



# The Feeling Board Guide

Feel the shift!!!



APRIL 1, 2020  
MANIFEST EVOLUTION  
[www.manifestevolution.com](http://www.manifestevolution.com)

## How do we manifest?

Manifestation is happening all around us. We are all-powerful manifestors. We have manifested the life that we have and are responsible for everything that we experience.

Many of us are unaware of what we are thinking and feeling and therefore it feels like the world just happens to us. However, as science is now proving what the great masters in almost every spiritual tradition have said, the Law of Attraction (LOA) is real and at work all day, every day.

We are vibrating beings and like attracts like. When we focus on something, good or bad, we will attract that into our life.

## What is the LOA?

Renowned author Jack Canfield says

*"Simply put, the Law of Attraction says that you will attract into your life whatever you focus on.*

*Whatever you give your energy and attention to will come back to you.*

*So, if you stay focused on the good and positive things in your life, you will automatically attract more good and positive things into your life. If you are focused upon lack and negativity, then that is what will be attracted into your life.*

*Here's how it works: Like attracts like. If you are feeling excited, enthusiastic, passionate, happy, joyful, appreciative, or abundant, then you are sending out positive energy. On the other hand, if you are feeling bored, anxious, stressed out, angry, resentful, or sad, you are sending out negative energy."*

As stated above, you get what you are sending out, you will get whichever feelings you are sending out.

Exercise \*\*\*

What are you attracting in your life?

What emotions are you putting out?

## Why do we want to manifest anything?

We want to manifest things in our life to feel a certain way. For example, if we want to manifest money we may feel a sense of relief, pleasure from the things we will buy and use, security that we have a nest egg, the stability that it will always be there, and so on.

If we want to manifest romance we may want to feel unconditional love, connection, friendship, and so much more. If you want to manifest health you may want to feel wellness, strong, fit, or thin. Everything that we want has an emotion attached to it.

However, most of us don't feel positive emotions when we think about what we want.

For example, when many people think about money, they are fearful or have negative connotations linked to it. They may feel their stomach tighten or feel anxiety because they are lacking the money to do what they want or need to do. Also, their subconscious mind may be playing the program "money is the root of all evil" in the background making them feel hate or dislike towards money. So, when someone like this thinks about money a slew of

negative emotions emanates and vibrates out to the universe.

Similarly, when someone really wants a partner they are generally focused on how lonely they feel or when someone wants health they are predominantly feeling the sickness.

The vibration of fear, anxiety, loneliness, sickness or dis-ease are low vibrations that will keep us from what we truly desire.

## Exercise

What do you want to manifest?

How do you feel about each one? What emotions and reactions come up as you think about what you want?

## What are the steps to manifest?

1. Know What You Want
2. See It/Focus On What You Want
3. Feel It Like It Is Already There
4. Let It Go

## Those seem like easy steps. Why am I not manifesting?

Many of us have step one down pat but it's steps 2, 3, and 4 that hold us up. When we don't manifest what we want or manifest the opposite, it is generally because we are not feeling good about what we want to manifest. Usually, these negative feelings are deep in our subconscious that have been there for years.

For every desire, there is an equal and opposite feeling of not having that desire. And unfortunately when we focus on what we do want, we start thinking of what we don't have. This starts you in the process of thinking of what you don't have and then guess what you will manifest? What you don't have.

**Exercise \*\*\***

Are you feeling any negative emotions when you think about what you want?



## So how do we get from here to there?

One way to start getting what you want is by creating a feeling board. As we talked about above, we want the *feeling* of what we want to manifest. So, which is easier manifesting \$20,000 dollars today or the feeling of relief that money gives you? Which is more likely to happen right now? The manifestation or the feeling?

Of course, the feeling.

So, as you feel these feelings more and more, the manifestations must follow. As you raise your vibration those positive high vibrational manifestations will flow into your life.

## What is a feeling board?

Steps 2 and 3 are seeing it and feeling the manifestation as if you actually have it. Well, many times people are told to either create a picture of what they want in their head or put it up on a vision board. Well, what if your feelings are negative when you see a picture or hear the word money, excellent health, thin, and so on? Well, then you are going to

get the opposite of what you want. So, instead of visualizing or making a vision board we are going to make a *feeling board*.

