

How to Turn
Any Rising Thought
Into an

*Orgasmic
One*

O l g a F a r b e r

Olga Farber

**How to Turn
Any Rising Thought
Into an Orgasmic One**

**How to Let a Rising Thought Be More Effective, Efficient,
Nurturing You With Pleasure**

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*To love.
To us.
To all courageous souls, learning to fly now.*

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Introduction

Dear reader!

Is it always easy for you to continue having good feeling thoughts?

Can you catch the flow and be riding it, effortlessly?

I wanted to find a way to ride the flow from simple, small rising thoughts.

- What I mean in it: I call "a rising thought" a thought, that feels better.

Of course, I can continue finding thoughts, that feel better and better, but this does require kind of a vibrational effort for me, doesn't it for you?

And I wanted to find a more or less technical, mechanical way, kind of a template, that I could apply more easily to get more effect from each rising thought.

Now I did find it, and it even is developing constantly, making the process even more and more enjoyable, effective, flying!

Even though this is kind of my secret formula, with which I've been able to turn even light rising thoughts into an orgasmic vibrational process, I will tell you every little part of it here, holding no secret back.

Ready to go? :)

Milking good feeling thoughts

It started there: I wanted to understand, how I could milk the good feeling thoughts for more

Otherwise one of the two things happened:

A. I would go into the thoughts I was used to, and they were lower, than this new thought.

Or

B. I needed to apply an effort, finding a thought that would feel better, than the one I already found.

- Actually, I did have a different process, too:

having found a new better feeling thought, I would continue comparing the feeling from thinking it, to the feeling I had with the previous thought, breathing this difference,

breathing in and out the ease in this new thought.

But it wasn't always applicable. You'll see later in the book, why.

AH recommended milking the good feeling thoughts, not really describing, how we could do it (or I haven't heard their description of it) - they just went into rampages, the formula in which wasn't quite clear for me.

And I did want a formula!

I wanted something that would be sort of a template, easy to apply.

And one day I found, what became the first part of it...

Thank you!

One day I saw someone giving this advice: saying "Thank you!"

I don't remember what was their beginning of the process: was it about a moment, when we already are joyful, or bringing up a sweet memory, or reminding ourselves of something we have.

The matter is, they recommended: "say 'Thank you!'"

And I did, and I felt a question rising in me, to whom I'm saying that 'Thank you!' - because the question of God, All That Is, etc. has been redesigned a lot for me in these years.

But I felt then, that usually, when something happens I don't really like, I feel like being offended - with whomever "provided" me with this event.

And I felt, I could say 'Thank you!' to that someone I already attribute the events to.

And it was so sweet, saying 'Thank you!'

It already added to the good feeling I had.

Then I remembered...

Appreciation feels better

I remembered, that AH many times mentioned, that appreciation is a step higher from gratitude.

They said something like, in gratitude we still feel the traces of what we've overcome to come to this sweet event we feel good about, and in appreciation we're just in the new happy energy.

It's like, the appreciation comes from a cleaner, happier place. Some say, it is closer to unconditional love.

- (You can check it on YouTube, type in there "appreciation gratitude Abraham-Hicks", without quotes).

I will speak more about appreciation later in the book, so we will clarify it more - especially the state it easily comes in on.

But back then I didn't know it, I just, too, felt the difference between the gratitude and the appreciation, so I added it to my formula. It became:

"Thank you!
I appreciate it!"

It came to me, when I was walking in the street, looking around. I wanted to have kind of a rampage, good feeling rampage, without too much work of finding better feeling thoughts indefinably.

So I noticed: there were green bushes along the path I was walking, and I liked them.

So I said, "There're green bushes here" - this was my good feeling thought (you see? There's not really a previous thought that felt worse, so I couldn't quite go on comparing the feeling, as I said before. I wanted to find some other way I could milk this thought and feeling for more).

But then between "green bushes" and "thank you" something felt missing. Something more personal...

