

Chapter from Training For Happily Ever After

Making Happiness My Priority

More than anything, I want to be happy! I want to feel satisfaction. I want to be happy with myself. I want to be happy within myself. I want to feel satisfaction with myself. I want to feel satisfaction within myself. I'm training for happily ever after making happiness my priority. From the moment happiness is my priority I'm searching for opportunities for focusing happy thoughts. Feeling satisfaction with myself, I'm practicing thoughts of satisfaction with others and the world around me. Making happiness my priority, I'm appreciating opportunities for my vibrational choices in the moment, as I'm rendezvousing with the people in my world. In each rendezvous are numerous opportunities for choosing vibrations for my happiness. Choosing my vibrations, I am aligning with my Inner Being who is already holding my good feeling vibrations steady, and calling me into alignment. That I am making happiness my priority is indication of responding to the call from my Inner Being.

Making happiness my priority is a day-to-day, moment-to-moment, segment-to segment proposition. Whether it's a writing segment, or a segment of refreshment, a travel segment, or a meeting with others segment, I realize I have numerous opportunities for making happiness my priority. I start the process by thinking, "I'm wanting to be happy!" "I'm wanting happiness in my writing segment this morning." "I'm wanting happiness in my rendezvous with family members today." "I'm wanting happiness during dinner." Clarifying my desire for happiness, I'm giving attention to thoughts of happiness and setting the tone. I'm including the vibration of happiness in my vibration, and broadcasting frequencies of happiness. Wanting happiness, I am leaning toward my Inner Being who is holding the vibrations of happiness steady, knowing everything I

am wanting is on its way to me. I'm delighted to think, "I'm tuning in to thoughts of happiness in the air when I'm thinking thoughts of happiness.

With upliftment as one of my natural states, I'm streaming thoughts of happiness and streaming happiness to others. What is streaming thoughts of happiness to others? It's giving them priority treatment where I am cherishing and adoring them. Thoughts I am thinking about them feel good. With happiness as my priority, I am observing snapshots of people in my world, streaming good feeling thoughts to them. Observing snapshots of unhappiness, I am streaming thoughts the energy of upliftment to them. Upliftment is a process for satisfying the Neville teaching to "leave no one in unlovely states". I like thinking good feeling thoughts of happiness because it feels good to think these thoughts while lifting them up and out of unlovely states.

Knowing I am lifting others out of unlovely states by thinking good feeling thoughts, I am feeling good, maintaining happiness as my priority. Thinking of others as individual creators, I am thinking thoughts that feel good. The pleasure in thinking others are individual creators comes in recognizing they are more than the snapshot they are showing. I am recognizing they are more than they are allowing themselves to be. Thinking of others as individual creators, I am recognizing their natural states. Savoring thoughts of their natural state of wellbeing, knowing all is well and everything is working out for them, I am cherishing them in their natural goodness, and feeling good for thinking this way.

Making happiness my priority, I'm finding opportunities for choosing my vibrations in the battles across society of invalidating and validating one another. When observing people engaging one another in ways stirring feelings of unworthiness, I realize they are focusing in lower consciousness. Noticing their demands for respect and validation, I'm pausing to recognize they are wanting to feel better. That they are making demands says they are looking for respect

where it cannot be found. But I know everything they are wanting is in their vibrational escrow, and the respect they are wanting is on its way to them.

Thinking about the respect a person is wanting, I'm asking, "How does respect feel?" "What is the feeling of respect?" I'm savoring the thought, "A person's Inner Being who knows everything he is wanting knows how to get him to it." In this instance, his Inner Being knows I am a willing cooperative component for him, feeling what respect feels like. While a person is looking to others for respect, I am confident the respect he is wanting is in his vortex, and his Inner Being is the expansion of the respect he is wanting. Being the cooperative component for an individual creator, I am engaging brain-body communication and building momentum in the thought of the respect he is wanting.

What does the feeling of respect feel like? Thinking thoughts of respect, I am creating thought paths for feeling what respect feels like in my physical body, and broadcasting vibrations of respect. At the thought of respect, I am feeling admiration and esteem. Feeling worthiness, I am feeling cherished and adored. I am feeling the sense of regard that comes with worthiness. Thinking about how much the person's Inner Being is responding to his every desire, calling him to it, I am calling him to the stage of my mind where I am seeing him respond to Source.

During conversations on the stage of my mind, we are talking about the fun he is having with his Inner Being. I'm listening as he is telling me, "I'm treasuring my relationship with my Inner Being. I'm liking the way my Inner Being is in on every thought and conversation I am having, and is calling me in to clarity about everything I am interested in." Very quickly, I'm noticing how happy he is. He's laughing and joking. He's smiling and whistling. Stopping for a moment, I'm noticing he's looking at me, pausing for a moment. Then hearing him speak, I'm thrilled with what comes next. With eagerness and enthusiasm he's telling me, "I like this

feeling!” “I’m wanting to feel this way all the time!” Feeling so much admiration for him, I ask, “What is your Inner Being telling you?” Excitedly, he said, “Make happiness my priority!!”

Having happiness as my priority, I’m feeling satisfaction in using my perceiving senses for experiencing natural goodness. I am feeling contentment and satisfaction with myself and my life. I am cherishing and adoring thoughts of my forward thinking. Thinking scenes on the stage of my mind, I am holding vibrational conversations with others, knowing I am speaking with the individual creators who are engaging one another. Talking about the natural states of abundance and prosperity, we are comparing notes on the thoughts we are practicing. We are comparing our notes on what abundance and prosperity feel like in the body. Talking about the natural states of freedom and empowerment, we are creating games for feeling what freedom and empowerment feels like in the body. We are comparing what it feels like knowing the Inner Being is cherishing and adoring each of us individually.