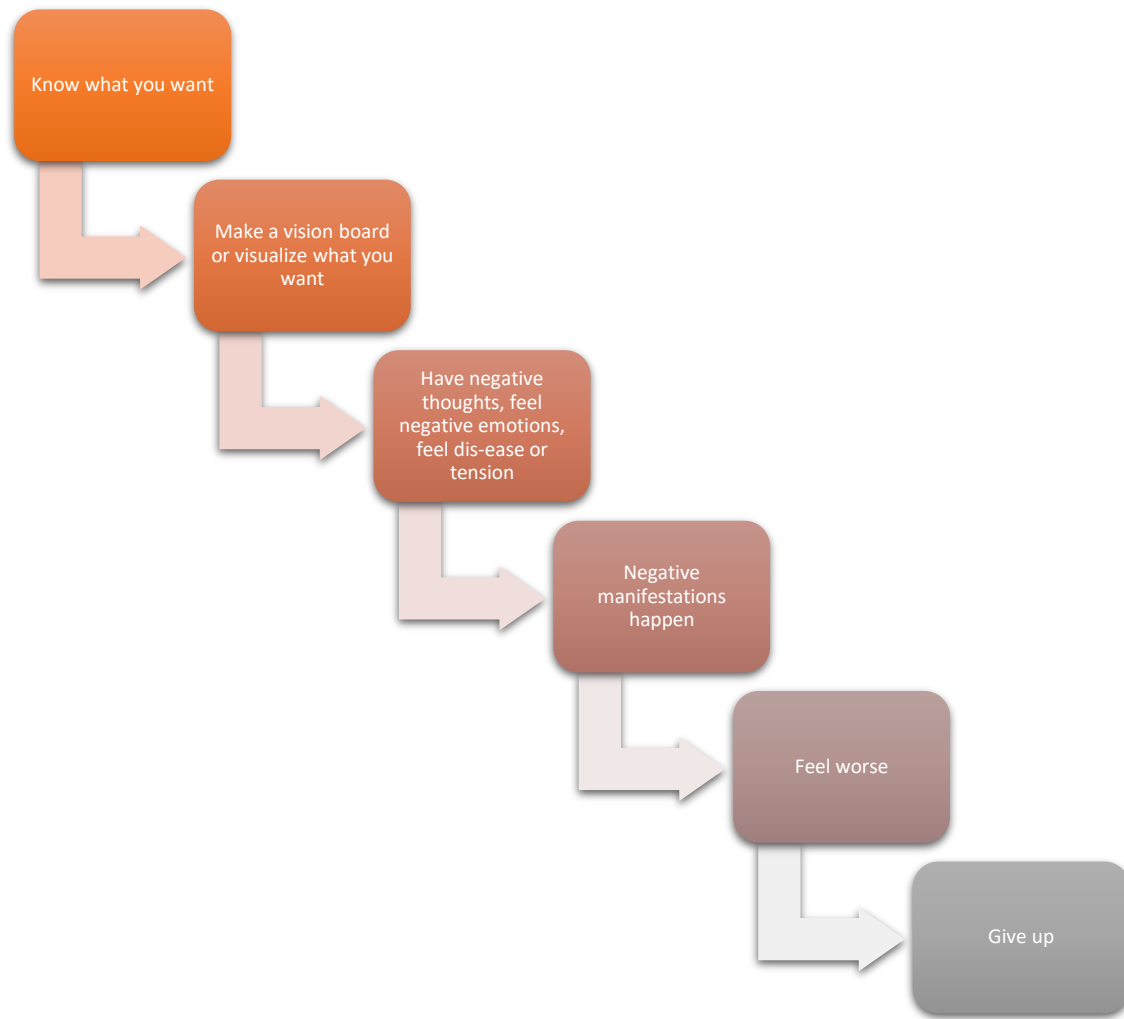
**What is the difference between a feeling board and a vision board?**

## **Vision Board**

When you make a vision board you are actually putting pictures of what you want to manifest on a board and looking at it many times a day. Through this experience, you are supposed to feel what it is like to actually have the things on your board. The more real and intense the feeling the faster and easier it is for your dreams to come into reality.

