

RAMPAGE OF APPRECIATION GAME

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.

Benefit: This process is when you want to parlay a really good feeling into an even better one. It can also be used when you want to enhance your relationship with someone or something, or to deliberately maintain your current good feeling set point. This process sets your vibrational frequency to one of allowing.

This game can be played anywhere at any time by simply directing pleasant thoughts in your mind. You can write out on paper which will enhance the process but not necessary. Begin by looking around your immediate environment and gently notice something that pleases you. Try to hold your attention on this pleasing object as long as you want. And you consider how wonderful or beautiful or useful it is. As you focus upon it longer your positive feelings about it will increase. You, the observant part of you, are noticing the improved feelings and you are appreciative to what you feel. Once your good feeling is noticeably stronger than where you began, you look around your environment for another pleasing object for your positive attention. The vibration of appreciation is the most powerful connection between the physical you and the nonphysical you. This process puts you in a position to receive clearer guidance from your inner being. You are using Pure potentially law.

Example: You can do this at the post office, and notice how beautiful the building is, how friendly the worker is at the window, how this line is moving right along, I love how people are being so friendly today. Just directing your thoughts. When you are already feeling good you can appreciate more to improve even more your vibration.

Another example: when driving your car. Notice the trees, the smooth road, and how reliable your car is. With very little time and effort your heart will open up more and more and being in alignment with who you really are. So the wonderful feeling of vibrating where there's no resistance you would be in an exaggerated state of allowing. That's how we allow because we're not in resistance about it. In that state of allowing the vibrational state, the things you desire will flow into your experience. The better it gets, the better it gets.

Ask yourself, what is one thing that you'd like to appreciate in your environment right now? Tell me about it, what do you appreciate about it? What does this ____ mean to you? Is there anything else about that particular thing that you appreciate? Once they're finished, have the client look around their environment again and pick something else to appreciate. Because your heart is open to giving and receiving you were able to receive clarity on this process today.