With happiness as my priority, I’m noticing the open stream of new ideas I am receiving. From the Abraham teaching is the idea of a purpose I grasped immediately upon hearing it. I am, by focusing on thoughts of my natural goodness, opening the way for understanding my purpose. Training for happily ever after setting happiness as my priority, I’m hearing the thought, “you are creating that which is the nonphysical version of myself”. Working this idea into the contents of my consciousness, I am gaining clarity with another Abraham teaching, we are “extensions of Source Energy in to physical form, and the Neville teaching, “God becomes man so man could become God”. Rounding out this idea is the biblical reference in the first chapter of Genesis, teaching we are “created in the image and likeness of God”. So I am feeling the idea of creating myself into the vortex version of myself is on sound grounds. Building momentum in this idea, I’m noticing a new feeling. I’m feeling what it’s like being Source Energy extending into physical

form. In the subtlety of this feeling, it's somewhat like extending my foot into a sock, except it is energy extending into physical form.

Asking, "what is Source Energy extending into physical form", I realize I am extending pure positive energy into physical expression. I am extending the energy that creates worlds in to my physical organism. With happiness as my priority, I'm extending my natural goodness into my physical perspective and intentionally thinking thoughts that feel good. I'm thinking thoughts that feel good when thinking about others and myself. Training for happily ever after the thought of each segment of my experiences through the course of the day, I'm thinking at the start of the day, "Happiness is my priority", and extending the energy of happiness in to my day. Thinking of an upcoming segment, "Happiness is my priority", I'm extending the energy of happiness in to the segment of experience I am considering. I am Source Energy feeling my way into physical expression, creating myself into the vibrational version in physical form.

Training for happily ever after realizing I am Source Energy creating my vortex version in to my physical form, I am taking up the Jesus Christ teaching, "Things I do, you can do and greater things than these". Arranging the contents of my consciousness with thoughts of things I am now privileged to do, I'm practicing the following thoughts until I know what it feels like to be mastering these intentions:

Increasing wealth

Healing the sick

Feeding thousands

Producing chemical changes

Calming storms

Replenishing life

Communicating with other life forms, such as plants and animals

Forgiveness

Through my priority of happiness, I'm arranging the contents of my consciousness with thoughts of proficiency in using my perceiving senses of visualization and imagination for the benefit of individual creators. Realizing I'm extended into a world of contrast, I am throughout any day rendezvousing with persons who are not yet regarding themselves as individual creators. That they are not regarding themselves as individual creators, I'm noticing them contradicting natural goodness and the natural states of wellbeing and realizing opportunities for choosing happiness. I'm considering everyone I'm rendezvousing with as cooperative components, I am appreciating them for matching vibrations I am broadcasting, and bringing these to my attention.

That I even notice others contradicting my natural goodness, I am recognizing they are matching vibrations I am broadcasting through my beliefs and attitudes toward myself. That I am considering their words and actions as contradicting my natural state of wellbeing, I am viewing them in their humanness instead of individual creators. From my vortex version, I am realizing everyone as who they really are, as individual creators. I am noticing all are extensions of Source Energy in physical form. Rendezvousing with persons showing any forms of discord, I realize they are responding to my vibrational mix. They are mirrors reflecting the extent to which I am recognizing myself as an individual creator. Reacting to the discord, I am showing I am in a step one moment regarding my identity as a genius creator.

Making happiness my priority, I am recognizing the opportunities in recognizing others as cooperative components for my vibrational choices. I am living the vibrational version of myself when thinking good feeling thoughts about those with whom I am rendezvousing. I am appreciating them for being my cooperative components. Appreciating each, I am viewing them

as individual creators with my perceiving senses. I am showing appreciation to my cooperative components by enhancing my proficiency with my perceiving senses.

Appreciating others, I am creating myself into my vibrational version of ever-expanding love and appreciation. I am creating vibrational versions of situations I am wanting for my own pleasure and fun in my physical reality. Appreciating others, I am creating thought pathways for co-creating at its best. With happiness as my priority, I am esteeming each person and with each thought of the person, I am feeling happiness. I am practicing thoughts of appreciation for the person until any lesser thoughts are unthinkable, regardless of what he is saying or doing.

Over a life course of finding concepts for training for happily ever after, I am building upon a strong foundation, integrating new concepts into my beliefs while moving along my journey. I am noticing something new every day and night, even throughout the night. I am training my focus in new and exciting ways and experiencing delightful and surprising results. I am discovering strongholds, another word for momentum in resistance, and practicing thoughts of natural goodness of individual creators because it feels good.

Among concepts I'm using for explaining vibrational reality. I am practicing the thought that everything is vibrational and training my focus to the vibrational essence of all that interests me, and shifting my focus from actions and conditions to vibrations. I'm shifting my focus to the feelings I am feeling. I am translating vibrations while observing persons as individual creators extending themselves into places and things. Among concepts I am using as I am while training for happily ever after are these:

All is well and everything is working out for me

Arranging the contents of my consciousness

Persisting in the assumption of my desires fulfilled

Taking care of my feelings

Leaving no one in unlovely states

The point of my training is coming to terms with who I really am and why I am here. A question just about all of us ask after coming to certain milestones along the journey of life, we are taking whatever steps we are finding to change the course. Some of us take up this call early in life while some of us take the bite in the later years. Whenever, it is when we look around and notice, “There is something more than what I am learning through my traditions”. I was in my teen years when I started noticing my perceiving senses, and over the years, I’ve been expanding my proficiency in this area. Two instances are standouts for me. The first is the class finale in which I was required to perform a creative dance routine. Walking up to the stage with nothing prepared, I suddenly noticed images on the stage of my mind. Absorbed by the vision, I started moving gracefully across the stage, performing step-by-step in conjunction with the scenes I was seeing in my mind's eye to the completion, bowing to a standing ovation.

The second instance is the night before some dental work. Required to take medication every four hours for a 24-hour period, I cited the specific time I wanted to wake up for the first set of medications before falling asleep. During the night I was taking two doses. After the first set, I specified my next wakeup time, then falling asleep right away. Looking at the clock both times, I woke up exactly at the times I specified. Over the years, I have been using my natural capacity for waking up at specified times without the use of alarms or wakeup calls.

Shortly after graduating from college, I started my conscious training my focus, using materials I obtained from Unity School of Christianity. My friend Alma introduced me to the little inspirational magazine, Daily Word. Together, we read and listened to various teachings, figuring out how to practice the concepts. Early on, she and I both used Unity principles for our

health purposes. For her, it was remission from cancer for more than twenty years. For me, it was a smooth labor and delivery experience, and an unusually calm infant.

