

# EVERYTHING YOU FEEL IS YOUR FAULT AND THAT'S A GOOD THING

**Thoughts are energy**

**Emotions are energy in motion**

**Manage the thought and you control the energy**

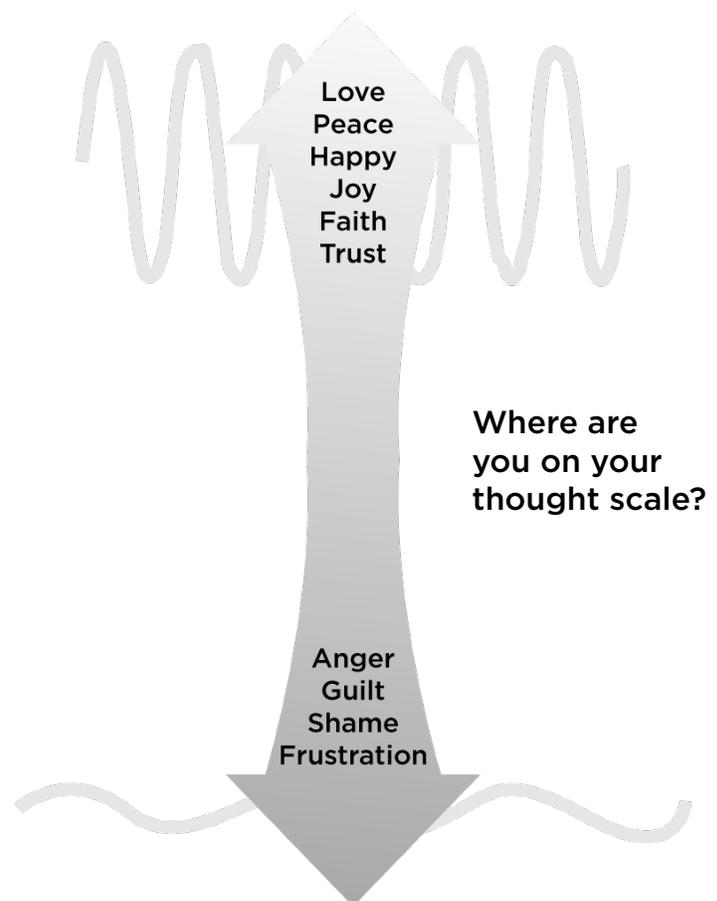
Thoughts are vibrational frequencies that we feel as emotions. In the same way that Light is a vibration that we see with our eyes and sound is a vibration that we hear with our ears, thought is a vibration that we feel in our emotions. We see the different vibrations of light as different colors. We hear the different vibrations of sound as different tones. We feel the different vibrations of thought as different emotions.

Thoughts that have a high, light, uplifting vibration feel positive. These vibrations are influenced by levels of truth. Thoughts that have a low, slow heavy vibration feel negative. These vibrations are influenced by levels of darkness and untruth, no matter how much we may believe they are true. We naturally like positive feelings and emotions because their energy creates strength and peace. We naturally dislike negative feelings and emotions because that energy creates weakness and restriction.

Please notice that thoughts and emotions are NOT good or bad. Just like every natural law, the thought vibration is simply creating a result. If we don't want the results we are experiencing, we can change the thought.

Thoughts create emotion. Emotion is the "energy (E) in motion" that motivates our actions. Actions create experiences that trigger similar thoughts, programming a cycle or pattern for the brain to follow until we change the thought.

Instead of being a victim to our emotions, we can begin to recognize emotion as information about the thought that created it. And we can use our ability to choose our thoughts, to choose a different thought and thus feel a different emotion and create a new pattern in our life.



## Fact vs. Thought

### Every experience has two parts

1 - Facts: this is only the “what happened”; the reality and certainty. This holds no labels or judgments, just the facts or “things as they really are”, without any interpretations. There is no emotion in a fact.

2 - These are the thoughts, interpretations judgments, bias and labels. These are, by nature, based on previous thoughts, interpretations, judgments and labels of previous experiences. This is where all emotion comes from.

Every experience always has both parts. You cannot avoid thoughts about the experience.

