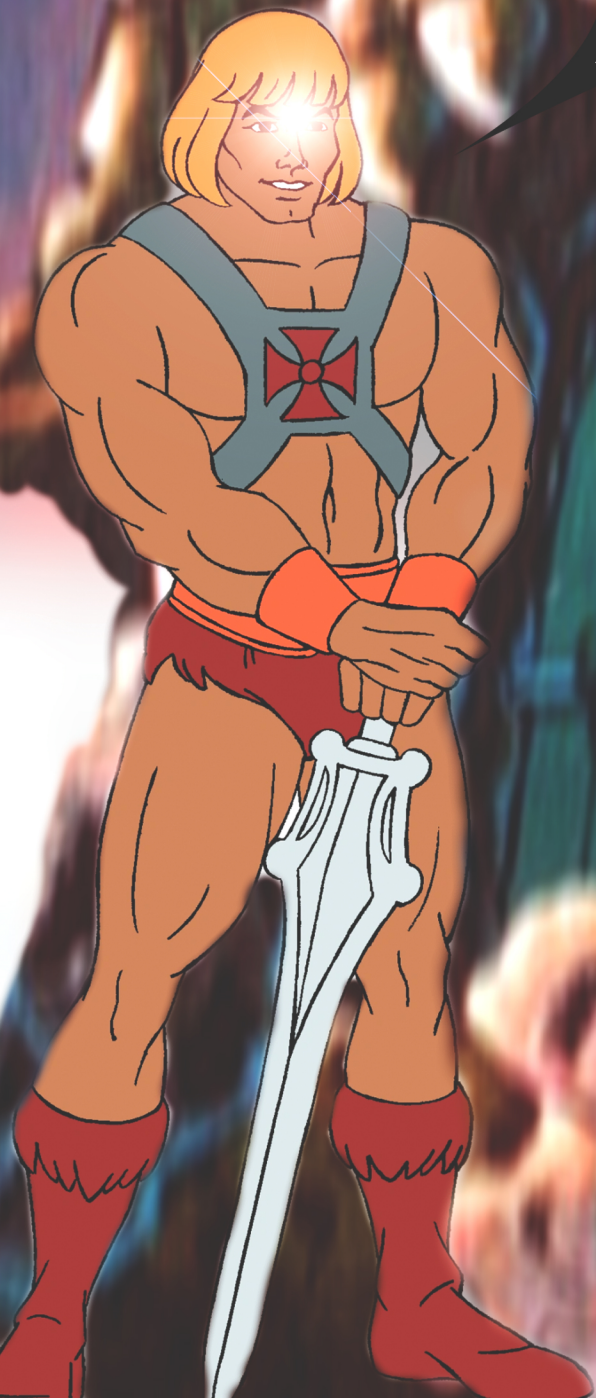


1944

Yeah
I got the part
playing He-Man.
I'm that good!



FEELING IS THE SECRET

We interpret everything all the time.

And we analyze that interpretation that gives rise to thoughts & emotions in order to act upon their level of sincerity. All from our perception.

Why is because the analytical minds main function is to keep us alive.
So we need to evaluate and create a perception around say,
A cute kitty cat and a hungry tiger.

So this functionality is something good.

But what happens is that this analytical function becomes involved in our perceived existence. From judgments regarding our self-worth and belonging created from the competitive mind of the teenager we begin to analyze these uncomfortable feelings and interpret them in the context of life itself.

When we say something like:

Don't worry, Be happy.

Leave it all to God.

That is 100% correct.

But you can't just think those words.
You have to do it.

And that itself becomes a problem because of society's conviction that anything acquired is done by doing. So because we are so convinced that this is the only way we try to think about not worrying and we think about leaving everything to God.

But here's the kicker!

Feeling is the secret

What you do in terms of emotional understanding.
And what doing becomes in this domain.

Is simple not.

You feel good.

How do you feel good?

You don't feel bad.

How is it possible to not feel bad?

You do not judge.

How do we not judge ourselves?

We make things right.
We make ourselves feel good.

If you have a hard time doing that,
and simply feeling good about everything about you?

You have some work to do. And that is to cut the energy connections that does not serve you. The energy source inside you should effortlessly make you feel good.

The energy connections inside you that needs to be cut are those who are in one way or another connected to anything that creates guilt, fear, shame.

Anything perceived as negative in your experience.

These are attachments are holding you back from going forward or blocking yourself from attracting what is ment for you.

You are supposed to figuratively speaking:

Go with the flow

God/The Universe will provide everything you need.

All you could ever wish for is waiting for you to be handed over in a specifically perceived time.

That timing is not ONE specific second when it all comes.

That moment is multiple moments.

And you get what you need when you are ready for it.

So let's give an example:

You want to become a Hollywood actress.

You will get everything you need when you are ready all the way until you are a Hollywood actress. From the inspiration to work in facial expression to the apartment with those terrible neighbors that keep you up at night from their constant fighting but really they make you reflect a lot on relationships that you become better at listening and conversation and so you actually become nicer to yourself which in turns make you feel good that attracts that boyfriend who works as a janitor at the set of a movie you wish to be in and one night you sneak in using his keys and codes to the doors and you get arrested and inside the jail cell there is this dude that knows a guy who sell narcotics and you decide to tell the police officer about it and he is capable of busting down a gang of drug dealers and from that information he got promoted and one day out in the sun you walk past him and he says hi and thank you for giving him all this and asks what you're up to and he tells you that his brother is the one directing that movie and talks about you getting an audition and YOU DO! And they think your great and YOU GET THE PART!! And away you go.

All of this....

Happened from a mindset of expectation.

Not worry.

Just a mindset of:

Well isn't this exiting! It feels just like I'm in a movie starring me and in a way makes me feel like I have the power to create a happy ending for myself!

Just as long as I use my power.

And not let it use me.

I HAVE THE POWER!!!!!!