The problem with a vision board is most people don't believe they can have what is there. Underlying this disbelief is a negative connotation with what is there, you may feel unlovable, poor, or inadequate in some way. Therefore, the more often people look at it and feel a sense of unease, discomfort or flat out pain, the more they are manifesting what they don't want in life.

## The Negative Path of Manifestation



## Feeling Board

A feeling board is a compilation of *images of how you want to feel* when you have what you want to manifest. It is based on feeling the emotions that you have access to right now. It's about raising your

vibration to be on the level of what you desire. And the more you are feeling those high vibrating feelings, the more high vibrating manifestations will come into your life.

## How does it work?

Part of this process is finding out what you truly want and desire. Sometimes we have wants and desires that are not our own. They are handed down to us by our friends, family, and society.

So, if you are not sure what you want to manifest or if your goals line up with your heart I recommend you read [Part 1 - 4](#) on my website [www.manifestevolution.com](http://www.manifestevolution.com) and do [the Feeling Board meditation](#). Once you have done that you are ready to make your feeling board.

Let's look at an example. Let's say that you want to manifest \$100,000/year. Instead of focusing on the amount of money you want or the job focus on feelings of what that money brings you.

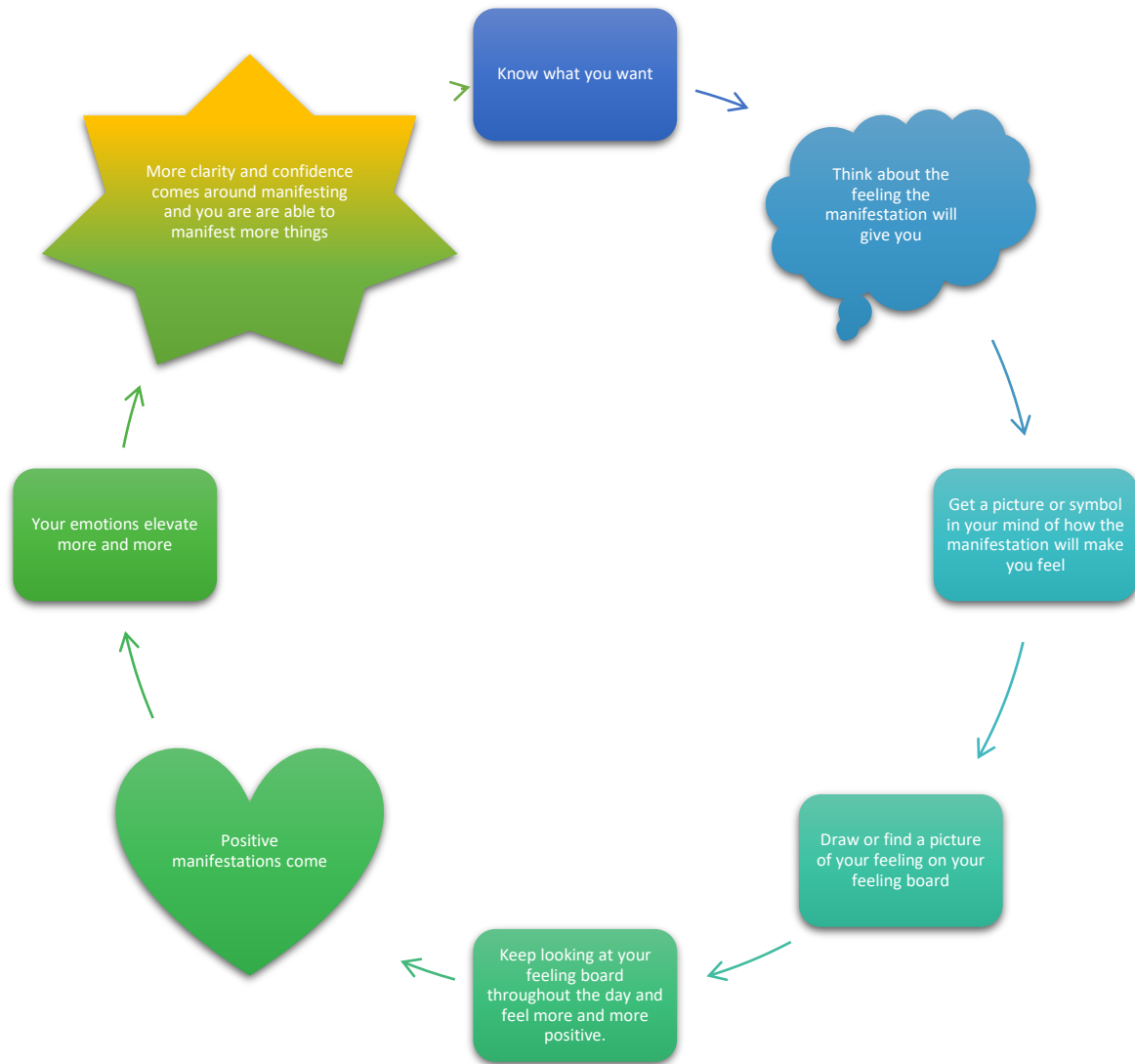
It may bring stability, fun, relief, freedom, to name a few. What does that look like for you? What kind of

