

— **Change Your Beliefs Now** —

**FEELING BETTER
AFFIRMATIONS**

Guide & Meditation

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Change Your Beliefs Now

Welcome to Miracle Grids Feeling Better Affirmations

This guide with affirmations will help you elegantly Feel Better whenever you may need to let go of resistance of many negative emotions. It helps you choose and change to a life with a positive mindset.

These affirmations are presented to you in a questioning or wondering style. This helps you to change the messages from your subconscious mind, so that it can deliver a new reality based on the beliefs that you have chosen to follow.

There is a meditation that will help you lift your feelings to better ones.

This is a two-step process for feeling better.

If you have any questions about using these affirmations, contact me at Susan@ChangeYourBeliefsNow.com and I will answer if I can help.

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Introduction:

We were born completely loving ourselves. It is other people in our life that gradually added new beliefs for us to carry. Some are useful to us, but some beliefs have pulled us away from the life we want.

Those people were not bad or wrong. Some loved us and thought they were doing us a great service to help us succeed in our world. Others were just trying to help. And some provided only doubts and limitations that have not served us well.

We know that using positive affirmations can help us to change our beliefs and move away from excessive doubt or criticism. Some changes are easy, but other changes are difficult when we are strongly attached. We might resist for months, or even deny the positive affirmation is possible, clinging to an old belief that we have relied on.

So why do we want to change our beliefs?

We tire of trying to follow rules and beliefs that we thought were wise, but do not seem to work for us anymore. Our old beliefs can become the resistance to finding the life that we want to create for ourselves. Life changes, we grow, and we need to exchange old beliefs for what is most important to us NOW.

As we change our beliefs to fit our life as it is NOW, new feelings evolve about our daily activities and our world. Positive experiences establish new positive feelings about us. Our lives are nourished by these positive feelings, and we feel better about ourselves.

Challenges to continuing our positive feelings occur when we encounter disappointments or setbacks in our lives. Since the dawn of time, there is a strong pull to retreat to our older, limiting beliefs. It is unavoidable to feel this sometimes. So how do we get back on track to the positive feelings that were just starting to work out for us? Using positive affirmations is a very good practice to keep us working in the right direction.

So how do we use our negative experiences to grow and change, yet keep a positive mindset?

We can use affirmations in a questioning query rather than positive statements. We also elevate our emotions up the emotional scale, so we can move with less pain and increase the chances of having the newer positive beliefs change. This helps us be in the present moment.

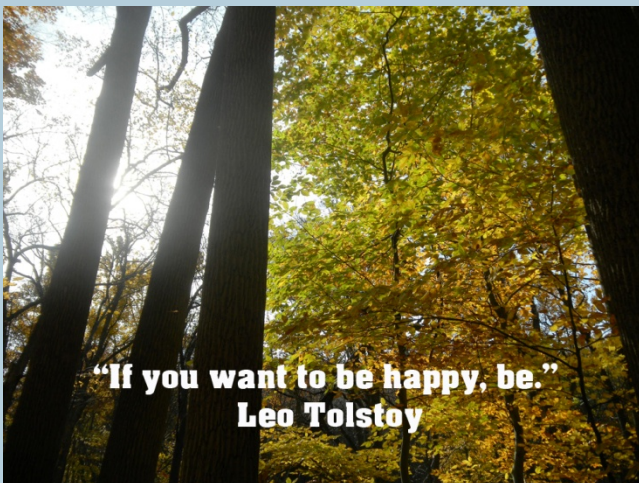
Step One

Positive Affirmations to Move Up the Emotional Scale

The Scale of Emotions

Dr. David Hawkins in 1995, created a scale of emotions that described the human condition. He noted that we needed to progress up the scale if we wanted to have positive emotions. In other words, one cannot naturally move directly from depression, straight into joy. Instead, the path is to take baby steps of progressing from the heavier emotions toward the lighter emotions, one could get from depression, to joy.

Abraham Lincoln was a wonderful example of such work. He had chronic depression. He would work on himself moving his emotions to lighter and lighter ones, until he was feeling better, until the depression abated. He did not want his depression to affect others or his decisions.



The following is a compilation list of the emotional scale that many have attempted to put together after Dr. Hawkins. The list starts with the heavier negative emotions and progresses to the higher lighter more positive emotions.

The Scale of Emotions

- Depressed/Repressed/Hopeless
- Grief/Loss/Sorrow/Loneliness/Abandonment
- Worthless/Lost/Powerless/Guilt
- Fear/Self Pity/Worry/Overwhelmed
- Blame/Regret/Revenge/Anger
- Hurt/Betrayal/Jealousy/Envy
- Confusion/Humiliation/Doubt
- Boredom/Impatience/Pessimism/Frustration
- Courage/Well being/Willingness
- Optimism/Hope/Forgiving/Trusting Self
- Passion/Compassion/Empathy/Trust in Divine & All That Is
- Happiness/Peace/Forgiven/Contentment
- Joy/Enthusiasm/Thrilled/Acceptance
- Love/Enlightenment/Gratitude/Divine & All That Is Inspired

The heavier emotions are listed at the top, progressing toward the lighter emotions. Note that heavier emotions are not actually bad; they are often a result of adverse or

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Positive Affirmations to Move Up the Emotional Scale

desperate times. Likewise, lighter emotions are not actually good; they are often a result of good events or success. Consider that it may be sufficient to move up just one or two levels for now, then progress further later. Some life experiences require more time.

