

# Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

April 2008

## LOL and IM Your Emotions



I live in my head. Since it's my head, you would think that it would be a pretty comfy place to be. But the truth is, more often than I care to admit it is dark and unpleasant in there with negative thoughts, self-criticism, and at times even self-loathing. But even when my thoughts are happy and upbeat, it is a pretty confusing, crowded place with one thought after another vying for attention and then reluctantly relinquishing the floor to the next, louder judgment, opinion, or point of view that comes along.

In my quest to learn, understand and practice the art of manifesting, I have come to realize that the real ME is the observer observing the constant chatter reverberating around in my head. It is my goal to minimize the chaos going on in there so that I can actually hear the whispers of love, encouragement and wisdom coming from my higher, intuitive self. (But that's a topic for another day.)

The subject at hand is emotions, because you cannot manifest good things into your life unless you are feeling good in general, and specifically about what your heart desires. Simply put, like attracts like. So if you want to manifest GREAT things, it would be useful to put a finger on the pulse of your emotions from time to time throughout your day to make sure that you are attracting only what you do want and not what you don't want.

However, when I first started this practice of checking my emotions, being a self-professed "head dweller," I found myself trying to laboriously sort out, label and categorize each emotion, turning a simple, easy practice into a time consuming chore. Then I remembered a quote from Abraham (a group of nonphysical beings) as offered by Esther and Jerry Hicks ([www.abraham-hicks.com](http://www.abraham-hicks.com)) It goes like this:

"There are only two emotions. One feels good and one feels bad. You call them all sorts of things, but there are really only two." - Abraham

After I thought about it for a while and evaluated a myriad of emotional labels that we all use, I realized that they really were all just expressions of varying degrees of good and bad feelings. This is when I started thinking about the shorthand email symbols that everyone uses to communicate their feelings, especially ☺ and ☹. Wouldn't it be simple to just visualize a happy face at the top of an emotional gauge and the frowny face at the bottom and then "feel" where you currently are on the scale? The point is to avoid the trap of labeling our feelings, and just feel them and "see" how they measure up.



There is one more step that can make your emotion checking time even more valuable. After you *feel* where you are on the chart, put your attention on the smiley face and just set an intention of sliding closer to it. Just intend it. Don't try to figure out how you will get there, because if you are like me, that will set off another "dwelling in your head" episode. If you are already at the happy face, GREAT! Set your intention on staying there for as long as possible.

..."There is one quality which one must possess to win, and that is *definiteness of purpose*, the knowledge of what one wants and a burning *desire* to possess it." – Napoleon Hill.



Emotions help fuel your burning desire to manifest your dreams. However, the goal is to make sure that you are fueling your heart's desires with positive feelings and not burning them with negative emotions.

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We've created a new H♥artivations™ mini-poster to help you remember to take your emotional pulse throughout your day, following the suggestions in this article. It combines words and art that speak to the Heart. Don't miss it on Page 3!

# Manifesting

## Art for Kids



Tigereye  
Manifesting® Bookmark



Emotions are unavoidable. Every situation in our lives creates an emotion. Regardless of whether they are good or bad, we experience them on a daily basis. However, it is the awareness and the allowance of good or bad emotions in our lives that lead us to a future of happiness or unhappiness. It is never too early to begin teaching your child the impact his or her emotions have on their lives.

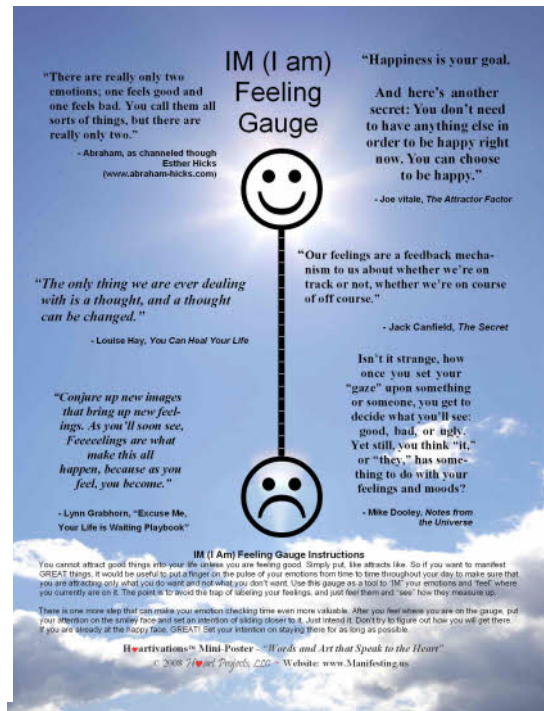
Choose a magazine or book with pictures of people. Sit down with your child and look at the expressions on peoples' faces. Ask her if she thinks this person is feeling good or bad. If she is unsure, ask other questions such as, do you think this person is angry, sad, excited, etc. You may want to write down the emotions you discuss. After looking at several pictures, divide up all of the emotions that you talked about into two categories: good and bad. Explain that in order to be truly happy, you must feel good. Give your child examples to think about, such as, if someone invited you to a birthday party, how would you feel? If you tripped and fell, how would you feel? Discuss the power of choosing your emotions. If you tripped and fell, you could chose to cry all day about it or you could ask mom to clean the cut, put on a Band-Aid and go back outside and have fun with your friends. The choice is up to him.

Have your child make an emotion chart. Give her a piece of construction paper. Then have her fold the paper in half vertically. Invite her to draw a happy face on the left side and a sad face on the right side. Explain that you will be helping her "check in with her feelings" throughout the day to decide if she is feeling good or feeling bad. Let her know that even if she is feeling bad, she has the choice to continue to feel bad or start feeling good. Have her put the emotion chart somewhere that is will be accessible to her throughout the day. Try having her check in with her feelings a couple times a day.

## Manifesting Tip

Our April special is a free set of five paper Manifesting™ bookmarks with every gemstone Manifesting® bookmark purchase. (A \$5.00 value!) Don't miss out on this offer -- Order today by visiting our website at [www.Manifesting.us](http://www.Manifesting.us)!

To learn more about Heart Projects' other Manifesting Products, including our Manifesting® Key Chains and Manifesting® Bracelets, we invite you to visit us at [www.Manifesting.us](http://www.Manifesting.us).



## Heartivations™ Mini-Poster - "Words and Art that Speak to the Heart"

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This is a smaller version of the Heartivations™ Mini-Poster. Use your Back Button to download the Full Version.

### IM (I Am) Feeling Gauge Instructions

You cannot attract good things into your life unless you are feeling good. Simply put, like attracts like. So if you want to manifest GREAT things, it would be useful to put a finger on the pulse of your emotions from time to time throughout your day to make sure that you are attracting only what you do want and not what you don't want. Use this gauge as a tool to "IM" your emotions and "feel" where you currently are on it. The point is to avoid the trap of labeling your feelings, and just feel them and "see" how they measure up.

There is one more step that can make your emotion checking time even more valuable. After you feel where you are on the gauge, put your attention on the smiley face and set an intention of sliding closer to it. Just intend it. Don't try to figure out how you will get there. If you are already at the happy face, GREAT! Set your intention on staying there for as long as possible.

**Note: All of Heart Projects' Manifesting® products feature 17 beads that will help you to focus and direct your thoughts in this exercise. Please visit our website at: [www.Manifesting.us](http://www.Manifesting.us).**