A few weeks after my son was born, a nurse visiting commented with concern about how he could remain asleep while we were talking in normal conversational talk. She asked, “Were you taking tranquilizers during pregnancy?” I was really surprised at her question, however, I told her about my daily practice of meditation. I'm not sure how she handled this information, but she asked no other questions, and never came back. From that time onward, I've engaged in ongoing training. Currently, I am focusing on concepts for clarifying my identity.

I have two points of relativity for observing and managing my life course.

My two points of relativity are my physical and nonphysical perspectives.

I explore the world around me with my physical perspective.

My physical senses and my reasoning intellect form my physical perspective.

My physical perspectives change across segments of experience.

My nonphysical perspective is pure positive energy.

My nonphysical perspective is the energy that creates worlds.

My nonphysical perspective is the natural state of wellbeing.

My nonphysical perspective is my Inner Being.

My Inner Being is always with me in everything I am interested in.

My Inner Being is always holding the vibration of my desires steady and firm.

My Inner Being is always loving and cherishing me.

My Inner Being is always supporting and encouraging me.

My Inner Being is always talking to me, calling me along my path of least resistance.

My Inner Being is Awakened Imagination.

My Inner Being always has my back.

Realizing my two points of relativity, I'm eagerly distinguishing two points of attraction. I am clear about this. My nonphysical perspective and my physical perspective are my points of attraction. My nonphysical perspective is broadcasting pure positive energy and the energy that creates worlds, and attracting vibrational components that feel good. Pure positive energy feels good. The energy that creates worlds feels good.

Through my physical perspective, I am broadcasting energy based on how I am using my physical senses of sight and sound, taste and smell, and touch to translate vibrations. With my reasoning intellect, I am clarifying meanings of the vibrations I am translating. I am translating vibrations of everything I am focusing on, using my beliefs along with my reasoning intellect to clarify what I am experiencing. Through the filters of beliefs I am picking up through exchanges in the society, I am interpreting and translating vibrations of persons, places and things, and I am reacting to what I am thinking.

Making happiness my priority, I am bringing my two points of relativity together in the process of alignment. From Abraham teachings, I am applying the five steps of creation for bringing my physical perspective into alignment with my nonphysical perspective. Relying on my Inner Being for guidance along my path to alignment, I am listening for and hearing my Inner Being calling me around points of resistance with least resistance.

I know I am connecting when I am savoring thoughts of my Inner Being always taking interest in everything that interests me. I am cherishing thoughts of having my Inner Being with me always, and knowing the feeling of never being alone. Knowing I am never alone feels good and is comforting. Knowing my Inner Being is always with me in everything I am thinking and

doing, I am eagerly holding vibrational conversations about any topics that interest me. from my fingernails, to global affairs, to fantasy sports, and on.

With happiness as my priority, I'm hearing and receiving ideas for moving forward and building momentum in my perceiving senses. For instance, considering fantasy sports, the idea I received most recently from my Inner Being is to regard myself as coaching the players in my lineup. Coaching the players, I am using my perceiving senses, visualizing optimal performance. The idea of visualizing their optimal performance is from my Inner Being who is interested in my performance in fantasy sports. In visualizing the optimal performance of my fantasy sports players, I am savoring the thought of their natural goodness. I'm observing images of each player handling his jobs on the field of play with precision and expertise, and combined scoring higher than all the other teams in the contests in which I am entering my lineups.

I am savoring thoughts of my Inner Being loving me. I'm training my focus to relax in the feeling of being cherished and adored while exploring things life is bringing for my expansion. Knowing my Inner Being loves and adores me and always has my back, I'm feeling good. I'm practicing thoughts of my interests, knowing things are always working out for me in Awakened Imagination. I am expanding my experiences on the stage of my mind. I'm finding satisfaction with the value of my explorations in situations that indicate unlovely states.

Appreciating thoughts of exploring, I am feeling lighthearted and having fun, and taking opportunities for building momentum in new ideas I'm receiving from my Inner Being. I'm noticing the feelings I am feeling at the thought of being the optimal building coach, using my perceiving senses for influencing the performance of my fantasy players. I'm feeling a sense of contentment and satisfaction at the thought of being an optimal building coach. I'm satisfied knowing my Inner Being has already become the optimal building coach I am wanting to be, and

is holding the vibration of the optimal building coach steady while calling me into alignment. I am beginning what it's like to be the coach who brings out optimal performance in players.

Asking, "What does an optimal building coach feel like?", I'm feeling my way into my desire as I am engaging brain-body communication. I'm thinking, "optimal building coach" until I am feeling the feeling of the optimal building coach in my physical body. I am letting the feeling of being the optimal building coach build up in me. I am thinking and talking and acting like a master of bringing out optimal performances in everyone I'm giving my attention. I am holding conversations with my players and my teams on the stage of my mind and experiencing the feeling of my expertise in building their optimal performance.

Turning my focus to one player at a time, during my inner conversations, I'm saying, "I'm your optimal building coach, dreaming your most outstanding performance ever." I'm saying, "This is your best game ever!" and savoring the thought of his response. Enjoying the echoing sound, "I've got it coach!" I'm watching him playing in the zone on the stage of my mind.

Preparing for feeling my way into my expansion, I am practicing thoughts of processes and points of attraction and clarifying my feelings. For instance, my expansion illustrated in the example of fantasy sports is from a fantasy sports coach to an optimal building coach. Aware of how I am feeling about being a fantasy sports coach, I am noticing my reactions to my history with the game. Aware of my vibrational mix, I am feeling satisfaction knowing I am creating the vibrational atmosphere in which the vibration of optimal performance is activated in each player.

My question at this point is this, "Am I focusing from my awareness of being a genius creator, or from my physical perspective?" Another question in the fantasy sports segment, "Am I recognizing the players as individual creators engaging one another in ways of their choosing?" Am I thinking of the natural goodness coming through the players? Am I focusing attention on

the vibrational versions of the players? Preparing for my responses, I am arranging the contents of my consciousness with the following thoughts.

