



10 Ways

to

Feel Good
Fast



BY
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Do you feel good today? Did you know the number one factor in you easily manifesting your desires is your *vibration*—your feelings, your mood. Fortunately, there are ways to control your mood, and to entice your feelings to be joyful, radiant, and in turn, attract the joyous experiences you desire.

Here you will find my 10 favorite ways to feel good fast. Some are very easy, and some take a little thought—but all are very effective at raising your vibration fast. Are you feeling good today? Make it your priority, and you'll be amazed how easily you can manifest the things and experiences you desire.

Music

Just as easy as popping in a CD or turning on the radio? You bet it is—but I prefer my iPod loaded with my favorite songs. Still I often create CDs of my feel good songs, and keep them with me. You can find your favorite songs nearly anywhere now—even on amazon.com. I tend to use iTunes, but however you obtain them, download some of your favorite songs and keep them handy. Pick the uplifting ones—not songs that tend to depress you (i.e. songs about loss and romances that didn't work out). Some of my favorites are A Life Uncommon by Jewel, Unwritten, by Natasha Bedingfield, and Analyze by the Cranberries. What songs make you happy?

Sing

Of course this topic would come next—as listening to your favorite songs naturally invites you to sing along. Do it—singing is a great stress release. Sing in the car on your way to work, sing in the shower, sing when you are doing the dishes, or walking down the road. I know one of my favorite

things is to pass by someone who is softly singing to themselves or whistling a happy tune. I don't think they are strange—they make me wish everyone was so filled with a song in their heart, and weren't afraid to share it. Let your voice be heard—at least to yourself. In Carpenters' lingo, "It doesn't matter if it's not good enough for anyone else to hear, just sing, sing a song." It makes you feel better, and it's also excellent therapy for a sluggish throat (5th) [chakra](#).

Meditate

Are you more of a quiet type? Then this one is for you—but really it's for all of you. For years, I was turned off by the word "meditation"—could there be anything more boring? But that's only because I didn't know what I was doing, and I didn't realize that, like anything, it can take some practice. A very simple meditation is as follows:

Lay down on a bed or sit quietly in a comfortable chair. If you are laying down, place your hands on your abdomen, one above your navel and one below. If you are sitting, place them gently on your lap. I prefer palms down—I can feel the energy in my hand chakras and it relaxes me—but some people prefer a typical meditative hand position, with palms facing upward and thumbs touching either the index or middle fingers. Just do what's comfortable for you—that's the important part. Then just relax. Practice NOT thinking, let your mind quiet itself. Breathe slowly and gently in and out (I prefer through the nose) and begin your next inhalation just as you finish exhaling—creating a slow, rhythmic cycle of in and out with no pause between.

This quiet space between thoughts can lengthen with practice and become a place of exquisite peace and contentment. You are teaching your body to relax—your mind will follow. I highly recommend this practice—and this is coming from one who used to have an incessant, chatter-box mind, and thought meditation was silly and boring. I was wrong! It's wonderful!

Holocreate

Mind too busy to quiet? It's okay—it really does improve with practice. If your mind insists on being active, use this time to Holocreate—to use holographic creation. This is a term I first learned from Christopher Westra and it lets the universe know your desires far more effectively than simple visualization. One of the main differences is that with Holocreation, you understand that your thoughts are actually shaping the incipient matter around you—so what do you want to create? Place yourself in your desired scenario with as much realism as you can muster. Remember when you would daydream in school and be startled back to “reality” when someone disturbed you? As children, we used to let ourselves become totally engrossed in what we were thinking about—living the moment within ourselves. You've heard it before—become as a little child.

You can learn more about Holocreation at Christopher's website, www.ICreateReality.com.

Read or Listen

Books are amazing. Surround yourself with books you can read and audio versions you can listen to (another great use for your iPod). Sometimes, it's hard to simply be thinking inspiring and vibration raising thoughts—so I let others do it for me. I open up some of my favorite books—a hard copy of The Secret or Enoch Tan's [Reality Creation Secrets](#) on my computer, and let myself be inspired. In fact, sometimes I read through my own book, [Everyday Manifesting](#), and I'm inspired by recalling the events and perceptions that changed my life around.

Did you know you can rent audio books, just like you can movies from Netflix? Learn how here at Booksfree.com.

Have you ever read the definition of the word “inspire”? It's time you should, so here it is, on the next page, from Dictionary.com. I've marked the definitions I like in particular.

in·spire –verb (used with object)

1. to fill with an **animating, quickening, or exalting influence**: His courage inspired his followers.
2. to produce or arouse (a feeling, thought, etc.): to inspire confidence in others.
3. to fill or affect with a specified feeling, thought, etc.: to inspire a person with distrust.
4. to influence or impel: Competition inspired her to greater efforts.
5. **to animate**, as an influence, feeling, thought, or the like, does: They were inspired by a belief in a better future.
6. **to communicate or suggest by a divine or supernatural influence**: writings inspired by God.
7. to guide or control by **divine influence**.
8. to prompt or instigate (utterances, acts, etc.) by influence, without avowal of responsibility.
9. to give rise to, bring about, cause, etc.: a philosophy that inspired a revolution.
10. to take (air, gases, etc.) into the lungs in breathing; inhale.
11. Archaic.
 - a. **to infuse (breath, life, etc.) by breathing** (usually fol. by *into*).
 - b. to breathe into or upon.