Me likes it

It said so in Russian, in my feeling translation.

We can also say it as "I like it", but in the Russian phrase I said, there was a feeling nuance, of "it" coming to me, you know?

Not that "I" actively liked it, but that .. more of, *it* came likable to me, it came to me such, that I liked it.

Can you feel that nuance?

Because of it, I usually use that phrase in Russian in my this rampage (when all the rest of it I'm saying, and thinking, in English, as that contains the vibrational sense that I like).

But here we will use this part as "I like it."

So the sequence became:

"I like it,
Thank you!
I appreciate it!"

But it felt kind of formal, I wanted to add some sweetness and lightness to it...

Sweet kisses

I looked for something light and happy to add to it, reflecting it that the approach was not formal, that it was loving.

And what came to my mind, was a phrase one could use in an email to a loved one. Sending kisses!

It immediately made the formula sound .. like a talk with a loved one. Light, happy and easy.

So the sequence became:

"I like it,
Thank you!
Sending kisses,
I appreciate it!"

I wonder if you can feel the ease I feel in this sequence, can you?

It worked especially well on the walk: I was stating something good I thought about or saw, and then added this sequence. It improved it immensely!

Then I would remember something else that was nice to think about, and again added this sequence. Feeling every bit of it.

And on, and on, and it made the happiest walks! It also worked in the more complicated vibrational processes I did at home.

It as if made the state I came to, upon a good feeling thought + the sequence, more stable, more enjoyable, more happy and more effective.

For some long time it became the formula I used.

Until I found something interesting...

Triple A formula

It was Bashar's seminar, where he gave the following formula:

1. Acknowledge
2. Appreciate
3. Allow

The seminar was amazing, as all Bashar does, you can find it at <http://basharstore.com/allowance> - you can get there a better explanation of the whole process, with great Lana Shlafer's questions and Bashar's answers, and with an amazing, integrating Holotope meditation at the end.

What was especially interesting for me - that practicing it, I got an answer to a hot question I had before.

You know, they say, when we want something, - if we don't get it, it's because we're "resisting" it, and instead we should "allow" it.

My question always was, how exactly to allow?

No, after big vibrational processes, when I came to alignment and was feeling my power and Source, I did feel allowing. But I wanted a shorter route to this sweet feeling.

And I also felt, that as a feeling, allowing wasn't available for me in lower feeling stages of aligning.

I even found out, in practicing with Bashar's formula, that I even didn't know the full feeling of allowing before! I just felt the power of Source, filling me up, being mine, when I was aligned. When it felt, the whole world was me, you know?

And only with the Triple A formula it came to me, a new nuance of the feeling of allowing, which is so delicious, it's worth to be wanted to be felt for its own sake - not as a tool for manifestation, not as a good vibrational state to be in, not as anything else.

And it is truly orgasmic in itself.

The matter is, how you come to it!

The true secret of the Triple A formula

The true secret of it for me was:

1. I can only truly, beautifully, deliciously allow, when I am truly appreciating, and
2. I can only truly appreciate, when I really acknowledge, and
3. The more I invest (love, attention, focus, ...) in every stage, in order, the more naturally (by itself, or almost by itself, flowing) the next stage comes.

Meaning, if I just mechanically saying, that I appreciate something - without acknowledging first, I don't get the true feeling of appreciation, and I don't get the full feeling of allowing.

And if I treat the acknowledgment stage formally, not really looking at my life, not really looking at what it means for me - I don't get the true appreciation feeling, and so on.

But if I truly, really, invest my whole attention in these stages, in their order, - it all opens like a flower, gifting me with delicious fragrance and beauty, letting me in to the whole range of absolutely orgasmic feelings.

By the way, this acknowledgment stage very much resembles the gratitude we spoke about before, and so appreciation coming after it, is, indeed, in place.

- And what is very convenient in it - it starts with the mind, so we can easily just take events, things we have, etc. If I needed to start right away with some emotion (appreciation, for example, for me is highly charged with emotion), it wouldn't be as easy for me to start wherever I am - I would need to be in quite a high state to start it already.

