



ADVANCED PROGRAMME

HABIT 17

Feel Good Now



...powerful habits to transform your life!

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 17 is entitled ~ **Feel Good Now.**

This will put a very nice spring in your step!

This is the very foundation of feeling happy and full of zest for life (it will bring out your inner child). These simple actions will fill you with endorphins and positively rewire your brain to make you feel wonderful 😊!

Your true nature will shine through with this habit 😊!



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 17 ~ Feel Good Now

*"This is your **number one goal** at all times!"*



Feel Good Now

We're now going to set up the neurological hardware in your brain!

Right, it's time to change up gears, the next 6 habits are the really good stuff!

We're going to help you rewire the neurons in your brain to automatically help you raise your vibration and make you feel very good 😊.

This particular habit is **very important** indeed.

Pay attention...

Watch any young child go about their day, they live in the moment, it's all fun, pleasure, and engagement in everything they do. They live in wonder, never bored, have endless enthusiasm and curiosity for everything. They haven't developed an analytical brain yet, so they just absorb the world around them without judgment.

You and I and everyone else used to be like that, then we started to grow up in a world that spends a lot of time focusing on the negative. We then began to take on responsibilities and gradually started to become mentally burdened with stuff.

The key point here... we are all born as high vibrational beings, full of wonder, full of energy and enthusiasm, feeling good is our natural state.

Then without consciously realising, the trials and tribulations of the modern world around pulls us down into a lower vibration where things don't quite feel so good.

The bad news is that we've all subconsciously learned how to be miserable by letting the outside world dictate our thoughts and behaviours 😞.

The good news, it's only a matter of changing your mindset coupled with the right habits to get back to feeling good as your natural (default) setting 😊.

Just to clarify, this one is about naturally feeling good (not chemically induced 😊).



IMPORTANT: Your continuous goal from this moment is to always **feel good now** or **feel better**. This is where the real magic happens.

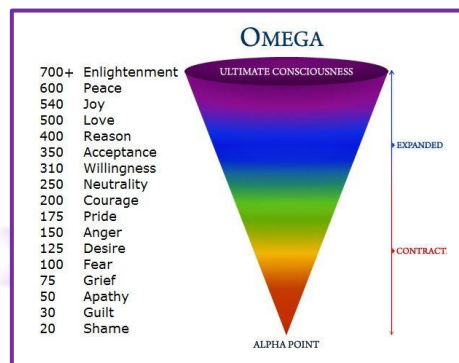
Here's why...

How You Think and How You Feel ~ Create Your Reality

So, if you are feeling pretty low, stressed, or anxious most of the time, that is what you'll create more of, as the reality you're creating is simply a reflection of the vibration you are emitting.

This is what the Emotional Vibration Chart depicts (right), Your energy output attracts more of the same frequency back to you in related events and circumstances.

Conversely, if you are feeling joyful, fulfilled, and positive most of the time, you'll create a reality that reflects that instead, and everybody will call you lucky as everything just seems to go well for you!



You are continually broadcasting an electromagnetic energy vibration that is saying to the universe **'more of this please!'**

Remember the magnet (key 2) in subconscious mind from the Mind, Body, Spirit connection chart?



It will pull in the same energy (via related circumstances and events) that you are energetically broadcasting out.

So, it's an absolute 'no-brainer,' if you want a joyful, fulfilled, and positive life, you just broadcast that instead.

Simple, right?

Easier said than done 😊!

This is why this habit along with habits 18 and 19 are all about rewiring your brain so you think and feel at a higher vibrational level, where all the good stuff is.

Please read the above sentence again, I want to make sure you really get this!

When you think differently, you feel differently, and you act differently.

We're not interested in your current circumstances (unless they make you feel wonderful 😊).

We're only interested in making you feel fantastic and inspired **now** (regardless of your circumstances) so you can broadcast that to the universe and attract more of it.

It's just a process that you turn into a habit 😊!



Feeling is everything!

Everything you want is actually a feeling!