symbols or pictures does stability, fun, or freedom bring up for you? For me, stability looks like me standing on a thick piece of concrete. Relief for me feels like taking a breath, my stomach relaxes, I breathe easier, my shoulders rollback, and I feel a sense of peace.

So my picture is of my mouth and nose and air coming in and out - and my stomach relaxes. I had to draw many of my pictures as there was no picture out there that was the symbol in my mind. And it doesn't matter if you think you can't draw, your mind knows what it is and no one else has to look at it.

You can look at it as many times a day as you want. The more the better actually. Unlike a vision board where you let it go, you want to keep feeling at your best all day long. This is also why I have created the ***Pause 17 Seconds***. To learn more about it click [here](#). This keeps you constantly tuning back into your manifesting energy all day long!!

# Feeling Board Cycle



As you can see the creating a feeling board brings about manifestations that you want and more. It keeps you feeling great and in manifesting mode all day long.

That sounds great but what if I don't know what I want?

That's okay too. I didn't know what I wanted at first either. However, I did know how I wanted to feel. I wanted to feel clear, purposeful, calm, and secure. And as I have done this more and more I have had more and more clarity on my direction in life.

Below is an excerpt from my blog for more in-depth information on the feeling board [2 Essential Secrets To The Law Of Attraction \(LOA\)](#).

*“I remember all the vision boards I used to create and all of the visualizations that I used to do. Some of it would feel really good, while other parts would make my stomach go tight and I would start to tense. This, of course, unbeknownst to me, was automatically putting my focus on what I had at the moment that didn't want. For example, visualizing myself owning a house. First I didn't know where I would own a house and therefore couldn't picture a type of house that I would even want. I would start to breathe fast, my mind would start to go a mile a minute about how I didn't know how I was going to buy it, and I had a lurking feeling that it wasn't possible for me to make this a reality. I would also start wondering how I would find renters, how I would keep up on the maintenance and problems that could happen. All the things that I don't want. My concentration would break and in the end, I would feel a bit wishy-washy or even bad about my goal. Does any of that sound familiar?”*

*Also, one of my main problems was that I am not one of those people that had a solid goal that I was working toward. I hadn't found my path yet, even though I was 40, I still didn't know what I wanted to do, or what I “should” be doing. I had been a traveling ESL teacher for about 15 years and a part-time healer. I naturally thought that I should be a healer full-time when I quit teaching, but I just couldn't really feel that as a strong goal inside of myself.*

*I'm quite fluid and am a pretty free spirit so having a million-dollar house, a car, paying for my non-existent kids going to college, etc. didn't fit with my feeling of happiness, satisfaction, or purpose. Because I didn't have a “worldly purpose” everything seemed vague. So, what was I supposed to focus on? I didn't know. I had always been waiting for*

*the universe to dump a big ah-ha moment into my lap and say, "This is your purpose". I thought I would have big arrows and blinking lights telling me to do this, go here, apply here, then you'll be happy. Well, that never happened.*

*So, what I am getting at? We need to "mind the gap". The gap between where you are and where you want to be. For example, if I think about making over a certain amount of money a month, my stomach gets tense and I am sure there are many other negatives happening throughout my body. But when I think about what that feels like to have enough money for everything that I want and then much more, savings for retirement, all the travel money I want, etc, I feel freedom, solid, supported, trusting, and balanced. And as I focus on those emotions I am lifting myself into alignment with them."*

So, you don't have to know what you want right away, that will come with time.