In the first, acknowledgment stage, I look at my life, seeing how what I'm thinking about, benefits me. The more I realize, recognize at this stage, - the more inevitably comes the appreciation.

And then when the appreciation comes, I let myself fully feel into it, feeling the love in it, appreciating, that I have it here, in this moment.

The feeling of the presence, the focus in the here and now, appreciating what's happening here and now, adds to it more depth.

I think it also works so well because it is focusing my attention, my power in the Now moment, and with appreciation - what can be better than that!

But then, the deeper, the wider, the more loving is the appreciation, - the more naturally the allowing comes, and it feels even better.

There's a delicate nuance to it, in how I feel the allowing:

When I'm feeling the appreciation, I'm starting to feel, how wide the care for me is, I'm starting to feel *having, being truly loved, cared for*, and on that I feel opening, and I feel like *letting it do whatever it knows so well to be doing*, you know?

Like, *if it already does such an amazing job of caring for me*, - I don't need to push or make or control, *I can relax into it and let it do more of what it has already been doing, let it do more of the miracles it endlessly provides already*.

And this is the new sweet nuance in the feeling of allowing I spoke above, that wasn't truly available to me before:

I only felt being it all, feeling natural in things happening, you know? The power, the stability, kind of, in the state of alignment, it all feeling so natural, that movements inside are movements outside, "of course," you know?

But the *sweetness*, the *amazement*, the *letting the miracles come more, as they're already coming*, the recognition, that *they can happen in so many unknown, unimaginable ways*, opening, - this came to me in this sweet applying of the AAA formula, thank you, Bashar! :)

So my sequence became:

"I acknowledge,
appreciate
and allow. +

I like it,
Thank you!
Sending kisses,
I appreciate it!!! :) +"

I don't say it mechanically (if I want to get the real value and benefit from this formula), I say every line and think-and-feel into it.

Because of the way the two parts of it (IAAA and "I like it!...") came together, the second part became not only about the thought, the whole sequence is added to, but also about what came to me in stating the first part of the sequence. So I have more to like, love, send kisses for and appreciate. :)

But where did the pluses come from?..

Technology analogy, making a powerful process

It was a self-coaching (self-enjoying) process '38. "Progressive jpeg" (creating from general to details)' that I came up with two years ago:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/38-progressive-jpeg-from-general-to-details/>

In this process, for every new thought I came up with, I wrote at the right side of it the feeling that thought gave me.

I found then already, that it was making the process more effective, for several reasons:

1. It requires (and allows in) several perspectives in the process, at least one of which is more detached, less inside the lower state, and so providing the "coach" support. (Some psychologists call this "Inner Child" and "Inner Adult" union.)
2. Getting into the feelings more ensures, that all thoughts used are really the ones that feel good.
3. Getting into the feelings, recognizing them deepens the feeling - which is good and satisfying by itself, and
4. Deepening the feeling allows us to fuller be the desired state.

So I took it to my other vibrational processes later, too - the addition of recognizing the feeling to every better feeling thought.

But as I do many of them, the laziness came in :) so I found something, that still provided some of the benefits above, yet was easier and faster: instead of recognizing, naming the feeling, I just recognized, that it was a positive, pleasant feeling, and I wrote a '+' next to it.

It still required me to kind of "go out", in order to evaluate the feeling in the thought (if it indeed was a feeling of ease, relief, if I liked it), and in writing the plus, it added the feeling of confirmation, self-approval.

It felt like "I did a good job," "I indeed found what I was looking for."

The smiley serves a similar purpose: Bashar would probably say, it's a "permission slip" for me to feel what I feel when I put a smiley in a sentence.

NLP would probably call it an "anchor."

All in all, it creates (restores) the mood I love, flying me high, nurturing with pleasure.

These things seem small, but they work like a charm!

