

Blossom your Abundance

THE CANCEL & PIVOT PROCESS

With Amy Francis, Certified Holistic Practitioner and Life Coach

It only takes 17 seconds to change a thought.
It takes 68 seconds of focus on your thought, to activate the law of attraction.

When to use this Process:

- When you are aware that the statement you just made is the opposite of what you want to attract into your experience
- When you want to establish an improved point of attraction.
- When you are feeling fairly good, but know that you could feel even better, and are willing to take the time to make that happen right now.

It is possible to be focused on something that is in opposition to what you really desire without knowing you are. It is like the opposite ends of a stick. When you pick up a stick, you pick up both ends. This Pivoting Process will help you be more aware of which end of your stick you are currently activating: The end that is about what you want, or the end that is about the absence of what you want.

The contrast of your time-space-reality is extremely useful, for contrast helps you focus your thoughts: whenever you know what you do not want, you also know even more clearly what you do want; and whenever you know what you do want, you also know even more clearly what you do not want. And so, your exposure to contrast sharpens your focus and gives birth to new preferences and desires.

The process of Pivoting is often the 1st step in beginning to shift your habit of vibration, because this is a process that helps you more clearly define exactly what you desire. But because there is usually a wide variance in the vibration on one end of the stick and the vibration on the other end of the stick, you usually do not immediately shift your vibration just by making a statement of desire.

For Example:

When you are sick, you know very clearly that you want to be well. Or, when you do not have enough money, you know very clearly that you want more money. Now, by turning your attention to what you do want and by holding your attention upon what you do want, you will begin to vibrate there.

At 1st, your awareness of what you do not want helps you identify what you do want; in other words, as you speak the words of your desire, your vibration may not match your words, but if you will continue the process of Pivoting-that is, if, whenever you feel negative emotion, which helps you know that you are focused upon something unwanted, you will stop and say, I know what I don't want, so what is it that I do want?- then in time, you will change your vibration on

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the subject. Little by little, you will redirect your vibration, and eventually the improved vibration will become your dominant thought.

See this process of Pivoting as a gradual shifting of your point of attraction, and enjoy the positive results that must follow. It is not possible for you to consistently give your attention to what you do want and not receive it, for the Law of Attraction guarantees that whatever you are predominantly focused upon will flow into your experience.

How to do it:

- Remember not to beat yourself up when you do not recognize that you are feeling negative emotion.
- But as soon as you notice a negative thought or feeling, Say CANCEL-AND- PIVOT to a better feel thought, or pick a Process, Positive Activity, or Pray with gratitude in your heart, until you feel better. Only takes 17 sec. to change a thought.
- The more you notice and stop your negative thinking. The faster and easier this will become. Until you are more naturally thinking positive more often.

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Additional information on The Pivoting Process:

The most important thing to remember is that you are the attractor of your experience, and that you are attracting it by virtue of the thoughts that you are offering. Thoughts are magnetic, and as you think a thought, it will attract another and another and another, until eventually you will have physical manifestation of the vibration essence of whatever has been the subject of your thoughts.

If you have ever experienced (and I know you have) that which you would consider to be negative emotion (such as fear, doubt, frustration, or loneliness). What you are experiencing in that neg. emotion is the thinking of a thought that does not vibrate at a freq. that is in harmony with where or who your inner being truly is.

You see, through all your life experiences, physical and non-physical, your inner being or spirit, has come to a place of knowing and to a place of wanting. And so, when you are in this physical body, consciously focused upon a thought that does not harmonize with that which your Inner Being has come to know, then the resultant feeling within you is one of negative emotion.

If you were to sit on your foot and cut off the circulation of the flow of blood, or if you were to put a tourniquet around your neck and restrict the flow of oxygen, you would see immediate evidence of this restriction. And, in like manner, when you think thoughts that are not in harmony with your greater knowing, the energy that exudes from your Inner Being into your physical body is stifled and restricted. And the result is that we experience negative emotion. And if you would allow it to continue over a longer period of time, you would receive negative deterioration of your body. That is why all illness is a result of the allowance of negative emotion.