The vibrational spectrum and the scale of emotions

Vibrational discord

The path of least resistance

Step one moments through step five moments

Viewing the vibrational locations of persons, places and things

Vortex versions

The psychological drama

Broadcasting vibrations

With each of the eight concepts listed above, I am engaging brain-body communication in assuring my clarity in managing my mental energy for any rendezvous with people regardless of our involvement with one another. Practicing these concepts, I am establishing the framework for recognizing everyone is vibrational, and understanding how they are managing their energy. Emphasizing my attention on the Abraham scale of emotions, I am increasing my familiarity with the vibrational spectrum and using the information for taking care of my feelings. Taking care of my feelings is the conscious act of reaching for better feeling thoughts.

Observing others, I am savoring thoughts of their natural goodness, and cheering them on for the thought of practicing thoughts that are feeling better. It's about what I am thinking, not what they are saying or doing. Thinking about their natural goodness, I am recognizing them as individual creators, each being the extension of Source Energy. I am training for happily ever after recognizing everyone is vibrational. I'm training for happily ever after realizing each with two points of relativity and managing the vibrational gaps proficiently. Observing those showing

snapshots of exploring through dissatisfaction of any sort, I'm cherishing the thought of their heavy lifting in step one moments, appreciating them for it.

Being sufficiently familiar with the scale of emotions, I am preparing for mastery in the entire listing of concepts I am arranging into the contents of my consciousness. With happiness as my priority, I'm recognizing resistance as a gap in my two points of relativity and practicing good feeling thoughts in closing that gap. Recognizing I am in a step one moment, I am ready to practice good feeling thoughts. Even in recognizing what I am not wanting, I'm ready to practice good feeling thoughts, primarily because I know what I am wanting, I'm transmitting thoughts of my desires into my vibrational reality automatically. I am realizing each good feeling thought is a step moving forward. Moving forward, starting in my step one moments, I'm feeling satisfied and shifting my focus to my Inner Being whose vibration of my desires steady. Focusing my thought on my Inner Being, I'm giving attention to what I'm wanting and broadcasting vibrations I am including in my vibration. Aligning with my Inner Being, I am practicing the following vibrations.

Looking for the pleasure of everything

Finding pleasure and satisfaction

Coming into alignment with my Inner Being

Feeling my way into the receptive mode

Practicing forward feelings

Letting my appreciation soar

With happiness as my priority, training for happily ever after knowing I am a genius creator is a game changer. I'm preparing for this changing experience with thoughts of the genius creator I am. I'm practicing the feeling of what being a genius creator feels like. It's one thing to

say I'm a genius creator, and another thing knowing I am the genius creator that I am. I'm assuring you, the show does not begin until I know I am the genius creator and creating life.

Knowing I am the genius creator that I am, and creating myself in to the reality I am wanting is essential to knowing you are the genius that you are. Training for happily ever after knowing I am the genius creator that I am, I am engaging in basic and simple practices that are at the root of my vibrational alignment with the natural goodness I am. The emotion I am feeling at the thought of being a genius creator is my initial manifestation as an individual creator. With the thought of engaging others as an individual creator, I am feeling satisfaction in my manifestation.

My intention in finding good feeling thoughts is coming as I am thinking a variety of prescribed thoughts, and feeling what these thoughts are feeling in my body when I am thinking them. I'm taking one thought at a time, savoring it until seeing images of the thought dancing across the stage of my mind. I am building these thoughts as my truth.

I am appreciating all my emotions and vibrations

I am enjoying this moment

I am feeling the joy of high flying disks

I am practicing the replenishing energy of love

I am savoring the thought that things are always working out for me

I am letting my Inner Being guide me into alignment

I am eagerly following the inspiration of my Inner Being

I am recognizing feelings as manifestations

Each moment of joy is showing my alignment with my Inner Being where I am extending a portion of the energy that I am into physical form. I am focusing the energy that creates worlds into the world around me. Everything I am doing in my present moments takes precedence over

everything I had done in my past. In my present moments, I am freely exploring the world for the pleasure of finding ways for bringing about improvement and expansion.

I am training my focus to extend my consciousness into physical form for the pleasure the thought brings. I'm asking, "How does satisfaction feel at the thought of persons, places, things or conditions?" I am thinking these thoughts for my expansion. In the atmosphere of soaring appreciation I am practicing observing how things are always working out for me and keeping up to speed with my expansion. I am appreciating all my vibrations and training my focus to the entire vibrational spectrum freely, without getting sucked into vibrations that are out of alignment with Source. I am continually training myself in

The map of consciousness

The scale of emotions

My vibrational escrow

Imaginal activity

The use of 30-day vigils

Practicing conscious awareness of my emotional journey

The natural state of wellbeing

The prevalence of the momentum of resistant-free energy

I started practicing ways for recognizing my feelings when I found the Hawkins map of consciousness in 2002. Using the map of consciousness, I am practicing the counterbalancing and offsetting vibrations in lower frequencies with vibrations in higher frequencies. Using the Abraham scale of emotions, starting in 2016, I am practicing the art of taking care of my feelings and managing contrast and diversity. Eagerly, I am observing what I am depositing in my vortex. I'm focusing on my vibrational escrow and practicing imaginal activity for aligning with my

desires. Through training I'm bringing my physical perspective up to speed with my nonphysical part, and feeling happiness and satisfaction.

Realizing I have been translating vibrations with my physical senses from my infancy on, and using my intellect to give meaning to things I observe, I am discovering vibrational reality is so enriching. With happiness as my priority, I am training for happily ever after discovering I am doing more than reacting to situations, or to persons, places and things and forming opinions about them. After discovering I am doing more, I am feeling happiness at the thought of forming moods and attitudes about things I am observing. I am feeling satisfaction with where I am because I am where I am. I'm feeling satisfaction knowing I am where I am activating vibrations within me. I am feeling satisfaction knowing I am forming beliefs and expectations consistent with opinions reflecting my vibrational mix.