So, as I said, my sequence became:

"I acknowledge,
appreciate
and allow. +

I like it,
Thank you!
Sending kisses,
I appreciate it!!! :) +"

Until I found something else, not less interesting...

Is expectation a good thing?

AH say it is, they even recommend us to build, create expectation. Bashar says it's not, we should omit, exclude it, throw it away.

I guess, besides all else, they speak about different expectations.

But all in all, there is a difference in their approach.

AH address every subject (even though they do tell us to focus on something that already feels good, and let the alignment spread out to other subjects as well) and encourage us to feel the whole existing expectation in the subject, working it up so that the expectation we build, regarding that theme, feels good to us - then what we'll be getting in this stream, will also feel good to us.

Bashar doesn't bother about building the expectation (even though he does care about states, and maybe the AH's expectation can kind of be related to the state we prefer, that we can just step in, by Bashar's recommendations): he tells us, "act on your highest excitement, to the best of your ability, take it as far as you can, with zero expectation."

The expectation Bashar mentions here, is insistence on certain outcome, of the action we take, following our highest excitement.

AH's motto is "get in the Vortex, and then," but they also say, "take inspired action," so we can find correlations here, too.

Bashar insists on us taking the inspired action - for the sake of taking the inspired (excited) action, for the sake of excitement itself, because the excitement means, it's our Source energy reflected in it, - not for the outcome of the action we might expect.

- Bashar explains that it's because our excitement is a communication from our Higher Mind, so all our excitements are connected, related, and we can never know, what result the current excited action should produce, but by its definition it produces the result always. And it might not even be that we should complete the action or get a usually expected result - it can be a "dangling carrot," designed to move us in a certain direction.

For example, I should be writing this book (and I am, mostly I did manage to come to it) not for the readers who could love it, not for sharing of the information/feelings, not for the financial reward, not for any other thing - but only for the sheer excitement that is in following this action right now.

(By the way, with the book, I did manage to release this tension and bask in the "zero expectation," and then I felt more free, warm and lovely, loving in the writing. I took it as the

result already. But on the next day, doing my practices, I suddenly realized, that some answers came to me, being the next step - based on what I formulated a day before in the book, being there wholeheartedly. It was wonderful!

And in the night after, I came to my tablet to pause the playlist of a Bashar's seminar. I never hear everything immediately, it continues unfolding for me, as I listen on repeat, and so it was no wonder for me, that I heard in it a piece I never heard before. When I came to pause the player, it got my full attention and I suddenly heard: "sometimes to sit and write your book is to get off your butt!!" I was shocked - how did he know :))

AH also said, we should write the book only when and because we just cannot not to write it. But they don't recommend us so passionately to throw any expectation or insistence away. (Maybe because in "getting in the Vortex" the insistence melts away by itself, it becomes quite a carefree state.)

Bashar says, that allowing already means, no insistence is needed.

That when we *make something happen* - we imply in it, that it doesn't work out beautifully by itself already.

Bashar's "zero expectation" is there also for allowing what we prefer, to come to us *in any unknown way* we can't imagine right now. So that we don't restrict, limit the Universe in the way it could work for us.

He says, what we can imagine - is the *least* possible way the Universe can work. That where our imagination ends, the Higher Mind only starts. :)

So it is important to be with "zero expectation" for at least two reasons:

1. Insistence means, we don't allow. It by itself is a state of not allowing, not trusting the unfolding. (As Story Waters said, "To control is to be blind to the beauty of unfolding.") And since the state manifests, it is not in our interest to insist.

- It also feels better, to release the insistence.

2. Not to limit the manifestation.

- By the way: "If you focus upon something negative, it does not necessarily mean, that the negative aspect will become ever stronger / 'more negative'. It means, the negative aspect will develop towards its own healing / integration: however it is the nature of life, that what we perceive to be negative, increases towards this point of resolution. This is because to integrate / resolve anything we must first come to understand it, which is achieved through exploring it – through diving into it.

