

Your Social (in)Security Check

by [Mary K Weinhagen](#)

You live in a pulsating, vibrating Universe of advanced harmonics. Everything that exists, in your air, in your dirt, in your water, and in your bodies, is vibration in motion—and all of it is managed by the powerful *Law of Attraction*. There is nothing that exists outside of this vibrational nature, and as you learn to accept your vibrational nature, and begin to consciously utilize your emotional vibrational indicators, you will gain conscious control of your personal creations and of the outcomes of your life experience.

from Abraham's newest (and we think greatest) book, *Money and the Law of Attraction... Learning to Attract Wealth, Health and Happiness*.

I was so disappointed to hear Louise Hayes say, today on *Oprah*, that the Law of Attraction says we get what we're *thinking* about, that I actually started feeling a hot flash coming on. Geez Louise, (**hee hee... I couldn't resist*) aren't you missing the obvious?!? It's about the **VIBRATIONS** people! Here... give me a moment to re-center. *Whew!*



Sure... thoughts hold a vibration. However, I'm willing to wager that they *follow* a feeling. They resonate with a FEELING that we're holding/vibrating first.

It can all get confusing as we recognize the fact that our thoughts can reinforce our feelings and even influence how long we perpetuate the feeling. Thinking, coming from feeling, can stir the feelings up powerfully. And that alone is reason enough to understand that while there is certainly a grand dance going on with our thoughts and feelings... true, deliberate creation begins with *managing* and *mastering how we FEEL!*

Do you understand that you don't have to let the externals, the things outside of you, control how you feel? Do you even believe it's *possible* to feel how you choose regardless of what's going on around you, no matter what your circumstances... even though this is really challenging for you right now?

The thing is, if we are strongly resistant to accepting that control of our feelings is possible then we first need to practice opening our mind to *that* possibility. If you already trust (at least to some degree) that it's possible... then you're ready to practice *deliberately choosing how you will feel*.

And the way you practice involves first, getting familiar with what '*feeling good*' feels like to you. Don't reach for over-the-top feelings of joy-filled exhilaration... just simple moments of feeling genuine appreciation will do. So take some time each day, as many moments as possible, to take a breath and think of something to appreciate then allow those feelings of appreciation to swell within you.

It may come from a memory... or something you observe around you... a pleasant thought you just had... the expression on a stranger's face... whatever it is, when you feel it, bookmark that feeling. Make a mental note of it so you can bring it up next time you want to flow feelings of appreciation and gratitude.

The ***Course in Miracles*** says your physical body has one purpose, and only one purpose. It is a tool of communication. Let's ramp up the ways we're using that 'tool' and empower ourselves by checking in with our body's feedback. Used alongside Abraham's *Emotional Guidance Scale* your body truly becomes a power tool for your use in checking your feelings and checking your alignment. So include how your body, all of its various parts, is feeling when you are flowing appreciation and bookmark that too.

When we are *aligned* with Source Energy we are infused with inspiration. We feel wonderful and clear and are frequently inspired to take action that leads us to joy. When we're coming from our core of peace, our bodies feel strong, vibrant, relaxed... we are **THRIVING** despite any outward circumstances to the contrary.

Each day is going to present us with moments of distraction and a smorgasbord of experiences. Opportunities will arise when our attention is drawn to things outside of ourselves. Some of these are things that simply don't support feeling good. And we're somewhat bound, out of habit, to have a thought or two about this 'thing' dancing in front of us.

Whether we're momentarily bedazzled by that *third* glass of spilled milk dripping onto our once clean kitchen floor by a careless child or the phone call late at night telling us we need to pick up our reckless teenager from

jail... we *are* going to be pulled out of alignment, away from our core of peace.

We may find ourselves plummeting on the Emotional Guidance Scale from Contentment to Discouragement and feel a tightening in our shoulders or go from Positive Expectation to Fear with a knot in our belly. Regardless of the specific response... our body IS communicating to us. It is *always* keeping us informed about our alignment to Source.

The difference between people who are thriving and enjoying the journey and people who are resisting or simply 'getting by' is not that they aren't confronted with similar experiences... it is that people who are thriving are seeking the counsel of that communication and choosing to pivot their focus back to their core of peace, taking the time to get back into alignment. The more we practice doing this, the quicker we are able to accomplish it and the easier it becomes even when we might "think" the circumstances overwhelming. We *can* attain tranquility in the midst of chaos... and the frequent spilt milk moments give us plenty of time to practice!

So take baby steps. Once you lock onto a 'good feeling'... set an intention that for the next 10 minutes, no matter what you see, no matter what is going on around you... that you're going to **FEEL THAT WAY**. (Make it 5 minutes if 10 feel too long)

Congratulate yourself when you make it through that segment. And if you don't make the whole 10 minutes... know that it's okay... because even if it only lasted a minute... you still can celebrate that YOU choose how you were going to feel for that minute! YOU had control... until you didn't. *And that's the case for all of us... everyday!!!*

We have mastery over how we feel when we deliberately choose how we feel... and we all get distracted at times and start responding (resonating) to what we're *observing* and what we're *thinking* about what we're observing instead of what we're **choosing to feel!**



That's all part of the Game called, Life on Planet Earth. And we all chose to come play here so let's lighten up and rest secure in knowing that we have all the tools to succeed. We just have to check in with them on a regular basis and rest secure in the knowledge they are designed to never lead us astray!!!