With happiness as my priority, I'm finding satisfaction with my vibrational mix, without regard to the range of emotions I am focusing. Satisfaction with my vibrational mix, I am ready to start my emotional journey to greater alignment with my Inner Being. Moving into greater alignment with my Inner Being, I am finding my truth and telling it to myself. The genius creator that I am is my nonphysical viewpoint. The individual creator that I am is full expression of my Inner Being in physical reality. Training for happily ever after knowing I am the full expression of my Inner Being in physical reality, I'm arranging the contents of my consciousness with the following thoughts.

The nonphysical part of who I am is pure positive energy

My Inner Being is vast and infinite consciousness is vast and infinite

My Inner Being is infinite intelligence

My Inner Being focuses all new ideas I bring to light as I explore the world around me.

My Inner Being focuses on what things are causing me to want.

My Inner Being is expanding into more of the fullness of what I am asking for

Training for happily ever after thoughts of how personal and general are situations that interest me, I am maintaining happiness as my priority. I'm feeling happiness at the thought of experiences life is bringing for my exploration and fun. I am feeling happiness sifting through thoughts, finding those that are pleasing and invigorating. I'm recognizing value in everything life is bringing, savoring the thought, "Everything is waiting for improvement". Expansion is eternal and universal. I'm training for happily ever after translating the vibrations of my interests and feeling satisfaction in leaning in the direction of my vortex.

My Personal Life

My Skills and Abilities

My Intellectual Life

My Family Life

My Creative Life

My Health and fitness

My Love Relationships

My Adventures

My Environment

My Career and Business

My Community Life

My Spiritual Life

With happiness as my priority, I'm looking over the years through which I have come, appreciating each moment leading to this my present moment, segment-by-segment. Finding

value in each moment and each segment, I am finding satisfaction knowing my capacities are expanding. The more I'm thinking happiness is my priority, the happier I am.

Looking over the years, I'm looking at my studies and practices, training my focus into great comfort with my nonphysical capacities. My studies in as many teachings as I came upon from 1967 to 1997, mostly in metaphysics, in what some call the occult, and the Bible were intense and exciting. At the start of 1997, I realized I wanted to know more. In seeing so many concepts in the teachings, I am wanting to know how to do what these concepts are representing. Among concepts I am wanting to practice is from the Fillmore teaching to “study your mind”. He said do it, but did not say how. Starting this new phase of my journey in 1997, I made a list of things I was wanting to know how to do. For instance, seeing the phrase, “Praise the Lord” many times in the Bible and hearing people use that phrase, I am wondering how to really praise the Lord. I know how to praise people, but how do I praise my nonphysical “I AM”.

In 2002 the teachings of Neville became prominent in my life. It helped that I had teamed up with Gary to convert typed, handwritten and taped versions of Neville's lectures into pdf's. In the process of going through hundreds of lectures word for word and line by line, I absorbed so much of what Neville taught from the 1950s to the 1970s. In absorbing this information, I took the opportunity to train my focus to many of the concepts and practice as many as I could. Eager to examine the lectures, I found Neville's teachings validated so many of my experiences. For instance, in 1984 at my Dad's transition I saw him in my mind's eye walking fast in a kind of attitude that made me think he was on his way to a party. No longer focusing his consciousness in his near-75 year old body, the image I saw was a young man in his early twenties. Knowing it was my Dad, I was thrilled to read in several Neville teachings about people transitioning back to the nonphysical at the age 20 mark. In 2005, Gary completed the Dare to Assume Lecture series

for subscription. Immediately I felt inspired to prepare written workshops for added value to the series, and through the process, noticed my own expansion with Neville's teachings.

Since it was a weekly subscription, I tested concepts from each lecture and wrote out how I was practicing various theories and perspectives Neville presented. Significant in the Neville teachings is his encouragement to test out what he taught. He said many times, "Prove it for yourself". I can tell you I know I was tapping into infinite intelligence for ideas on how to test Neville's teachings and how to write out what I was practicing. I completed one workshop each week for 71 weeks, and with each workshop I noticed how I was expanding beyond anything I had previously known. My personal expansion and the expansion of the workshops were evident.

Around the time I became acquainted with the Neville teachings, short versions of the Abraham-Hicks teachings appeared in my email. I maintained my subscription in the group even to this day since finding these shorts quite inspiring. In 2015 when I installed the Amazon Fire Stick and the YouTube app, I started listening to workshops and clips on a daily basis and found more concepts to test and practice. Shortly after getting into Abraham I noticed these teachings meshed well for me with the Neville teachings. Integrating the Abraham and Neville teachings beginning in early 2016, I began expanding clarity in vibrational reality, the Law of Attraction, my emotional guidance system and my vibrational escrow.

After integrating teachings from Neville and Abraham and finding my two points of relativity, I am discovering the difference in who I am and who I am allowing myself to be. To know my nonphysical perspective is who I am while my physical perspective is who I am allowing myself to be, I'm discovering who I am wanting to be. Practicing thoughts of my nonphysical perspective I'm including this vibration in my vibration. Continually closing the gap between my two points of relativity, I am feeling ever-expanding satisfaction with where I am. I

am where I am and I am happy. I am where I am, eager about where I am going. I like knowing I am continually moving forward into new adventures.

Training for happily ever after immersing myself in teachings from Unity and Religious Science, I am expanding the scope of my knowledge in various forms of metaphysics day by day over the thirty year period from 1967 to 1997, which I call my classroom period. With my shift in 1997 with the question, “How do I do these things?” I started my lab period. Considering what I am understanding about vibrational reality, I realize I had become a vibrational match for the teachings of Hawkins and Neville in 2002. Feasting on the Hawkins map of consciousness, I'm gaining a new appreciation for my emotional life. The Hawkins teaching is preparing me for Neville's, “feeling is the secret”. Grasping the Abraham teaching on the scale of emotions and the idea of taking care of my feelings, I am discovering how feeling is surely the best kept secret of all times. Seeing the impact of vibrations I am broadcasting, I am seeing for myself the role of my feelings in my day-to-day experiences.