Our emotions are a gift to help us grow and change. Darker feeling experiences happen to us in life. If someone you love dies, feeling and expressing that grief is vital. The grieving process is meant to reveal a new path. All our emotions serve to move us into higher states of self acceptance.

So think of this process as one of self acceptance. So where we are on the scale is only our starting point. Becoming more self accepting is important. Take your time to achieve self acceptance at any level you're on before moving upward.

Action Steps

1. First, find where you are on the emotional scale, or the heavier emotion if a few together seem similar for you. Begin with that emotional affirmation as provided below. State those affirmations to yourself in the order they are given. Be as quiet as you can inside. Allow time for the question to resonate with your soul, and to feel the answers that arise in you. If you are comfortable and confident with

the numerous responses you create, then you are ready to move to the next lighter emotion in the scale. But if they seem challenging, allow more time, or more days, to sort out your beliefs and allow new insights to form.

➤ **Tip:** Remember the goal is self acceptance. As you wonder about the following questions, imagine and dream about the positive outcomes. Spend some time with the better feelings you have with these wondering questions.

2. Observe your thoughts rather than identify with them. Add some kind thoughts about yourself that go with those feelings. Feel more accepting of yourself. If this is challenging, consider that your feelings are telling you something that is important for you to learn. What is truer about you, a person who is loved unconditionally by the Divine?
3. If past thoughts come forward, know they are already past and have happened already. They are water under the bridge so to speak. Forgive yourself for anything you may have done that may have hurt someone, because the Divine has already forgiven you. If any future thoughts come forward, know they have not happened yet, and there is no need to focus on

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them. Know that you are safe, secure and loved right now in this present moment. Stay in the present moment as you ponder these wondering questions.

Depressed/Repressed/Hopeless Affirmation:

“How enjoyable is it going to feel knowing I am loved always by the Divine?”

“How much fun am I going to have, learning the Divine always provides me what I need when I need it?”

Grief/Loss/Sorrow/Loneliness/Abandonment – Affirmation:

“How am I going to uncover the joy of knowing I am never alone?”

“How much fun am I going to have, learning the Divine always provides me what I need when I need it?”

Worthless/Lost/Powerless/Guilt – Affirmation:

“How is it going to be adventurous to know I am powerful whenever I connect with my truth?”

Fear/Self Pity/Worry/Overwhelmed – Affirmation:

How much fun is it going to be to discover that I can trust to ask for help and it is given?

“How am I going to discover that I am always given the power and the means to have a positive life experience?”

Hurt/Betrayal/Jealousy/Envy – Affirmation:

“How am I going to enjoy finding that there is enough abundance for all?”

Confusion/Humiliation/Doubt – Affirmation:

“How am I going to discover the joy of knowing I am completely accepted and will be helped if I ask?”

Boredom/Impatience/Pessimism/Frustration – Affirmation:

“What adventures am I going to have uncovering and learning new skills?”

Courage/Well being/Willingness – Affirmation:

“How much fun am I going to have with a life of synchronicities to meet my desires?”



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Optimism/Hope/Forgiving/Trusting Self – Affirmation:

“What adventure will I have uncovering just how valuable I am?”

Passion/Compassion/Empathy/Trust in Divine & All That Is – Affirmation:

“How much fun am I going to have, exploring doing what excites me most in every moment?”

Happiness/Peace/Forgiven/Contentment – Affirmation:

“How exciting is it going to be exploring that negative feelings are only meant to uncover higher truths about me?”

Joy/Enthusiasm/Thrilled/Acceptance – Affirmation:

“How much joy am I going to feel knowing that I can receive my hearts desires always?”

Love/Enlightenment/Gratitude/Divine & All That Is Inspired – Affirmation:

“What thrill am I going to have discovering that abundance is available to all?”

Wow! All the thoughts and emotions that must have come up can be very powerful. Take some time now for you to feel them all.

How do I know if I am ready to go to the next step?

When you are more conscious of your thoughts and are able to feel good about whom you believe you are, you are ready to move to the next step.



Step Two

Meditation – To Create Better feelings

Meditation helps us learn to stay in the present moment. This meditation moves you up the full emotional scale. It contains positive truth statements for you to use to move from the bottom to the top of the scale for a positive mindset to create more self acceptance. It also uses music recorded at theta frequency and accompanying binaural beats to assist you in bypassing your subconscious mind.

Action Steps

1. The next step, when you are ready, is to use the meditation to help you move up the emotional scale and have more self acceptance. Be sure to use ear listening devices to gain the full benefits of the brainwave entrainment.
2. Next, if a experience happens that you don't prefer, you can now redefine that experience as positive in that it teaches you something. At a minimum, your life experiences are meant to teach you what you prefer or what is important to you.

➤ **Tip:** If someone in your life says something that causes a heavy feeling inside you, take some time to observe your feelings and your thoughts. Be in the present NOW moment by focusing only how safe and loved you are in this present moment. Give a positive meaning as to what new learning this is for you. Now respond in a way that you prefer as someone who completely accepts oneself.

How do I know if I have mastered this step?

You have mastered self acceptance when you are able to let go of guilt, anger, resentment, and self doubt within the few minutes that they were meant to be felt. You just allow these feeling to be without resistance and allow them to pass through you. You are able to see life experiences as neutral in meaning. You are able to react to life events first emotionally, and then evaluate the meaning you choose to give them, before you take any actions.

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