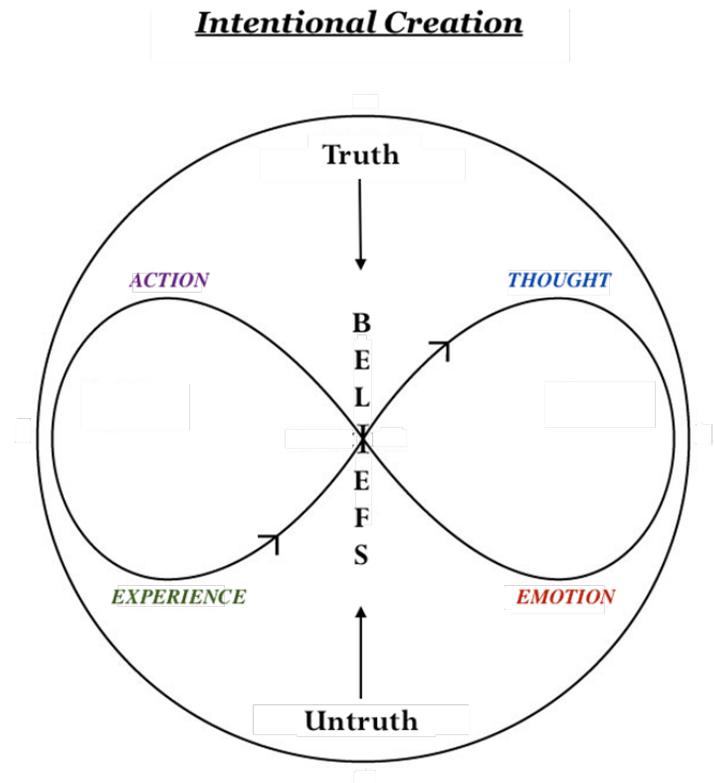
All thoughts are a vibrational frequency.

We experience thought vibration as feelings or emotion (energy in motion).

### Every emotion you experience is you feeling the vibration of the thoughts, and NOT the facts.

Emotions from thoughts based in truth feel positive, hopeful, motivating and light, with the sense that you have agency (choice and ability) to act.

Emotions from thoughts based in untruth feel negative, hopeless, debilitating and dark, with the sense that you have no control, choice or agency and that you are being acted upon.



## No one else can think for you

Others can influence your thoughts, but only you can choose your thoughts. This insures your agency. You have the greatest access to agency in thoughts.

Your brain (sub-conscious) accepts all outside influence and information until it is trained. It does not choose, or distinguish between good or bad, truth or untruth or even real or imagined. It simple accepts all information.

Your brain is designed to be “trained” to function based on what thoughts or influences you choose to accept and what thoughts or influences you choose to reject.

If you have not trained your brain or consciously chosen your thoughts and beliefs, your subconscious has created programs based on ALL accepted influences and thoughts. This is choosing unintentionally. You will still feel all emotions created by these unintentionally programed thought choices.

The Adversary is expert in influencing thoughts that will create misery, when you are unaware of his influence.

Thought vibrates out drawing back into our life proof of the thought. Like attracts like. This is the Law of The Harvest in action in our lives and how we “learn from our own experience” the good from the evil.

### **By separating the two parts of experience, thoughts from facts, you can begin to “see clearly”:**

- 1 - What is truth and what is interpretation
- 2 - What you can change and what you cannot change,
- 3 - What you are accountable for and what you cannot be accountable for.
- 4 - Where the negative emotion is really coming from, (hint: it’s never from the facts.)
- 5 - How to release any negative emotions by replacing interpretations with Truth.

Fact	Interpretation

## Truth

Write the **positive opposite** of each lie and then add a **positive** compliment about your physical appearance.

1. \_\_\_\_\_  
and \_\_\_\_\_
2. \_\_\_\_\_  
and \_\_\_\_\_
3. \_\_\_\_\_  
and \_\_\_\_\_
4. \_\_\_\_\_  
and \_\_\_\_\_
5. \_\_\_\_\_  
and \_\_\_\_\_
6. \_\_\_\_\_  
and \_\_\_\_\_
7. \_\_\_\_\_  
and \_\_\_\_\_
8. \_\_\_\_\_  
and \_\_\_\_\_
9. \_\_\_\_\_  
and \_\_\_\_\_
10. \_\_\_\_\_  
and \_\_\_\_\_

## Lies

Write down up to 10 **negative** thoughts you've had today about yourself. Be honest. No one will see these but you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**On a separate piece of paper, write your answer to these questions:**

I feel strong when I read my truths because...

I feel weak when I read the lies because...

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