Finding similarities in the Hawkins map of consciousness and the Abraham scale of emotions I am grasping the significance of my emotional life. I derived my Energy Ladder from the Hawkins map. During coaching sessions and workshops I “walk” others up the energy ladder from wherever we were emotionally to higher and higher vibrations. Using the Abraham scale of emotions I am training my focus to better feeling thoughts and in coaching sessions, I'm walking others up the scale to alignment. In the process of walking up the scale, whether helping others or on my own, the practice includes talking out the thoughts and beliefs at each step. In this part of training my focus to taking care of my feelings, I am eagerly moving to better feeling thoughts and closing the gap between who I am and who I am allowing myself to be. From the Abraham teaching I find I am not allowing myself to become who I really am when focusing on just one

part of my step one moments. The step one moment is a two-phase action for focusing on the diversity of experiences life is bringing for exploration.

Experiencing the moment, I am finding what I don't want and don't like. Automatically I instantly know what I want. This part of my training includes following up on what I am wanting instead of taking the usual route with others around me. The usual route is thinking and talking about what I don't want or like, discussing what is wrong, and complaining about it. Not giving attention to the desire that comes through the situation, I am depriving myself of the fulfillment of that desire by practicing its absence. The common pattern is justifying my anger or upsetness about the absence of the very desire I created. Complaints and criticism is resistance I am using to deprive myself of my desires. I can't have what I am wanting when I am giving attention to its absence. Regardless of the direction I am thinking, I am broadcasting vibrations of my thought, and leaning toward or away from my desires. Training in vibrational reality, I am finding which vibrations I am broadcasting and what I am attracting to myself.

Training my focus is a journey. It's a journey I've been on all my life. What I know now is this: I have been training my focus all my life without knowing I am doing this. Looking at the world around me, I am seeing how I trained my focus. From infancy on, I have been training my focus to thoughts about things in my life, up to where I am now. In training my focus over the years I used things I saw and heard. I used the reactions of the people around me to guide my thought. In telling my story I am talking about a variety of experiences that came about because of the way I had been training my focus, all the way to things going on today.

Understanding my ongoing conscious process for always using my experiences as topics for training my focus, I'm using specific ideas from select teachings. In my self-directed training, I am using these ideas in training my focus to live in ways that please me. Feeling good, being

happy and having fun is my priority. I am training for happily ever after enjoying life moment by moment and to do everything I do for the joy and pleasure in thinking and doing.

I am training my physical human part in using the senses and reasoning intellect as I am responding to the experiences life brings. In conjunction with my nonphysical part. Traditional religion calls my nonphysical part “soul”. The Bible calls it the Christ within, the mind of Christ, and the image and likeness of God in which I was created. My studies in metaphysics and new thought use various names to identify this part of me, including Inner Being and Source, All-That-Is or Awakened Imagination. From Abraham, I'm appreciating my nonphysical perspective, where I am omnipotent and omnipresent with an infinite and universal scope. Training my focus to the pleasure in exploring experiences life brings I am making life sweeter and sweeter day in and day out. Exploring the vibrational spectrum, I'm training my focus toward my vortex.

Thinking about my history, I delight in telling you I was practicing a healing process in the early 1970s similar to Quimby who teaches, “Man is belief expressed”. I'm eager about my broad range of practices during the 1960s and 1970s. The thought of practicing weather work in the 1980s is fascinating. My most memorable weather work with a hurricane projected to strike our little town while practicing imaginal action with the hurricane just offshore, directing it up the coast. Other work across the years with hurricanes includes communicating with each of them while they were developing just off the African coast, directing them to what the weather people affectionately called “Hurricane Alley”. All this in following my inner guidance.

One outstanding healing process emerging in the 1980s after a co-worker asked if I had an aspirin. She wanted relief from a headache. I didn't have an aspirin, but after quieting my mind for a moment, I received the idea from my Inner Being to play a game with her. The game involves the perceiving senses. Asking, “If the pain in your head is an animal, what is it?” I

listened for her response. My co-worker responded immediately, saying, “It’s a bird!” My next question was, “Does a bird belong in your head?” She said, “No!” I said, “Let him out!”

My co-worker explaining the image she was seeing in her mind's eye described a door opening in her head and the bird flying out. In the moment the bird is flying out, the pain is at the same time moving out of her head. She was smiling while talking about the pain going away. This was the beginning of a wonderful period. In person and on the phone, I was finding joy and satisfaction with the process as folks talked about one or another pain at one or another place in the physical body. Children and older people expressed delight and satisfaction with what they were able to do using their perceiving senses. This is happiness, telling you about this.

Weather work and healing processes were two things he had done. So after my first thirty years of classroom study, I decided to devote at least the next thirty years doing the things Jesus did and figuring out how to do the more in my “lab”. We could call it my internship. I was good at quoting so many things I had read, and could explain things I read, but felt these were theories and speculations. Thinking of them as theories, I felt these were things I could test – and I found out as I moved forward that I had to figure it out for myself even how to test these theories. I am training myself how to manage all categories that interest me. I am always training my focus to processes for creating the reality I am wanting, but for new reasons.

Earlier I thought I was here to fix things, to solve problems or to correct things that were wrong. Accepting the Abraham teaching “no one gets it wrong”, I’m translating vibrations, aware and knowing nothing is wrong in vibrational reality. Stirring thoughts that do not feel good, things that don’t feel good are reflecting active vibrations. The thing commonly called wrong is a manifestation, being created from a dominant vibrational mix in lower consciousness. Instead of fixing or correcting something, I am creating a reality that feels better. Standing on the shoulders

of the manifestation I am observing, I am feeling satisfaction in discovering what I am wanting to experience, and moving in to vibrational alignment with it.

On my emotional journey from where I am to where I am wanting to be, I am using ideas I'm obtaining from numerous teachings. I'm training for happily ever after interpreting vibrations and monitoring my feelings along the way. In training to “study my mind” as Fillmore instructs and to “educate my imagination”, as Neville suggests, I'm using an integrated process to “renew the mind”, an idea from the Bible. The passage at Romans 12:2 keenly illustrates the journey, in saying, “Do not be conformed to this world, but be transformed by the renewal of your mind”. The Amplified Bible with its inserts clarifies the task, calling “this world” as an “age fashioned after and adapted to its external, superficial customs” and to transformation as “change”, with renewal of the mind “by its new ideals and its new attitude”. I am feeling satisfaction with this way of training my focus.

