

Creative Processes Workshop

The *Finding-the-Feeling-Place* Process

If you're somewhere between Frustration/Irritation/Impatience and Discouragement or Anger.

Your goal is to conjure up images that cause you to offer a vibration that *allows* your desire. Your goal is to create images that *feel* good to you; your goal is to find the *feeling-place* of what it would be like to *have* your desire.

You can use a remembering technique, and *remember* a time more like that which you now desire; you could use an imagining technique and *imagine* or *pretend* that it is happening now, or you could focus upon someone who is already living your desire – and as you focus upon the details of the desire that you hold, its vibrational essence within you will be activated.

Situation: _____

How I feel: _____

How I want to feel: _____

The *Remembering* Technique: _____

The *Imagining* Technique: _____

The *Focus on Someone Already Living My Desire* Technique: _____

Results (How I feel now, after doing this process): _____