It's not the big house, the ideal job, the perfect partner, the luxury holiday, the big bank account, it's the feeling that these will give you when you have them, that you ultimately want.

It's all an inside job.

If you can create the future feeling now (as though you already had the object/thing you want) and broadcast that to the universe, your life is going to start to look different and most importantly you'll start to feel fantastic as you get good at it 😊.

It's learning to reprogramme and rewire your brain and body to think/feel this way. This is putting Your Inner Genie to work for you 😊.

Rewiring your brain

The reality is that modern life generally programmes us to fear things and focus on what could go wrong.

Just look at the news, it's around 95% bad news that creates unfounded fear and anxiety, getting huge numbers of people to focus on the negative aspect. The influence goes even deeper as everyone then discusses it, adding more energy and creating more negativity.

Most people are carrying (subconsciously) a negative ball of energy without realising it, this impacts their vibration and how they feel and go about their day.

What we are going to do is give you the tools and processes to tap into Your Inner Genie and start **rewiring your brain**. This will start to diminish that negative ball and gradually turn it into a positive ball of energy, so your vibration increases.

We initially focus on and do lots of enjoyable simple tasks that make us feel good and we keep doing them until **feeling good becomes a fixed habit**.

The feel-good actions make our bodies feel good (your emotional guidance system [key 3] tells you when you nail it 😊) and then the associated neural connections in the brain start to make strong connections.

As you develop the habit, your neural connections get stronger and stronger as you are incrementally rewiring the brain to feel good as your default state.

At some point (when these feel-good states are hardwired) you'll notice that instead of feeling lousy and thinking of all your problems and what can go wrong (like most people), your newly rewired neurons now trigger feel good states instead!



By performing feel good actions until they become a fixed habit, you hard wire the emotional feel-good states, that now become your default setting 😊.

A bit of neuroscience (simplified)

This is how all habits work...

We all have billions of neurons in the brain and every single thought we take, sends an impulse through a set of neurons which makes associated connections.

The more that we do a singular action, the stronger the impulse and the stronger that set of associated neurons become.

Imagine a single strand of cotton fixed between 2 points, it isn't very strong on its own and could easily be broken.

If we add another strand, the combined strength is a little harder to break.

Now if we add dozens and dozens of strands and keep adding them one at a time, these little thin strands combined, eventually turn into a rope (metaphorically) that is extremely hard to break.

This is why repeated actions become fixed habits after a period of time (science says 66 days to become fixed) as the neural pathways in the subconscious become so strong, the body then automatically knows what to do.

It is scientifically known as **neuroplasticity** which is the flexibility of the brain to rewire itself, based on newly repeated input.

It's all just chemicals in your brain

All those feel-good emotions in your body are actually a chemical reaction from the limbic system in your brain. The **limbic system** is the part of the brain that creates our behavioural and emotional responses.

Emotions are sensations felt in the body which are triggered by the **chemicals** created in the limbic system, in response to **stimuli** (thoughts, environment).

Here (see graphic on the next page) are the 4 key feel-good chemicals that you want to flood your system with...



Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



So that's what we're aiming for, let's talk about the HOW?

Going up the emotional spiral

Emotions, like everything else in the universe are just energy that have a vibrational frequency.

As you already know from the Emotional Frequency Chart, the higher the frequency, the better you feel.