The key point to understand in this is that something becoming worse in the moment, can be the best path towards it becoming better in the long term. Through this understanding it is possible to begin to deprogram yourself from the socialized reaction, that leads us to go to a place of fear, the moment anything seems to be going wrong. Often people ask for a positive change in their life and as soon as it starts unfolding, they put the brake on, as the face of what is being moved towards initially, appears negative. To release this reaction is the process of coming to trust in the unfolding of your own life." ~ Story Waters

I heard an interesting thing today in another Bashar's seminar: a woman said to him, she felt excited about playing with the slot machine.

His remark then was, that it was important to participate in it for the excitement, not to insist (not to expect), that the money has to come from it. Because for example, when one would participate in it with insistence, they may not feel, when it's time to stop and go to some place else, while the positive outcome may come in that other place.

(In that case the positive outcome might come in that other place, *because* the person started to play at that slot machine, following their highest excitement at that moment, and followed it to the extent it still was exciting!)

All of it feels intuitively very true to me.

But what I appreciated the most in it, was how good releasing the expectation felt!

..What a sync, I saw this quote right now, which so much speaks to it:

"So really what we're asking you to do, and it's an annoying word, but it has such powerful resonance at the very core of your being, is to trust the process. To trust your Inner Being. To trust that where you are is fine. To acknowledge there is no wrong doing on your part. That there's no misunderstanding or no misapplication of a process. There is no recovery from something that is amiss. There's just you, in this moment, harmonizing with the resonating blending with the Energy of Who You Are. Softly acknowledging that it's a big capacity. And in acknowledging that big capacity of this Energy, being pleased with where you are touching it and what it is achieving.

Here's a way you could look at it that would be very pleasing to us: Standing, like your Inner Being, in your Vortex, utterly knowing the Well Being of you and knowing it so powerfully, and you being so close in the vicinity of it that you can't not know it. In other words, we know it so much that you just got to know it. And if you don't know it, it's because you're over-thinking it. We just want you to know you're close enough. You're close enough. In other words, easy does it. Close enough and trust that Source within you. The Source within you, this Vortex, has

got you. It's got your back. It's got your front. It's got your past. It's got your present. It's got your future. It IS you. In other words, it's real-time, vibrational. It knows all of the manifestations that are coming. It knows every step along the way. It could lay it all out for you brilliantly. It knows every rendezvous that you'll have with every single person. It knows where you've been. It knows where you're going. It knows Who You Are. It knows what you want. It knows where you are in relationship to what you want. It knows that path of least resistance to get you to where you want to be. It knows all of those things. The Source within you knows all of those things. And because you can't just hear it all spelled out this red hot minute, you choose to think that you ought to be doing something different than what you're doing and we want to tell you: what you are doing is enough. It's enough. It's all you can do, and it's enough. It's all you can do, and it's enough. Trust the process, it will just keep evolving." ~ AH

How can we not allow upon those recognitions?..

SO, what I said - I love how good it feels, to release the insistence and the expectation.

It releases worry, it releases the false sense of the need to control, it releases caring for what it will be in the future!

..I once thought, why we want lots of money in our bank account - more than what we can spend in one day, week, month. And I came to a conclusion, that we want it as a guarantee, that we will have enough money in the future days, too.

But when I thought into it, I realized, that for me there would be no guarantee there, either.

And then, what's left? Knowing there's no guarantee, so not relying on a guarantee to provide for me the good feeling (not waiting for the guarantee to provide the good feeling), and then feeling fully appreciative for what I have in the moment.

Because if I cannot be sure in what I will have in the next moment, ever, anyway - I then cannot let it control my feeling. And all I have then to be with, is this moment here and now. And then I can fully be with it now. Because I don't need to "make sure" and to care for the "shoulds."

And then, by the way, being in the moment, caring for feeling the best in this moment, I can also think about something, only caring for how it feels. Not for the "truth" in it! It is a good permission slip (Bashar's term, have you heard of it? I use it a lot), an instrument.