–verb (used without object)

12. to give inspiration.
13. to inhale.

[Origin: 1300–50; ME *inspiren* < L *inspirāre* to breathe upon or into, equiv. to *in-* **IN-**² + *spīrāre* to breathe]

Is that cool or what? When I am inspired, I'm filled with such a joy—a peaceful excitement—I know it's divine. Take the time to be inspired, and surround yourself with books and audios that will guide your thoughts to higher planes.

Clarify

Are you feeling badly? Often it's because you are sending a mixed-signal to the Universe—saying you want one thing, but continually thinking about something you don't want (otherwise known as **worrying!**) So take a moment to clarify those thoughts. Grab a sheet of paper and take just a minute to write this down—it's quick, I promise.

Draw a line down the middle of the page, making two columns. At the top of one column, label it "Don't Want" and at the top of the other, label it "Want" or "My Desires". If you are worrying, the "Don't Want" side should be pretty easy to figure out. Write down those things that are bothering you—just list them out. Next, look at those "Don't Wants" again, and think of its opposite—if this is what you **don't** want, then what is it you **do** want?

Here's an example:

| DON'T WANT | MY DESIRES |
|---------------------------------------|--|
| My car keeps breaking down | A newer, reliable vehicle |
| My husband and I aren't getting along | A loving, peaceful relationship |
| All this debt—I hate this debt | Financial security, a feeling of abundance |

Do you see the difference? Get your mind thinking about the things you do desire. Thinking about their opposite and shouting "No!" to it doesn't do the trick. This is a universe of **Inclusion**—those things you are thinking about are **included** in the life you are creating.

Eye Patching

Huh? You want me to look like a pirate? Well, yes, but not because I like Johnny Depp. Eye patching is one of the most amazing tools I know—one that most people don't do because it sounds so simple and maybe even silly. Well, the story of Moses and a brazen serpent comes to mind—so don't let the simplicity put you off. It's actually quite scientific. It's been proven that we have two sides to our brain, and they function in different ways. One side is the information-gatherer—the left side, always thinking, analyzing, figuring. This side is more connected to your conscious, logical mind. The other side—the right side—sees things differently, holistically, it's interested in the bigger picture—and is much more connected to the wisdom of your sub-conscious mind. Often in our society, especially if you live in the Western Hemisphere, we are conditioned to be left-brained—constantly thinking and figuring. Yet, we were divinely created to use both sides of our mind. In fact, the left side does so well at asking, because it is supposed to. But in divine wisdom, we were also given the right side—the side created **to answer**, to know, through its storehouse of wisdom. Can you see how there would be a problem if you are constantly asking questions and not letting the person (or side of the brain, in this case) who can know and give the answers, get a word in edgewise?

This is where eye-patching comes in. Take an eye-patch, available at any pharmacy, usually quite inexpensively—or if you want, just use your hand!—and cover your right eye. Because of the criss-cross the body does (left brain controls right side of the body), this will actually quiet your **left** side of the brain. It interrupts that steady flow of input into your left brain, and gives your right brain a chance to be at the reins. Do this for 10-15 minutes, if you can. You will feel your mind begin to quiet, and a peace fill your heart. See, the right brain knows everything will be alright. It doesn't care about the details—it just knows you are safe, loved, learning. This quiets that busy, overactive left-brain most of us have.

A few things to remember about eye-patching—do it when you have a few minutes to yourself. Do not do it when you are driving or cutting vegetables or anything else that requires depth perception—you don't have much when you are eye-patching. Also, if you use a hand to cover your eye, do it with a cupped hand, so your covered eye can stay open. That's part of the science of the thing—the patched eye is still open, just not seeing anything but the eye patch or hand in front of it. Lastly, for a few people, covering the left eye works better. This isn't very common, but if covering your right eye starts to get you agitated, switch to the left, and you should feel the calm begin. That's it—pretty easy—but pretty powerful as well.

Tap

No, I don't mean tap-dance, but that would be good, too—in fact any kind of exercise is great to get that denser, darker energy to dissipate. But here I'm talking about Emotional Freedom Technique, where you tap on certain acupuncture points that have been shown to relieve tension. You can learn more about this at:

www.creatingconsciously.com/emofree.com

and www.PlaceofHealing.com.

It's an incredible simple process anyone can learn. Be sure to look for your free manual at these sites.

Touch

My small children certainly know the value of this. Often any hurt or upset can be healed by a few minutes on Mommy's lap. Our bodies love to be touched, to be held, to feel. Treat yourself to a snuggle with a loved one, or a massage from a Licensed Massage Therapist. Help your body to remember to relax, to feel good, to enjoy pleasure. This helps your mind to do the same.

Remember, our natural state is one of joy and contentment. We humans have just come up with too many ways to get in nature's way, and prevent feelings of peace and joy from naturally flowing to the surface. Take the time to care for yourself, to watch your vibration (feelings, moods). Make it a priority to do things for yourself that help you feel good. This places you in a powerful point of positive attraction, and is the quickest way to create the life and circumstances you desire.

You can learn more about creating your life consciously at www.CreatingConsciously.com. It is full of resources with your happiness and creative power in mind. Stop by today.

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Sending Love and Light,

Apryl Jensen

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