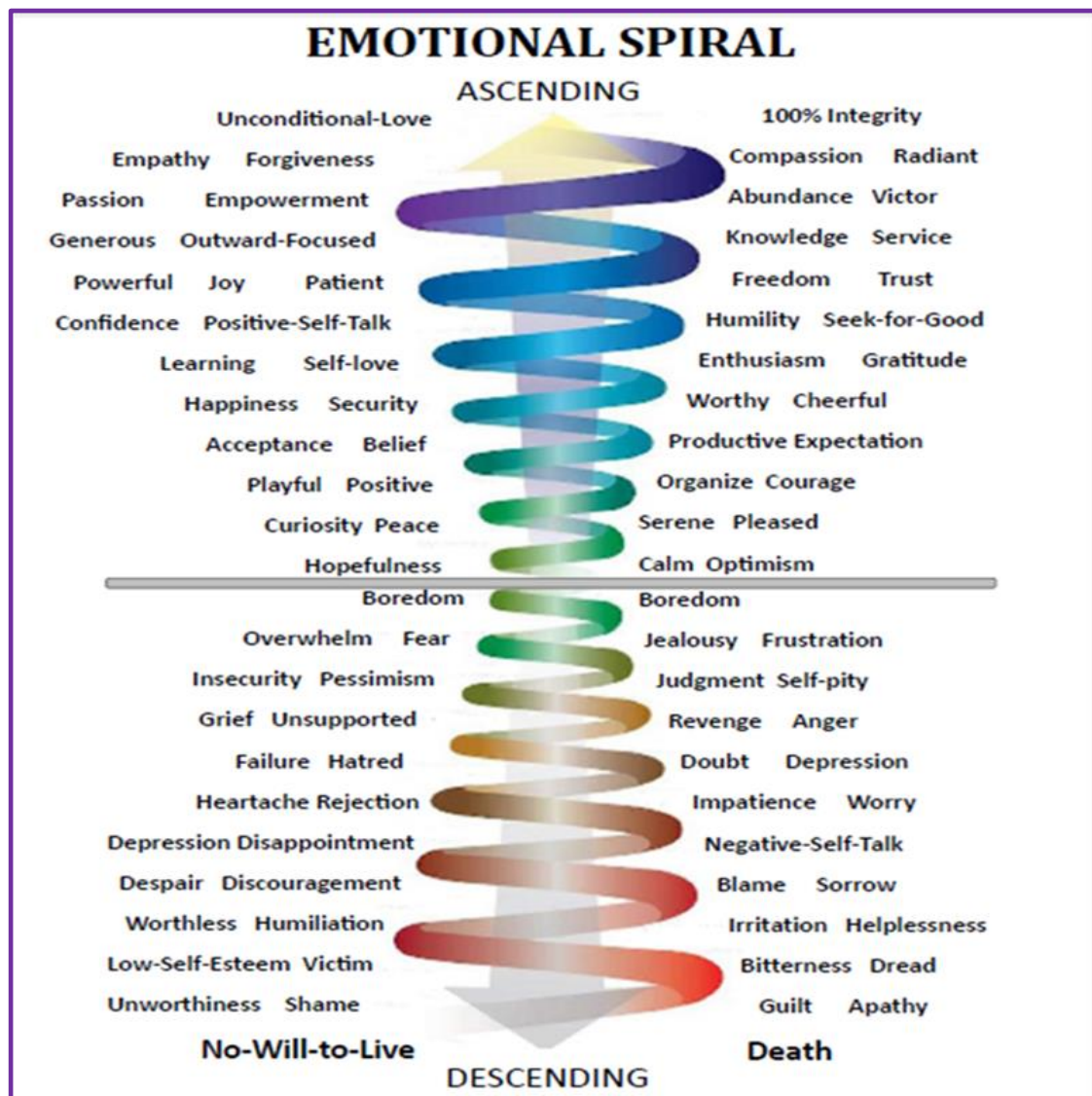
You can effectively categorise actions and associated emotions as positive or negative on the basis that positive actions raise your vibration and make you feel good and negative actions lower your vibration and make you feel not so good.

We like to think of the range of feelings as the emotional spiral as you're either going up the spiral (higher vibration/trigger happy chemicals) or down the spiral (lower vibration/inhibit happy chemicals) with every action and thought.

We like to refer to it as **going up the spiral**, as that's where your focus needs to be.

Here's the guidance chart (next page);





Let's get practical

It is very hard to feel good if you're body isn't generally feeling good (health wise), hence why the 11 essential habits are based around enhancing your physical health.

