person, we'll call her Molly. **Molly believes that feeling angry is bad.** Molly therefore does everything in her power to avoid feeling angry. That keeps her from saying things, doing things, even thinking things that might make her feel angry. **This cuts Molly off from all sorts of options in life, fearful that for 10 minutes, she might feel angry.**

For example, **Molly wants to write that book.** She really does. It has been a long term calling inside her. **But every step along the journey creates a possibility of her feeling angry.** She might feel angry with herself for not knowing what to write. She might feel angry with others for not being willing to read what she writes. She might feel angry with those who read and misunderstand her.

What's more, based on everything she has read about manifestation, **she believes that if she feels angry, she will create angry outcomes.** Thus her avoidance to feel angry is further backed by this concern.

Thus, Molly never writes her book, because every time she feels angry she stops, thinking that she's doing it wrong.

On the surface, Molly appears victorious in her goal to never feel angry, right? Presumably because she's not feeling anger at all, she must be manifesting something good, even though her book isn't complete. She even convinces herself that she's on the right path.

But there is a lingering sadness in Molly, because she really would like to write her book.

But how can she without facing the demons of anger that spring up from her at every turn??

The truth is – she can't.

Anger is part of her journey. And if Molly were to choose to embark in her creation as would a Manifestation Master, she would allow her anger to come. She would learn how to “revel and savor” in her anger (just as she revels and savors in her joy).

What Molly doesn't know is that all unwanted feelings reveal a wounded part of herself that requires love and attention. It is not by avoiding the wound, that it heals, but by loving it. And through the healing of wounds – available through feeling her anger – she discovers unprecedented love in her life.

The result is that her entire energetic system catapults upwards. And therefore, her **Average Energetic Frequency increases.**

And remember it is one's Average Energetic Frequency that determines the results of one's life.

Thus, being a Manifestation Master asks you to be willing to develop a loving relationship with all your feelings – particularly the ones you'd rather not have.

This might feel incredibly uncomfortable because it runs in total contrast to everything we are taught about feelings. It even, on the surface, runs in contrast to what people hear about the Law of Attraction.

But the point of feelings is not to avoid them, it is revel and savor in all of them. And through the reveling and savoring, the **feelings you don't want can become the source of power needed to up-level your entire energetic system.**

How Do You Learn To Revel And Savor In Unwanted Feelings?

The simple answer is alchemy. Alchemy allows you to shift something of seeming lower value to higher value. And your Spiritual Self is a master of alchemy.

For every painful situation in your life, call on your Spiritual Self. To activate the wisdom of your Spiritual Self, ask this question, “**What is my Spiritual Self thinking?**” What does my Spiritual Self want me to see?

Your Spiritual Self sees the divine in everything. It sees the good, the power, and the possibility that your human eyes alone cannot see.

Some hints...

- All people who hurt, anger, or sadden you are a reflection of yourself. They reveal an unhealed, unwanted part of yourself. **Unhealed wounds give you access to love.**
- All difficult circumstances and challenges in your external world are also a reflection of yourself. They reveal a victim part of you who is either (a) not tending to an inner wound or (b) is not standing in it's full power. **Difficult circumstances give you access to power.**
- All instances of scarcity – not enough money, information, education, beauty, etc – are also a reflection of you. They reveal your unclaimed worth. **Unclaimed worth gives you access to prosperity.**

All challenges are here to give you access to love, power, and prosperity.

In the moment you feel an unwanted feeling, take a moment to connect with your Spiritual Self, and ask:

1. Bring to mind an uncomfortable feeling you'd like to transform and ask your Spiritual Self to come visit you.
2. Why have you come to me today?
3. What is the wisdom you would like me to receive?
4. What is this uncomfortable feeling trying to teach me?
5. What limiting thought is keeping me from seeing my power?
6. What action would you like me to take today to move forward?
7. What action would you like me to take to receive acknowledgement, comfort and love?
8. What is the new commitment you'd like me to bring to my life this week?

How Do You Produce New Physical World Results?

To produce new physical world results, you need to up-level your Average Energetic Frequency.



Thus, to create something new in your life asks you to shift not just your physical world, through physical world action, but also your emotional world, through acts of alchemy and healing. Every physical goal that you have requires both elements.

Consider your 90-Day Divine Creation.

In order to manifest this creation...

1. What will evolve in the physical world?
2. What will evolve in your thinking?
3. What will evolve in your feelings?
4. What aspect of your **Spiritual Self** will become present in your human experience?

Below is an example of Molly using the questions above to help her write her book.

Molly's 90-Day Divine Creation is to write her book.

1. **What will evolve in the physical world?** The act of writing will take place, bringing words together into sentences. Sentences into paragraphs. Paragraphs into chapters. And chapters into the completed book. **Here is the plan:**
 - a. Writing every day for 2 hours
 - b. During the first 2 weeks, I'll focus on allowing ideas to spill out uncensored, just to see what comes.
 - c. After that, I'll organize my thoughts into 4-12 primary topics/themes/steps
 - d. Then I'll spend a day creating a simple outline of the book
 - e. Next, I'll write each chapter according to the outline
 - f. When my draft is complete, I will celebrate and share it with three friends
2. **What will evolve in your thinking?** Right now my thinking still questions whether I can do this. But I see that if I follow through, certainly I will prove that thought inaccurate.
3. **What will evolve in your feelings?** Right now I feel scared that no one will want to read what I have to say, but through the act of writing and seeing my words fill the pages, I will discover a profound sense of confidence that what I have to say matters deeply. My feelings will evolve from scared, doubtful and inadequate to feeling strong, powerful, and capable.
4. **What aspect of your Spiritual Self will become present in your human experience?** My Spiritual Self is wise beyond question. In order to manifest a brilliant book that inspires the world, I choose to own my *profound inner wisdom.*

What is The Law of Feeling?

The Law of Feeling states that how you feel about what you're doing determines the results of what you're doing.

Digest this law knowing that there are many layers to this statement. On the surface, you might hear this definition and believe that the aim is to only feel good all the time. But through our conversation today, hopefully you see that the Law of Feeling is not about avoiding feelings, but rather allowing all feelings to have their place. And ultimately, you will feel entirely better about everything you are doing if you make room for the transformations available through your anger, sadness, and despair.

Action Steps:

1. Take the actions from your spiritual self.
2. Create a plan for manifesting your 90-Day Creation. Write down the action steps you intend to take. Allow your Manifestation Group to help you if you need support.
3. Be sure to make the powerful request given to you by your Spiritual Self.