

## Main Points for the First Seed is the Soil:

This is based on the Law of Attraction, and the feeling, and the thought, and the knowledge that what you give attention to grows, you're going to get more of.

It's kind of like we are set, by our feelings, we are setting a radio dial that is picking up a certain reality that matches that setting on the radio dial.

And so what we're feeling is incredibly important to pay attention to be aware of, to do our best to love and hold ourselves through our feelings, and also feelings can become really deep grooves, and we can do things to create new grooves.

It's kind of magical and it's also incredibly simple, and we're just going to do it step-by-step. And the very first step is into the garden of our feelings.

Our feelings are a direct indicator, a felt, known sensation in our body that tells us if what we are thinking, or have been thinking or believing about something is in accord with all-that-is, or if it is in disagreement, and that is basically what's going on when we feel things, when we feel emotions.

What do you call your merged-with-all-that-is perspective?

We're in this ever-expanding game of creation and we're here to have fun with it. We're also here to use our feelings to steer.

Positive feelings mean we are moving towards what we want. Negative feelings mean that we are moving away from what we want.

The vibrational ladder:

at the bottom, is powerlessness

then disgust

anger

frustration / impatience

boredom

those are the negative feelings

Then, we crest over into contentment

hopefulness

excitement

celebration / appreciation / joy / bliss / love

When we're in the negative range of state, that is not a useful creation state, that is a time when we need to stop and tend to our inner garden.

The first part of tending to our inner gardens is simply to be with our feelings.

Three different practices to support us in being with our feelings:

1. Notice throughout your days, what your vibrational composition is.
2. Make a nightly Joy Calendar
3. Write a letter to an aspect of your life.

Feel free to share in the discussion forum and/or Sundays zoom sharing session.