From my academic training in psychology in the 1960s to metaphysical studies through the 1990s to Neville from 2002 to 2013, I am continually finding ideas for training to study my own mind. Things are coming together as I am studying, testing and practicing, and integrating the teachings of Neville and Abraham. I so love the teachings with great ideas and processes for studying my mind.

The Neville teaching “feeling is the secret”, featuring new ideals and attitudes, tells us to arrange and rearrange the contents of our own consciousness. Arranging and rearranging the contents of my consciousness, I am training for creating satisfying beliefs and expectations. In the teaching Jesus Christ is our wonderful human imagination, awakened, Neville is referring to the discussion in the first chapter in the Gospel of John about creating things out of things not seen. In telling us that Consciousness is the one and only reality, and Consciousness in action or

God in action is the Son bearing witness to the Father, Neville gives details for arranging the contents of consciousness.

With ideas from Neville and the Bible along with Abraham teachings, I am training to recognize the vibrations of each thought. I am thinking the thought and feeling how the thought feels in my body. With each new thought I am thinking and feeling its vibration within my body I am savoring the thought and including the vibration in my vibration. This communication of my brain and body are the initial steps for my emotional journey. At this juncture, I'm becoming familiar with the feeling of alignment. Giving attention to a thought for my emotional journey, I am including its vibration in my vibration for ongoing use.

Practicing the thought, "Jesus Christ is my Awakened Imagination", I am training my focus to my natural identity. Here I am training my focus to link the name Jesus Christ with the name Awakened Imagination. Hearing the name Jesus Christ is my cue to think, Awakened Imagination, and to savor the thought of identifying myself as Awakened Imagination. Taking the name Awakened Imagination as a thought, I am thinking, "Awakened Imagination" until I am feeling the feeling of Awakened Imagination in my body. Feeling the feeling of Awakened Imagination in my body, I am feeling a sweetness and invincibility.

Practicing the thought, "Consciousness is the one and only reality", I am arranging the contents of my consciousness with the thought of recognizing consciousness as my reality. In the thought of consciousness as my reality, I am using my perceiving senses for the joy of extending my consciousness into the reality I am wanting. Repeatedly thinking, "Consciousness is the one and only reality", I am establishing a firm belief in the power of thought. The idea of arranging the contents of my consciousness is my primary resource for extending my consciousness I am wanting, and moving forward along my emotional journey. Knowing consciousness is the one

and only reality, I'm realizing my journey is in consciousness. I am moving in consciousness from one state to another, and treasuring every moment.

Cherishing the thought, “all is consciousness”, I am training my focus to recognize all persons, places and things as consciousness. I'm training my focus to states of consciousness, knowing the thoughts I am feeling are representing my states of consciousness. Thoughts I am thinking and the expectations I am forming because of how I am thinking are representing the course and direction of my emotional journey. Recognizing consciousness as all inclusive, I am appreciating the notion that consciousness is vibrational. Hence all persons, places, and things are consciousness and vibrational. Savoring my identity as a genius creator, I am cherishing the thought of acting on consciousness and vibrations, with my thought.

Acting on consciousness and vibrations, thinking through the value of happiness as my priority, I am training my thoughts in the direction of happiness, and using my happiness filter for viewing the world around me. I am focusing the whole of consciousness, and infinite states through which consciousness flows, one thought at a time. Knowing consciousness is comprised of all pure ideas, and pure positive energy, I am focusing happiness through my thoughts with intention. I am using my vibrational filters to determine the direction I am moving my thoughts along my emotional journey. I am moving either toward my desires or taking side trips.

I am continually creating filters for the thought paths for my emotional journey. Thinking thoughts of happiness, I am creating happiness filters for exploring states of consciousness and moving forward along my emotional journey. With thoughts of unhappiness, I am creating filters of unhappiness, and creating diverse paths for exploring the states of consciousness I am giving my personal attention. The value of knowing I am acting on consciousness and vibrations is in realizing what I am feeling in the moment, and the direction I am moving. It's not that a diverse

direction is wrong, but that I realize I am in a step one moment, transmitting more ideas for my expansion and improvement.

While focusing unhappiness with my thoughts is asking for more of my natural goodness, I'm clarifying the value of having happiness as my priority. Any vibrational filter through which I am focusing represents the energy into which I am extending consciousness. I am extending my feelings into the ideas I am thinking about. Happiness, I am extending my feelings of happiness into the persons, places and things I am thinking about. Angry, I am extending feelings of anger into the persons, places and things I am thinking about. Recognizing happiness, I am asking for more happiness. Recognizing anger, and knowing happiness is my priority, I am asking what I'm really wanting. I know I am not wanting more anger. The anger is activated by my thoughts about someone or something, showing where I am wanting to see my expansion. I am wanting to move beyond beliefs and expectations I was holding about the persons, places and things I am giving attention.

Interested in the idea of family life, with the happiness priority, I am extending the consciousness of happiness into the idea of family life and creating the atmosphere of happiness around the family. Focusing anger, I am extending the consciousness of anger into the idea of family life and creating the climate for anger around the family. Whichever, I am activating corresponding vibrations in me.

Considering the Abraham teaching on making vibrational choices, I am asking questions about the vibrations I am choosing. Bringing in the Neville teaching, I realize all states are equal, and none are better than the others. Using the family example, whatever states family members are in are equal. The same is true for the vibrational mix. It is a matter of choice. On purpose, I am asking, "Am I wanting to create the atmosphere of anger around my family, or am I wanting

to create the atmosphere of happiness?” How do I choose? I'm asking which feeling feels better? Which feels better? Happiness or anger?