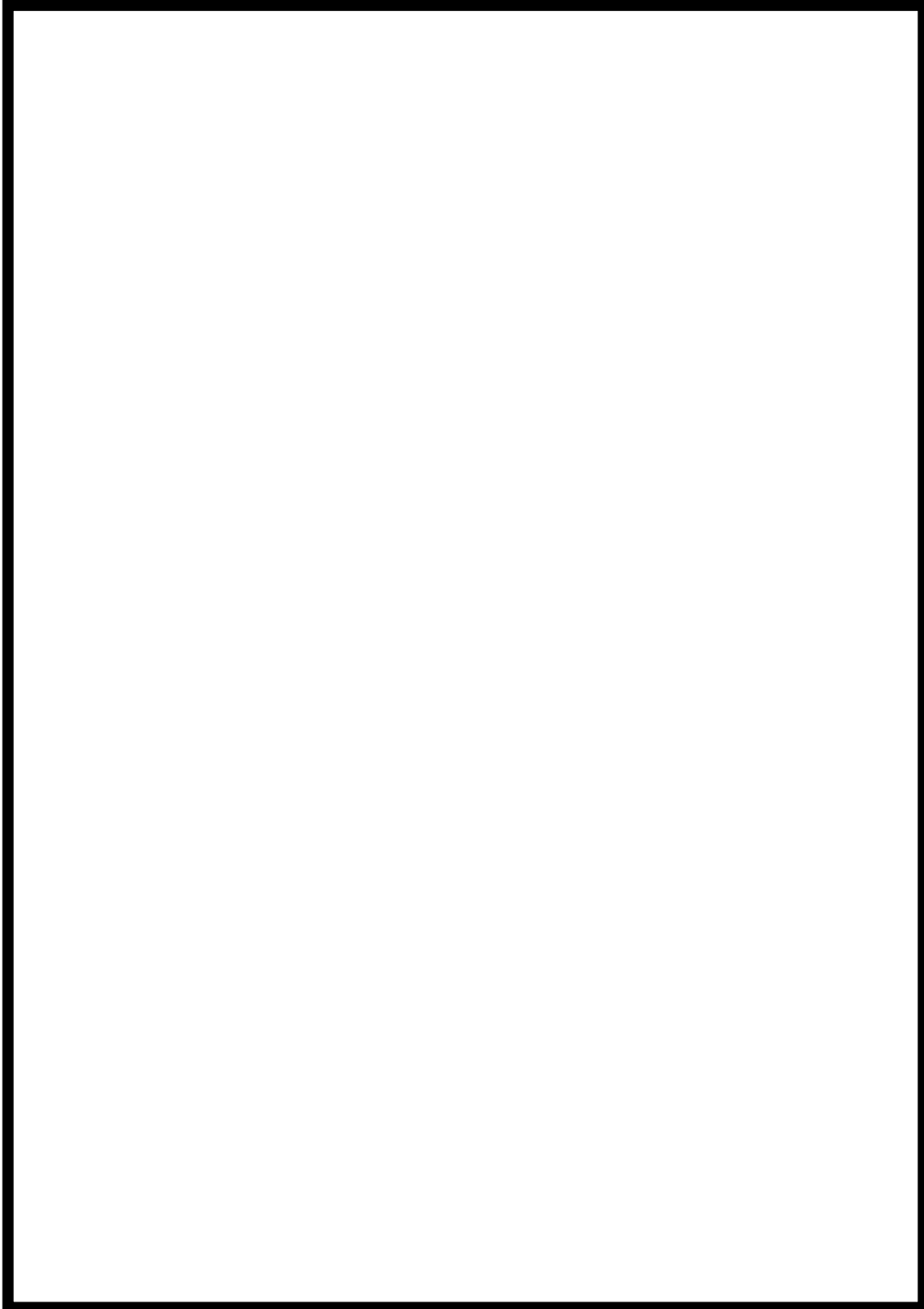
This is an example of my feeling board. I did have hand drawn pictures as well but for the sake of ease of showing a digital example I got graphics from the internet.





Exercise\*\*\*

It's your turn. Create your Feeling Board.



If you have any comments or questions, please contact me at [memanifestevolution.com](http://memanifestevolution.com). I would love to hear how this works for you!!