So, what did I add to my sequence with it?

The "zero expectation" phrase.

The whole process

So, the sequence became:

"Zero expectation. +

I acknowledge,
appreciate
and allow. +

I like it,
Thank you!
Sending kisses,
I appreciate it!!! :) +"

- I usually write it in its abbreviated way, something like:
OE.+ I A.A.A.+ ITKA :) +

The period marks are there for me to pause and think deeper into OE and every A's meaning. In the second part it's already easy for me to get into the meaning and the feeling as I write.

When I am saying the formula (on the walk, for example), I replace the pluses and the smiley at the end with "hooray!", and the pluses in the middle - simply with their feeling.

Ah, and when I'm writing the abbreviation, I love it that OE reads also as "oh, yeah." :)

I do say it "zero expectation" inside, when writing it, but something in me also reads the "oh, yeah," and it adds joy to the process.

How exactly I use it? Let's go through the whole process, now we can:

1. I state a better feeling thought. (For some ideas on them, you can refer to my book series "33 thoughts to feel better.")
2. "Zero expectation."

There is a slight difference in the process, depending on the thought that I state in the previous step.

For example, if the thought is "there are green bushes there," then "zero expectation" comes with the meaning "I love it, and I release the care for what will be forward, I just

appreciate it here in this moment, I'm freeing myself to enjoy it here and now."

If the thought is "what if I did that well enough?", the "zero expectation" comes as "I care for how it feels now, what I'm saying; I release myself from the responsibility to come up with the "true" thoughts or make anything happen with it. I am in this moment, and I care for how it feels now."

If the thought is, me stating what I prefer (even though I believe that now it isn't physically so, for example), then "zero expectation" comes to relieve the tension from the feeling "but it isn't so now!" In this case the "zero expectation" is especially important: I state (imply) in it, that I release the responsibility to make sure it will happen, that I, again, care for how it feels now. That being in the state I prefer, feels good now, and it is important for me. That I applaud myself for this practice, recognizing it is not the most trivial thing to do, but important, and it is in integrity with who I am. That I come up with this thought because it is in integrity with me (which is for me equivalent to the "highest excitement" term), not to insist on the outcome (this is sometimes the least easy part of it, saying it softly.. but I usually manage to do it, too, giving it enough dedication).

When I like what's happening now, then "zero expectation" is for me like saying to the thing happening: "I love you now, the way you are now. It doesn't imply any 'shoulds', it doesn't mean you must continue to be this way. I love and appreciate you right now, and you're free to live your life as you define it. I appreciate wholeheartedly, lightly, happily dancing with what I'm having here now, in this moment."

It is nice, to be loved like this, in an relationship. And it is nice, relieving to love like this, too.

I feel, that in my "zero expectation" I'm saying: "I'm doing it for my own pleasure here in the moment." Like I would be enjoying a flower.

So in a sense, "zero expectation" releases the dependencies, the tension, and brings me to the Triple A in a cleaner state, ready to acknowledge, appreciate and of course allow :)

- There're two more processes for coming to a "clean slate":

<http://www.think-to-feel-better.com/blog/self-coaching-pages/42-clean-slate/>

<http://www.think-to-feel-better.com/blog/self-coaching-pages/43-state-of-being-works-as-a-reset/>

And there is one more process, which sometimes works as the loveliest, most precious reset:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/46-praising-your-own-babemba/>

3. "I acknowledge, appreciate and allow."

Here if the thought in (1) was about a thing I have, I acknowledge and appreciate both having it, and having a (good feeling) thought about it, too.

When the thought in (1) was complicated (out of those "what if," for example, or stating what I prefer, or something else, where it's not the easiest thing, to find a clean thing to appreciate), - I just acknowledge and appreciate, that this better feeling thought came to me. Over the years of this practice, I learned to appreciate it in itself, too. :)

So I'm acknowledging and appreciating having the thought, and together with it me doing the process, it feeling better to me, me being able to feel better with thoughts, all of it comes into account. I have so much to appreciate in it!

