

## **How a Feeling Can Create Having by Peggy McColl**

Is it possible that if I simply feel what it feels like to have something, that very act can cause it to appear in my life?

Many people have a belief that when they \*have\* something they will \*feel\* a certain emotional response. Let's use an example, one of my clients use to say "When I have money, then I will be grateful." Or, I've also heard this said: "When I am in love, I'll feel like singing all of the time. I'll feel like walking on air. I'll feel that zest for life and the joy of a new day. Life feels so wonderful when you are in love."

Both of those statements are true. People DO tend to feel differently when they have something, especially when it is something that they deeply desire.

But, here's a valuable and proven technique to attract something in your life that you may not presently have. It is a two step approach.

Firstly, decide what it is that you want.

Secondly, go straight to the feeling that you will experience when you have that.

Here's what happens. Your mind doesn't know the difference between what is real and what is vividly imagined. If you start to feel as if you have the thing that you desire, you will literally attract it to you like a powerful magnetic force.

Here's how you can use this in your life: Take out a sheet of paper. Draw a line down the middle of the page. On the left side write down what it is that you want to have in your life i.e. a loving relationship, an ideal career, a successful business, unlimited wealth, a totally healthy and fit body, etc. Do this exercise with one of your deep desires.

On the right hand side of the sheet of paper write down the feeling you will experience when you have these things. And, then practice feeling those feelings. It is almost "act as if", only you are not acting. You can truly engage these emotions simply by thinking about what it will feel like when you have it and then letting yourself FEEL the emotion.

I'm certain you have the ability to imagine. Imagine what it will feel like when you have the goal. Do this with just one goal/desire if you like. Every day feel what it will feel like when you have the goal. Really get in touch with the feelings. Practice it daily.

I guarantee within a short period of time you will start to easily engage in the feeling and within a period of time you will attract your desire to you.

Peggy McColl