As you understand that a feeling of negative energy is an indicator that you are not in harmony with your greater knowing, many of you have reached the point of saying, I want to feel good more of the time. And that is a magnificent acknowledgment, because when you are saying, I want to feel good, what you are really saying is:

I want to be in the place of positive attraction, or I want to be in a place where the thoughts that I'm thinking as I'm feeling good are in harmony with my greater awareness.

How to pivot from what you don't want to what you do want:

When you are feeling a neg emotion, you are in a very good position to identify what you want. Because never are you more clear about what you do want than when you are experiencing what you do not want. And so, if you will stop in that moment and say, Something is important here, otherwise I would not be feeling this neg. emotion; I need to focus on what I want, and then turn your attention to what it is that you want-in the moment of the turning of your attention,

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the neg. emotion and the neg. attraction will stop. And in the moment the neg attraction stops, the positive attraction will begin. And your feelings will change from not feeling good to feeling good. That is the process of Pivoting.

Your job is to define what it is you want, and then to, in a very deliberate way, hold your thoughts in the direction of your desires. And the emotional guidance that comes forth from your Spirit that you feel in terms of neg/pos. emotion will assist you in knowing which side of the equation you are on:

Are you thinking of what you want? Or Lack of it?

Example:

Here is a story of a young father who was having problems with his son, who was wetting the bed, and he thought he was too big for that. He said "I've tried everything I know, and I'm at my wit's end. I don't know what to do." His Life Coach said, "When you come into the bedroom in the morning, what happens?" He said, "I come in, and right away I know it's happened again; I can tell by the odor in the room." The Life Coach said, "How do you feel at that point?" He said, "I feel disappointed, and then angry, and then frustrated, because it keeps going on, and I don't know what to do about it."

The Life Coach says, "Aha, well you are perpetuating the bed-wetting. What do you say to your little boy?" "I tell him to get out of those wet clothes and get into the tub. I tell him he's too big for this; we've talked about it before." The Life Coach said, "When you enter the room and feel the negative emotion as you realize that what you do not want has occurred again, STOP, CANCEL, and PIVOT. Ask yourself what it is you do want and get your thoughts focused upon that before you go further into the experience of your little one, and you will then see improvement in what happens. So what is it that you do want?"

The Dad said, "I want my little one to wake up happy and dry and proud of himself, and not embarrassed." The Life Coach said, "Good. As you are thinking those sorts of thoughts, then what is oozing out of you will be in harmony with what you want, not out of harmony like before. And you will be more positively, powerfully influencing your little one, also. And then, words will come out of you such as, "Oh, this is part of growing up. All of us have been through this. And you are growing up very fast. Now get out of those wet clothes and get in the bathtub." This young father called soon after that within a few weeks, and said that the bed-wetting had stopped.

You see, it is really simple. The Process of Pivoting is the conscious decision to identify what it is that you do want. The neg. emotion is like a warning bell. It is part of your guidance system. It actually helps you. Helping you to know something needs to shift.

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Our thoughts connect to thoughts, which connect to thoughts...

It's like a large ship coming into the dock. It was to be tied with a rope that was very large, almost one foot in diameter, too big and bulky to throw across the large body of water. And so, instead, a small ball of twine was tossed across, which was split into a little bigger rope, which was split into a little bigger rope, and so on. Until eventually, the very large rope was easily pulled across the large body of water. And this is the way your thoughts dovetail into one another, with one connecting to another.

On some subjects, because you have been pulling on the neg. rope longer, it is very easy for you to get off on a neg. tangent. It can take just a little utterance from somewhere, a memory of something, or some suggestion to take you into a neg. tail-spin right away. And so sometimes it is diff. for you to let go of that neg. rope, for you have been holding onto it for a very long time. But if, whenever you are feeling neg. emotion, you will realize that you are negatively attracting, and you will let your dominant intent be to feel good, then you can find yourself rather easily letting go of that rope.

And both the process of Pivoting and the process of Rampage of Appreciation can help in the early stages that you are pulling on the very tips of that neg ball of twine, so that you may right away, release it and reach for the positive twine.

As we talk about the way thoughts connect to thoughts connect to thoughts, let's make sure something is clear. And that is:

It is much easier to go from a little thought of something that makes you feel good to more that makes you feel good to more that makes you feel good-than it is to be in a place where you are feeling bad, and then go right to a place where you feel good.