

Wouldn't it be nice if... & The 68 Sec Process

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About these Processes:

- It takes 17 seconds to change a **THOUGHT**. So remember that you have a choice of what thoughts you are thinking and can change a thought that quick.
- So **BE AWARE** of how you are thinking. Check in throughout the day. Maybe even set a gently toned reminder on your phone a couple times a day that says, "What am I thinking right now?" Now, Is this thought you're thinking, feeling good to you right now? If not, change what you are thinking to a more positive thought.
- It take 68 seconds to change a **FEELING**. If you focus on more positive thoughts for 68 seconds. You can literally change how you are feeling.
- Wouldn't It Be Nice If...? This question naturally elicits from you a more positive, expectant response which raises your vibration and improves your point of attraction. When you ask this question about any subject, you are choosing something that you want, and you're being soft and easy about it. You are holding yourself in a place of alignment with your desire.

How to Use these Processes:

Wouldn't it be nice if....

- Use your imagination and try to hold your focus on any subject as long as possible. Trust that things will come into alignment—and they will.
- You can time yourself or just state what you desire as you go,
- You can use it for what you want to happen in your future goals or for that day.
- You can use it in the shower, car, waiting in line, doing the dishes. Whenever, where ever you desire to use it.

The 68 Second Statement Process:

- Use the "68 Second Statement Process" alone or right after the "Wouldn't it be nice if process" to set your desires into stone as if you already have what you desire. It puts that vibration of already having it out there and creates even more of a positive attraction to you.
- Keep Checking in with how you feel. If you decide to use the "68 sec process" by itself and it doesn't feel right or like you're telling yourself a lie. Stop and do the, "Wouldn't it be nice if process" first to create more of a space for allowing.
- Have fun with it and Good Luck!