Then, the first 5 advanced habits are building a foundation for the other 6 to create a strong mental and emotional core with the aim of making you feel absolutely wonderful 😊!

We are good to you 😊!

So, let's get practical, in addition to the top half of the emotional spiral chart, here is a list of recommended activities to raise your vibration, so you **feel good**;

- ✓ Eating good nutritious food (habit 7)
- ✓ Getting out in the sun and go for a walk in nature (habit 8)
- ✓ Laugh regularly (a good belly laugh), many times a day (habit 6)



- ✓ Any exercise you enjoy, you'll feel better (habits 8)
- ✓ Have an orgasm or two (habit 11)
- ✓ Let go with EFT or Ho'oponopono (habit 14)
- ✓ Meditate (habit 9)
- ✓ Play uplifting music that fills you with joy
- ✓ Play your favourite piece of music for an instant feel-good boost
- ✓ Do some cooking
- ✓ Dance to the music you love
- ✓ Play with your pets
- ✓ Do some gardening (you're connecting with nature)
- ✓ Do some rebounding (mini trampoline) it stimulates all the cells in your body
- ✓ Dream building, create a vision book or board of all the things that inspire you
- ✓ Have a massage, sauna, or other enjoyable treatment
- ✓ Hug someone/everyone 😊
- ✓ Something creative ~ craft work, woodworking, pottery.
- ✓ Visit nice local places that inspire you
- ✓ Meet with friends (who uplift you) for coffee
- ✓ Watch the sunset
- ✓ Go to the beach
- ✓ Watch a fun movie or comedy classic
- ✓ Pay compliments at every opportunity
- ✓ Treat yourself for no reason
- ✓ Do random acts of kindness
- ✓ Treat others because you can
- ✓ Show lots of gratitude and appreciation for everything you receive (habit 10)



✓ Anything that fills you with feel-good chemicals

Create your own list of activities that make you feel good.

If you find yourself feeling low energy at any time, just do something on this list to raise your vibration.

Immediate mood enhancer (to lift your vibration)

This is highly recommended.

You may have days or periods where you're feeling low, when you catch yourself in one of these, you need an 'emotional state breaker.'

This is simply something quick and uplifting that will immediately break the lower vibrational state and make you feel better very quickly.

Your favourite piece of music is a very good one. However, you also need to be able to do it in all circumstances, so you may need another tool in your armoury to cover any time you can't play your desired music.

Here's mine... I personally start whistling the theme tune from 'The Great Escape' movie. It's a very famous theme tune but it has a very strong feel-good emotional attachment for me...

In the early years of my military career, I was part of a gymnastics display team and one of the theme tunes we would display to was from the Great Escape due to the military connection.

We would practise for hours ready for a public display. Then on the day, we would enter the arena in formation to music and then line up ready for the first display routine. It would then go silent as all eyes were upon us.

As the first few notes from the Great Escape theme tune were broadcast over the arena speaker system, I would feel a rush of adrenaline and excitement in my body as this was the marker to start the routine.

I have a wonderful association with that theme tune and immediately get that feel-good response if I hear it or whistle it.

If ever I catch myself in a low spot for any reason, I just start whistling the Great Escape theme tune and I immediately snap out the lower feeling into a feel-good vibration. If I can't whistle it (say stuck in a library 😊) I just play it in my head.

What's your immediate mood enhancer going to be... come up with something that will work in the same way for you.



