



Feeling Good is Everything!

There's an old saying, "Attitude is everything." That's true, but it's very last century. There's a new saying for divine, sublime, cosmic, conscious creators like you! It's the new golden rule for manifesting your desires. Say it with me: "Feeling good is everything!"

Why is feeling good so important? You would think that feeling emotionally good would be a no-brainer, but it appears that most people have no brain. (Just kidding.) Most people simply don't know the role that their thoughts and resulting emotions play when it comes to attracting the circumstances of life.

"How you feel is how you attract!"

This is more than a nice quote for your vision board. This statement is based on the most powerful law in the Universe, the Law of Attraction.

When you feel good (light-hearted, secure, serene, eager, joyful, you-name-it), you are in the receiving mode of all your desires. That's big.

You can attract to yourself only that which is a vibrational match to what you're thinking about/feeling and thus sending out to the Universe. You can't attract abundance if you're feeling poor and miserable. You can't attract romance if you're feeling lonely or jealous. (More misery.) You can't find a solution if you're focused on a problem and feeling angry and frustrated.

Remember, everything in the cosmos, including you, is made up of vibrating energy. To attract something that will bring you happiness, you have to first be on that same vibrational frequency: happy.

Feeling good means you are in the receiving mode of your desires. Plus, feeling good FEELS GOOD, and everyone wants to feel good, right? (With the possible exception of that grouchy history teacher in middle school.)

The real reason

Let's break it down like James Brown at a dance party. Sing it out: "Wo! I feel good...[DUH-duh-DUH-duh-DUH-duh-DUH]...I knew that I would now..."

(You're a fine singer! Have you been practicing on a karaoke machine? Confess!)

OK, the reason that you want anything is because it will make you feel good. You've probably heard that before. It's so important to remember that you are always going after the feeling you will get from the manifestation, even more than the manifestation itself. It doesn't matter how large or small your desire. You want world peace or a new house or a nice neighbor or a new frying pan because you think you will feel better in the having of it.

So, first you must feel successful before you attract success! First you must feel/imagine a sense of love and romance to attract love and romance. Many people think about it in a backward way: They hang onto thinking and feeling some degree of misery, waiting for their success or romance to show up so they can feel better. And that's why many people are frustrated to a significant degree. The Law of Attraction cannot give you your desire unless you can feel your desire -- or things equally wanted and pleasing -- first.

To help you remember how the manifestation process works,

I want to offer you one of the most important life changing sentences in this book!

"Feeling first, manifestation second!"

Yes, this is an Andy Dooley original and you can quote me, if you like. Please DO quote me, not for ego gratification but to transform your life!

I know you can feel prosperity, love, good health, and other happy states of being. You've been feeling your desires all your life, as you saw them written about, talked about and lived by others. You've daydreamed about them. (In this book, the letter **A** was all about activating the vibration, the feeling.)

Now, all you need to do is focus on feeling good more consistently.

Have you ever had a dream bite the dust?

Of course you've had a dream not come true. It happens to all of us. If you're like most folks, when your dream doesn't come true, you're deeply disappointed. What happened? You believed it, dreamed it and then suddenly you're not living it. Swoosh, it's gone.

Once I had a dream to become the Toastmasters World Champion of public speaking. I entered the speech contest but didn't win the ultimate prize. There are actually six levels

of contests in order to win it all, and I made it to the fourth level three years in a row. I was somewhat proud of my accomplishments, but the feeling of not making it all the way was unpleasant. I began to carry around a negative vibe: four years of speaking and contests, yet my dream never came true. Ugh!

Also during that time, I started another t-shirt company, with a friend, selling swag to the extreme sports industry. Our company name was “Vikingsextreme,” and we dreamed of making big money and becoming the next big thing by selling t-shirts and board shorts to wake boarders. Guess what? Our Viking ship sank to the bottom of the ocean. We had been confident in our venture -- after all, sex was in the name of our company, and sex sells. Yet, after three years, we lost \$100,000, and I learned a crucial lesson: Sex sells but not if I am selling it! LOL!

From bad to worse...

I felt like a failure. Two big dreams of mine did not come to fruition. I was perplexed, for I had said my affirmations, visualized success and I even drank wheat grass juice, for heaven's sake!

In addition, a girlfriend I loved very much, as I had never loved before, broke up with me. I was heartbroken, depressed and felt like crap. Who wouldn't feel like crap? Topping it all off, I woke up one morning in the most pain I had ever

experienced. My lower back had gone out, and it felt as if I had a Samurai sword going through it. I spent the next three days in bed, sorting out my head. I knew I had brought it all upon myself. I wanted to point my finger and blame others for my pain, but I knew that I create my own reality, 100% of it, no exceptions. I had to take full responsibility for my thoughts and actions.

Well, guess what, how you feel is how you attract, even if it's justifiable. Unfortunately, the Universe does not issue an "OK to feel bad" pass. The Universe continues to pick up on your negative vibration and send you circumstances that are a match to that. That's where sayings like "The rich get richer and the poor get poorer" come from. How you feel is how you attract, and it tends to be a repetitive process if you don't know how things work.

Now you might be saying, "Andy, how come your dreams did not come true? I thought you were the expert on manifesting!" Let me s'plain.

When I did not manifest my dreams, it meant one thing. I was not a vibrational match to my dreams! I was not sufficiently believing in them and consistently feeling good about all aspects of my life.

Learning to feel good about life in general and our dreams in particular takes practice. We've learned, instead, to be skeptical and alert for life's pending problems because