

## Your Feelings Are Not Outside Your Control August 2009 Video – How You Define Your World

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1. Think of a time you felt wonderful. It's okay if this takes you a moment. Or doesn't come easily. Simply relax your body and your mind and move back through time. When did you feel wonderful? yesterday? or last year? or as a child? When did you laugh or smile from deep within? Capture that moment in time.
2. Close your eyes and imagine that time in vivid detail. You've been practicing using details with your MindMovies, so continue that practice here. Hear the sounds loudly, more loudly than you remember them. Now remember the feelings you felt at that moment as you listened to those sounds. Hold onto that feeling.
3. Imagine yourself stepping into that time, that experience, as if it's happening right now. See what you see, hear what you hear, feel how good you feel. Make the colors brighter and stronger. Notice your breathing then and breathe the same way now. Focus on that feeling.
4. Pay attention to the feeling in your body. This is a wonderful feeling. Discover where the feeling starts. Where it goes. What direction it moves in. Imagine taking control of it and spinning it faster and faster through your body as the feeling increases. This is a good sensation.
5. Think of a time in the future where you could use these good feelings. Spin these feelings throughout your body as you think about the future and the things you are doing over the next few days, weeks, month, year. Give this spinning within you a color, a temperature, a sensation. You are creating a memory and now this feeling will be with you when ever you think about your future. In the days, weeks, months, years to come this is the feeling the future will bring into your being whenever your thoughts move in that direction.
6. Embrace the feeling of know you control this feeling and can create it whenever you wish, with a specific event in mind - and this is the feeling that will radiate from within you whenever you think of that event.

Your event might be flying across country, taking a new job, drafting a proposal for a big meeting, a family reunion, a dinner with a distant relative, a talk with a loved one that you've been postponing. Whatever the event or situation, you now have the tools to create the feeling you want to experience as you move into that moment in time.

Practice and use as needed. You will be amazed and surprised if you find yourself feeling great for absolutely no reason.

In Joyful Self-Image,

*Jill R Stevens*