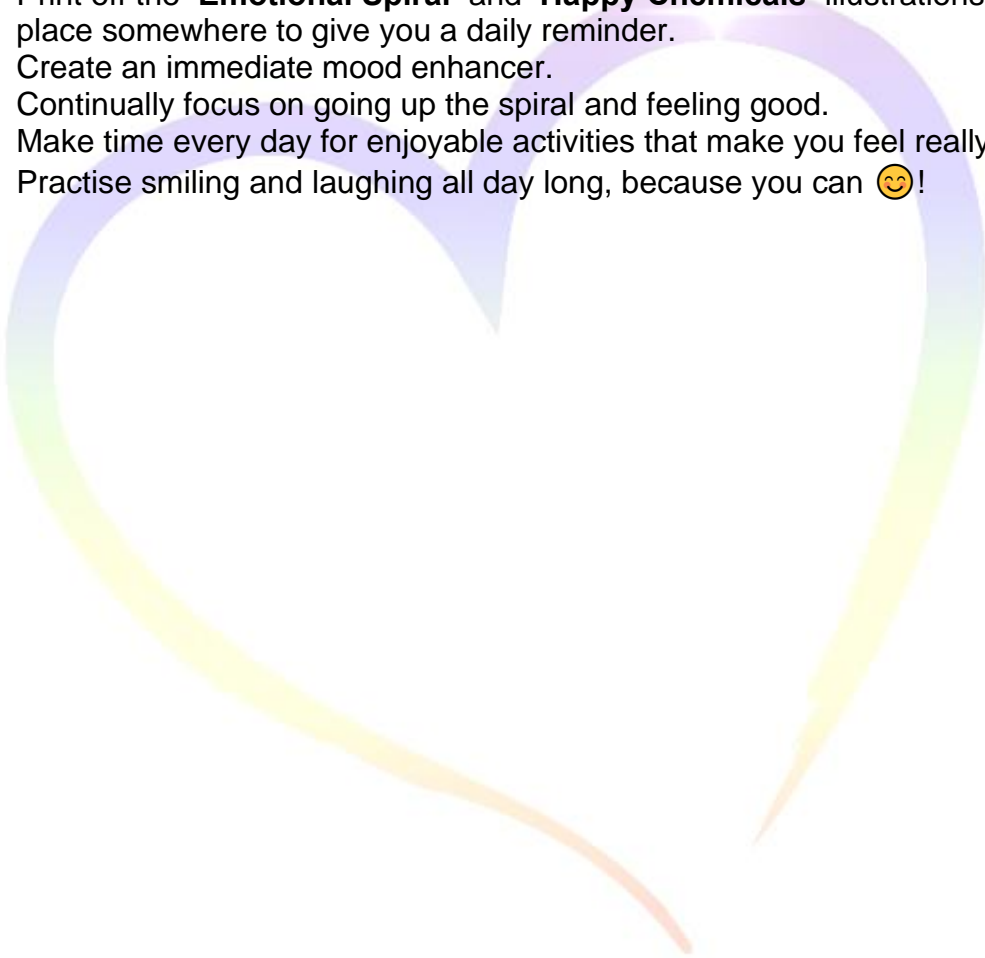
Final word

Your number one goal at all times is to **feel good now** or feel even better to raise your vibration. All the real magic happens (vibrationally) in your life when you are feeling really good 😊!

Practise doing lots of things every day that make you feel good to raise your vibration. Over time, you'll incrementally rewire your brain to automatically feel good and that's what you'll broadcast to the universe and attract like for like 😊.

Recommended habit action steps

- ✓ Print off the '**Emotional Spiral**' and '**Happy Chemicals**' illustrations and place somewhere to give you a daily reminder.
- ✓ Create an immediate mood enhancer.
- ✓ Continually focus on going up the spiral and feeling good.
- ✓ Make time every day for enjoyable activities that make you feel really good.
- ✓ Practise smiling and laughing all day long, because you can 😊!



Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

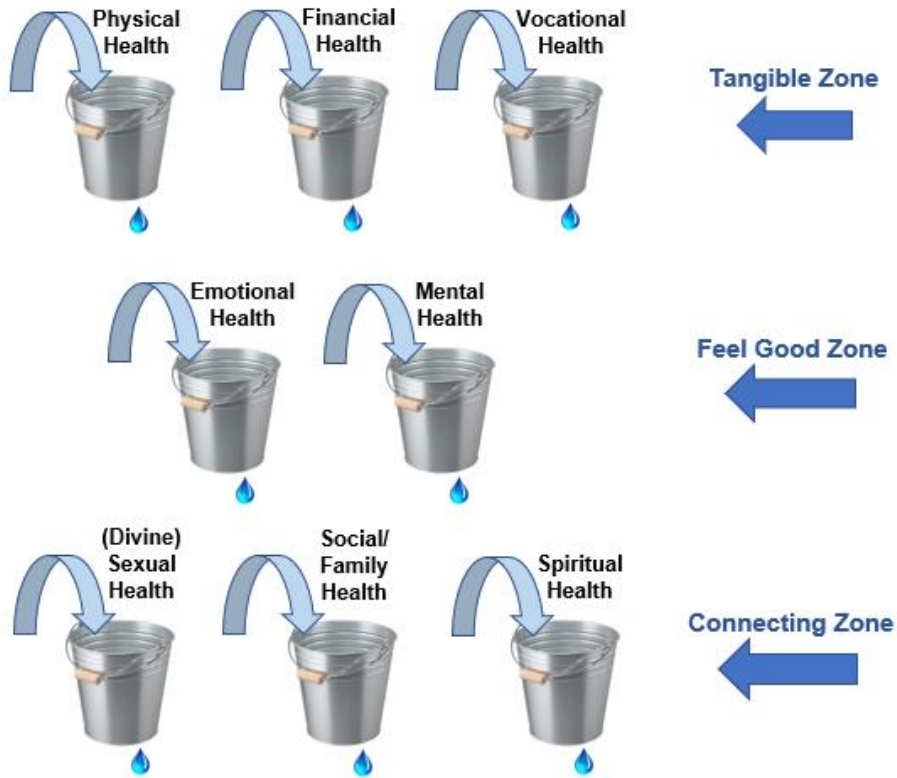
11. You will likely forget all this...but you can remember it whenever you want 😊.



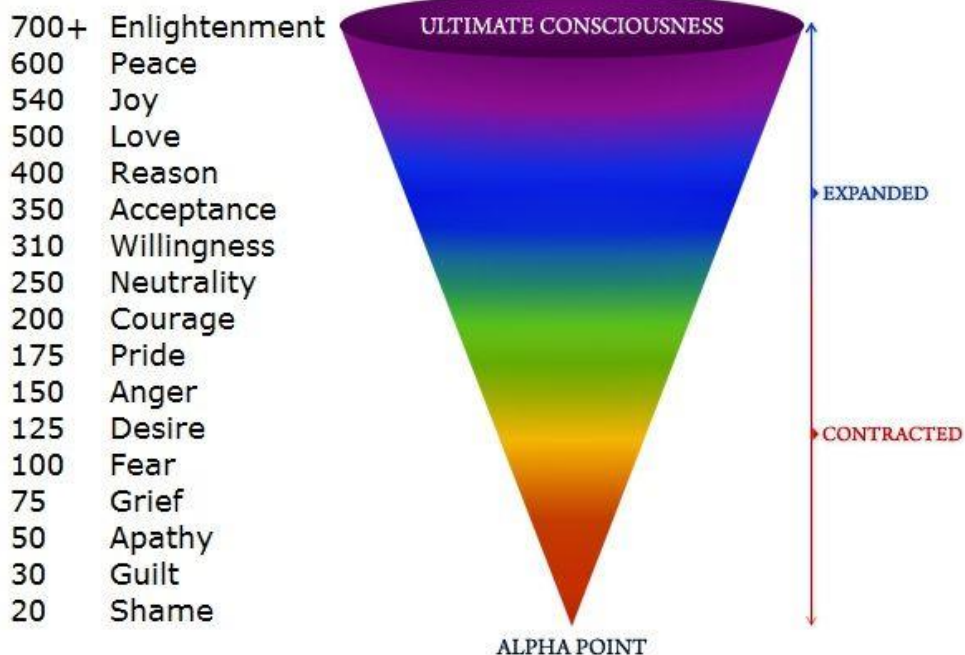
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