4. "I like it,
Thank you!
Sending kisses,
I appreciate it!!!"

As I said above, this part comes here, taking on itself the role of appreciation (and liking) both the thought in (1), and all of what I thought and felt in (2) and (3), too.

It is also about me being able to do it, and about me doing it - with years of practice I learned to not only appreciate the thoughts coming to me, but also me being able to do this work, and me doing it, too.

So this stage comes in as a celebration, too! Of the whole process, of who I am, of who we all are.

And the pluses and the smiley at the end help me celebrate, too. :)

Join us in a celebration?

Let's meet again

If you liked this book, let's meet again! :)

(By the way, if you liked the book, you can write what you especially loved in it, [here](#) .

Thank you!)

You can find more delicious stuff at my blog:

<http://think-to-feel-better.com/blog>

(short link: <http://notrivia.com/b>)

<http://think-to-feel-better.com/blog/free-downloads/>

(short link: <http://notrivia.com/fd>)

<http://think-to-feel-better.com/blog/self-coaching-pages/>

(short link: <http://notrivia.com/sc>)

To be notified about new books, courses and other good things, you can subscribe to the newsletter at the blog. When I release books, I set a lesser price for the first week, and my subscribers get notified first.

Try this focus delight:

<http://think-to-feel-better.com/blog/self-coaching-pages/focus-gym-1/>

(short link: <http://notrivia.com/1>)

Focus delights are my invention, initially for myself, – they are like focus wheels, but very easy and playful. You just choose what feels better of the suggested thoughts, or come up with your own, and your mood shifts very subtly, but very quickly and powerfully. Such a pleasure to feel it.

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Check for my new books:

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I will be happy to hear from you. With any questions, you're welcome to write to me, to my simplest email olika@notrivia.com

And finally, if this is calling you, check this:

<http://think-to-feel-better.com/blog/my-coaching-service/>

(short link: <http://notrivia.com/c>)

It is always a pleasure to fine-tune together.

Bonus chapters (from other books)

The chapters below are from the book "33 thoughts to feel better."

In every chapter the title specifies a situation, and the first sentence of the chapter - is a thought with which you might feel better.

Enjoy your reading! :)

#21. When you feel scattered, lost and worrying

"I compress the time into the moment of Now."

This was inspired by something I heard about the teachings of Castaneda (I didn't read what he said): that we are afraid of the future, but in the moment of Now it is safe and nothing can happen to us.

I don't know if that's real (even though, what is real? or true?), but I find that this statement above gathers me into the moment of power.

Maybe it is because I focus away from the worry I had: like AH said, alignment is like a cork, when we stop pulling it down, it goes up by its own nature.

Maybe it's because compressing the time feels like gathering, compressing all those possibilities I was doubting about. It pulls in my power from all the places it was scattered to.

Maybe because I feel more in control about the moment of Now.

Maybe because compression feels like turning a big deal into a small issue I can handle.

Or something else. I feel like there is something else to it.

What I do know, is that this statement helps me to concentrate in my power, in Me, in me being The World. You know that feeling of alignment?

It feels like the state I want to be in.

And after some being in it, I feel the desire to enjoy the Now moment more, to, as AH say it, milk the current moment for more pleasure. I start seeing more pleasant things in my Now.

And it gives a different viewpoint at my future, too. It's like I'm recollecting it, reassembling it anew, from my real moment.

This thought is not like a "what if" relief, it's more like a reset button.

A reset into my power.

And I like it. :)

Practical exercise, based on new understanding

What are your thoughts and feelings when you say the statement?

If it feels good, a nice exercise can be to write down (or up) the feelings and the thoughts (be careful with the thoughts, see that they still feel good), to elaborate on them, to enjoy them, to let the similar feelings to rise around.

Kind of Morning Pages, but themed for this statement.

