

IM (I am) Feeling Gauge

“There are really only two emotions; one feels good and one feels bad. You call them all sorts of things, but there are really only two.”

- Abraham, as channeled through
Esther Hicks
(www.abraham-hicks.com)

“Happiness is your goal.

And here’s another secret: You don’t need to have anything else in order to be happy right now.

You can choose to be happy.”

- Joe Vitale, *The Attractor Factor*



“The only thing we are ever dealing with is a thought, and a thought can be changed.”

- Louise Hay, *You Can Heal Your Life*

“Our feelings are a feedback mechanism to us about whether we’re on track or not, whether we’re on course or off course.”

- Jack Canfield, *The Secret*

“Conjure up new images that bring up new feelings. As you’ll soon see, feelings are what make this all happen, because as you feel, you become.”

- Lynn Grabhorn, *“Excuse Me, Your Life is Waiting Playbook”*

“Isn’t it strange, how once you set your ‘gaze’ upon something or someone, you get to decide what you’ll see: good, bad, or ugly. Yet still, you think ‘it,’ or ‘they,’ has something to do with your feelings and moods?”

- Mike Dooley, *Notes from the Universe*

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.

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