

## LOL and IM Your Emotions

I live in my head. Since it is 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.)

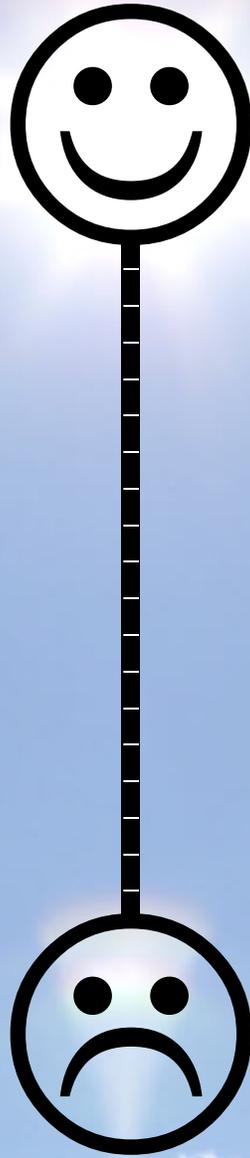
***The subject at hand is emotions, because you cannot manifest good things into your life unless you are feeling good in general, and specifically about what your heart desires.***

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."*

# IM (I am) Feeling Gauge



## **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.

**H♥artivations™ Mini-Poster - "Words and Art that Speak to the Heart"**

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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 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 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 up with negative emotions.



**Mary Jo Shaffer** is co-owner of Heart Projects, LLC, in partnership with her twin daughters. Their mission of love is to share their gifts and to help others use the Law of Attraction to manifest their own heart's desires. Heart Projects, LLC's product lines include exclusive, genuine gemstone Manifesting® bracelets, bookmarks, key chains and other items. Please visit their website at [www.manifesting.us](http://www.manifesting.us)

**Heart Projects, LLC** has created a Heartivations™ mini-poster that you can download free of charge to help remind you to appreciate yourself and to live in the present moment, as suggested in this article. It combines words and art that speak to the Heart. Get your free download at our website, <http://www.manifesting.us> Click on the Newsletter tab located on the left-hand side of our Home page and then select the February 2008 Heartivation on that page.

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