"I compress the time into the moment of Now."

#22. When you feel dependent

"This work gives me the freedom I seek."

Doing the vibrational work for so many years, I should get acquainted to working on the freedom inside, not outside. But I'm not.

Yes, the path to realizing, the work should be done inside, is shorter now, but still when getting into a situation I don't like, I frequently seek an outside solution, and if I don't see any, I'm frustrated. Or desperate.

Especially if it's about action that supposedly depends on me: writing a book, making a progress with some projects, ...

I feel that I can't make any progress physically, since it's not ready inside yet, and I'm not willing to enforce it.

So I'm doing the inside work - in order to push myself into alignment - so that I would be able to do the physical work - so that I could observe it and feel good about it.

Not that it doesn't work at all - it works, but so slowly and with such an effort, that it gives me more frustration. I feel that even having done the physical work, I do not move in my feeling - I'm still frustrated from lack of the progress in the project.

Then one moment I get so tired from feeling frustrated, that I do the inner work just to feel better.

And then I get a relief and this precious inner realization, that it comes from inside - the relief comes from inside, no need and no obligation to first fix the situation outside in order to then observe it and feel better. I can just come to a relief from inside, it will spread to everything by itself.

And then it gives me the feeling of the real freedom.

As AH say, "unconditionally."

And then, by the way, the miracles come in the physical world, too. And it feels like.. they come consequently, but as if never being sought, you know?

So this statement above is a shortcut and a reminder, where to seek the freedom I crave love.

Practical exercise, based on new understanding

I will suggest for us within this subject, to do the exercise of looking for the roots:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/35-whats-in-it-for-you/>

Besides discarding all kinds of .. I won't say false premises, but some intentions and beliefs, of what some events would give me, and leaving me with the core of what I really want, this exercise gives me peace.

By the NLP principles, by the way, this exercise aligns us the best possible way with what we want, because every next stage builds on the previous, making it 'done' for our unconscious.

But since we're focused on the feelings, on the core of it, we bypass the thoughts we could have if we were estimating how true it is for us now.

Win-win-win, in short :) I love this kind of activities.

And what do you love the most?

#23. When you see no solution

"I'm looking for the solution because I think my Well Being depends on me finding it."

But the Well Being depends on alignment, and then the solution comes, too - as an expression of alignment.

So to look for it in order to come to alignment... is something we're trained to, but not the shortest or the simplest path to what we want.

Sometimes the energy gap is so big that no physical solution is even visible at this stage, and it is just an expression of our alignment ratio.

Fortunately, we can align without even seeing the solution, without finding it and even without looking for it.

What is nice to know - is since there is a question (problem), there is an answer (solution).

Even though from the pre-harmony standpoint sometimes it's not very easy to see it, and even to believe that it's possible.

Fortunately we can align, bit by bit, even then.

What this chapter's statement says, is "Even if I don't see any solution, it doesn't matter, I don't have to look for it.

"And it can even be counterproductive, to look for it now, because when I don't see it, I take it as an evidence, that the situation is bad, which is far from the thoughts I could align with.

"Finding the solution is not a condition to things going well in this stream.

"I can align, it will find all it needs, by itself.

"I want to feel good in this stream, too.

"And I can."

Practical exercise, based on new understanding

A good exercise here is the simplest, my first ever Focus Delight:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/focus-gym-1/>

#24. When you miss the old times, thinking you can never feel that good again without them

"It was the alignment that felt good."

"Not this person, not those places, not those circumstances. So to feel good again, I don't have to get in touch with that person or recover something else from my past - I just need (want) to align. It's the alignment that feels good, both in reaching there vibrationally, and in the physical expression later. It's my alignment that feels good to me. I'm safe & secure. I'm with myself. I'm here. It's mine. I'm happy."

Practical exercise, based on new understanding

And in the exercise today we'll focus in our Now and the Future:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/14-sweet-having-map-love-money-health-activity-youth-beauty/>