Asking how I could say the states and vibrations are equal, I'm finding my response in my identity as a genius creator. Regardless of the state of consciousness, I am empowered with volumes of resources for changing my focus. Equipped with infinite intelligence, I am listening for ideas and priming my eyes for images of the next step along my journey. The difference is in how I am thinking. Am I utilizing infinite intelligence or am I doing what Abraham calls sloppy thinking? Aware of my vast resources for infinite possibilities, thinking any thoughts that do not feel good continually is sloppy thinking. Pausing to reflect on my happiness priority, I'm asking if I am wanting to continually feel what I am feeling. Coming to terms with how I am wanting to feel, I am moving from an unlovely state to a state of satisfaction and happiness.

Teaching we are vibrational beings extended into physical reality, Abraham is telling us about the importance of feelings, Abraham calls emotions vibrational indicators. I am training my focus to thinking vibrationally on my emotional journey. On my emotional journey, I am on my way to seeing, as Abraham calls it “through the eyes of Source”. Seeing through the eyes of Source, I am thinking what Source is thinking about what I am thinking. I am thinking thoughts of the pure positive energy of joy and clarity, freedom and empowerment, love and appreciation.

Along my journey to alignment, the stories I am telling about how I am doing in my relationships with people, and my relationships with things like money, appliances, weather, institutions and global matters are showing when I am honoring happiness as my priority. I'm training for happily ever after telling new stories about my relationships with whatever is within the scope of my attention. Telling stories in the atmosphere of happiness, I'm feeling enthusiasm and eagerness for what is coming next. Thinking thoughts in the atmosphere of happiness, the

thought paths I am carving out are reflecting how I am moving toward increasingly more and more happiness and building passion for even more happiness.

Training my focus to the relativity of my physical and nonphysical perspectives calls for daily practice in observing my emotional responses. I'm consistently asking if I am feeling the feelings of my natural state of wellbeing, such as joy and clarity, freedom and empowerment, love and appreciation. I'm asking if I'm feeling happiness. I'm asking if I'm feeling satisfaction. Catching thoughts of contradicting the natural state of wellbeing, and noticing I am not feeling good, I'm asking myself, "Is this the feeling you are going for?" When focusing on another, and thinking something other than that person's natural goodness, I am contradicting the natural state of wellbeing. Aware of my emotional responses, I am asking what are my intentions, "Is this what I'm wanting to feel?" In the question, I'm leaning to align with my Inner Being.

Leaning to align with Source is a vibrational choice. The Hawkins teachings on a sudden shift in world consciousness in 1987 suggests more are accessing higher levels of consciousness and making vibrational choices. In presenting information about calibrations he describes energy forces that represent the shift. Hawkins lays out the average world consciousness for centuries calibrated at 190, and 204 is the current average.

On the Hawkins map of consciousness, 200 is the critical point separating higher and lower consciousness. Considering energy forces of the nonphysical perspective on the Hawkins map, the numeric for clarity is 400, for unconditional love is 500, and for joy the numeric is 540. Both fulfillment and bliss rank at 600. Each energy listed counterbalances energy calibrating below 200. Among energies as negative emotions calibrating below 200 are these: demanding, intimidation, disappointing, fear and anxiety, unhappiness, blaming, cruelty, and humiliation, each representing step one moments. Counterbalancing negative emotions, I am exercising the

power of influence, a factor significant for individual creators. The power of influence for genius creators is vibrational.

Thinking I am an individual creator with the power of influence, I am accepting who I am and what I am here to do. Recognizing everyone and everything is vibrational, I, as an individual creator, am influencing the flow of vibrations through my focus. Being an individual creator, I am focusing pure positive energy, and activating vibrations of the natural state of wellbeing and natural goodness. Focusing pure positive energy through thoughts of community, national and global interests, I am creating the atmosphere of happiness and enthusiasm. I am amplifying the energy for manifesting desires. Amplifying energy is a step three moment after considering what Neville calls being low keyed. With happiness as my priority, I am focusing thought in higher vibrations, offsetting the impact of thought in the lower vibrational frequencies.

As a genius creator, drawing ideas from infinite intelligence, I am influencing the flow of vibrations through my areas of interest at a phenomenal rate. Both Neville and Abraham teach of the power of intention of focus, citing millions are moving as cooperative components on my behalf. The Hawkins teaching helps in clarifying my influence. For instance, clarity of thought calibrating at 400 MHz I am offsetting the impact of 400,000 focused in lower consciousness. Unconditional love at 500 MHz, I'm counterbalancing the impact of 750,000 focusing in lower consciousness. Broadcasting vibrations of joy and calibrating at 540 MHz, I am offsetting the impact of one million focusing in lower consciousness. Fulfillment and bliss calibrating at 600 MHz is my power for counterbalancing the impact of ten millions thinking through the emotions of lower consciousness. Focusing thoughts in natural goodness and wellbeing, abundance and prosperity, wellness, I am calibrating at 700 MHz and higher, and offsetting the impact of 70 million in lower consciousness. Holding steady vibrations of thought in higher consciousness, I

am building momentum for all circumstances I am giving attention to find expression in my physical reality.

Focusing attention through happiness, I'm training for happily ever after thinking things that interest me. Thinking about flowing the energy that creates worlds, I am focusing on things going on in the world around me. Being interested in news reports, I am practicing the art of translating vibrations of the stories. I'm looking for the expression of universal principles that promote ideas of supporting and uniting people. I'm looking for stories about leaders appealing to the higher nature of people, and inspiring faith and confidence. Knowing I am a genius creator I'm focusing the energy that creates worlds and looking for opportunities for improvement in the situations in the stories.

Making happiness my priority is my choice. Training for happily ever after is my choice. Knowing my natural state is that of a genius creator, I realize my journey to alignment with this aspect of my being requires intention, Thinking genius creator, I'm including the vibration of the genius creator in my vibration. Repeatedly thinking genius creator, I'm building momentum in the thought of being a genius creator and feeling the thought of the genius creator in my physical body, aligning with the perspective of the genius creator.

I'm asking if I am feeling happiness as the individual creator that I am, and if I am feeling happiness and enthusiasm as I am managing the energy of my thoughts. Am I feeling happiness at the thought of others who are genius creators? Am I feeling happiness at the thought of places and things while managing the energy of my thoughts?