

Opening the Doorway to Feeling Good

By Arthur Cronos

If there's no time for the things you
love, then do the things you love
exist anywhere in time?

If they don't exist anywhere in time,
then are you having *any* things you
love in your life?

If not, why not change time?

— *Richard French*

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Introduction

In your mind and memory, you will find so many things.

A memory of meeting for the first time someone who would later become a lifetime friend ... a time when you got into trouble at school, and when you got home, you wondered and worried what your parents would say ... a memory of a family pet when you were very young ...

And in your mind and memory, somewhere you have stored strategies and patterns that we might call blueprints. In your mind you have a blueprint for how you wake up in the morning, a blueprint for where you choose to sit in a classroom, and the blueprint for how to feel in this or that situation.

Do I mean that you have a blueprint that says something like “Whenever somebody frowns at me, I will feel worried”?

Yes, that’s exactly what I mean.

Problems become Solutions

You see, as you go through life, you encounter situations that seem like problems.

Let’s define “problem” loosely, as a situation where you have a goal, and there is some barrier between you and your goal. The barrier might be external, like you want the best grade in class, but Suzy Jones did even better than you on the test. Or the barrier might be internal, like you want to punch Billy in the nose, but he’s bigger and meaner and it wouldn’t be a very good idea.

And so, using your skills and knowledge as best you can, you fabricate some “solution”.

In the case of the test, maybe you sooth yourself internally by verbalizing in your head, “Suzy Jones is a rich, spoiled brat,” and you feel that this offsets the fact she did better than you. In fact, maybe it explains why she did better than you. She had nothing to do, whereas you had to chop firewood all night, etc blah blah.

Now that’s a great solution, but what if this becomes an automatic way of thinking?

In other words, if you get into the habit of thinking negative things about people around you who excel, then there will be consequences to your emotions, for the rest of your life, and you’ll be forming a habit as noxious as picking your nose in public, only it’s a habit that’s noxious to you and your happy experience of your life.

Solutions become Problems

Because, if you have the habit of negative things about people around you who excel, then you will tend to miss the opportunity to observe what they’re doing that makes them excel. And if you don’t see what they do, you can’t learn from them. Bummer.

You yourself could learn and do better, but because you're busy verbalizing negativity automatically inside your head, it's like their methods – and the chance that you could learn to excel – becomes invisible to you. You can't see it.

Because you're looking somewhere else.

The solution was perhaps a good and sensible one at the time, given your wisdom and skills, but is it an automatic good solution for you, in every situation, for the rest of your life?

Probably not.

Bad Blueprints

"The height of human insanity is to continue doing something which isn't working, and somehow think it will turn out different." -- Albert Einstein

Bad blueprints get bad results.

Bad habits get bad results.

And it may not be that the blueprint itself is defective. In fact the blueprint when you made it may have been a brilliant and effective creation. But if it's not a good blueprint now for the present situation, and if you then follow it, it will produce results different from what you wanted.

Can You Change a Bad Blueprint?

Of course you can.

But ...

You would have to have some way of first noticing that –

- A. There is an automatic behavior, in this case a thought or a strategy (a plan) entering your mind
- B. That this thought is automatic, and
- C. That you desire to question whether this automatic answer is best ***in this case***.

But ... how to become aware of these things, so we can even ***begin*** to improve our life?

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Your Emotions and Feelings - The Key to Change

All of us have noticed that some thoughts bring good feelings.

And other thoughts automatically bring bad feelings.

Have you ever thought about why that is?

Emotions are Largely Habits

Some feelings spring naturally from events in your life.

For example, stub your toe on a rock, and you'll be hopping around.

- But will you be **cursing** as you hop around?
- Or will you be **wailing** "Oh why does this always happen to me?"

If you stop and think about people you know, and imagine them stubbing their toe, and how they'd then react, you'll probably realize that some of them are almost certain to start cursing (exhibiting anger), and others of them are almost certain to start complaining or bemoaning their fate (exhibiting sadness).

Why is that?

A stubbed toe has got to hurt about the same amount.

So why does one person react with the emotion of anger, and another reacts with the emotion of sadness?

For that matter, you yourself will probably have a tendency to either anger or sadness.

Why is that?

Could it be that the emotional reaction has been learned? That it is now a habit?

Uh. Yup.

You can Change a Habit

A habit can be changed.

You know this is true, because there will be some habits that you used to have that you don't have any more.

Some of them may have seemingly changed all on their own. For example, some people grow out of the habit of nail-biting.

Some of your habits may have changed with perhaps a lot of effort on your part. Some people quit smoking this way.

And some of your habits may have changed with just a thought or two. These are sometimes hard to recall, because they changed so naturally, it just seemed like thinking. No big deal.

Good News - Your Emotions are a Signpost

Earlier we were discussing how a bad blueprint or a bad habit can be changed, if you can have some way of noticing –

- A. There is an automatic behavior, in this case a thought or a strategy (a plan) entering your mind
- B. That this thought is automatic, and
- C. That you desire to question whether this automatic answer is best ***in this case***.

And one way to begin doing this is by USING your handy emotions.

Emotions seem to come automatically.

And they do, because they're mostly habits.

And habit-behaviors come automatically.

They've been experienced consciously one or more times (practiced), and then they've sunk below conscious awareness, because you have other things to think about and deal with every day.

But your unconscious mind – the huge mind of which you are not conscious – is still working round the clock to protect you as best it can. It ties the shoestrings of your shoe while you plan your day, automatically, and you won't later even be able to actually recall tying those shoelaces. Your unconscious mind is regulating your blood pressure, and your heart rate, and the acidity of your stomach, all day long and all through the night as you sleep. It is protecting you as best it can, including repeating the automatic behaviors called feelings, responding automatically and below your awareness to the events of today.

But the one thing that rises into your consciousness, over and over again ... are your feelings.

Even as your unconscious mind tries to protect you by automatically generating a string of negative thoughts about Suzie Jones who does better on tests, who does better at the office, who has more money and drives a nicer car ... even as your unconscious mind creates these automatic thoughts and you don't even realize it ...

The feelings that go along with these thoughts rise into your consciousness.

And we can use that.

A Modest Proposal

What if, in our attempt to improve our life by becoming aware of non-productive thinking patterns, we started with our emotions?

What if we got into the habit of challenging our emotions?

Not to argue internally with them. That won't work.

Have you ever tried to "talk yourself out of" being angry?

Did it work?

Sometimes it can work a little, but basically ...not really.

But imagine for a moment, what would happen if you could –

- A. Notice that you're having an unwanted emotion, and then
- B. Change the emotion to something better.

Would this be a case of a habit (a thought, an emotion) coming into awareness?

Yes.

Would this be a case where you could question how useful that particular habit (emotion) was really useful right now in this situation?

Yes.

Would this be a case where you could change the habit?

Yes ... if you know how.

And that's what you're about to learn.

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Two Simple Methods ...

In this document, you'll learn two very simple methods for changing an unwanted emotion.

Simply by learning and practicing these two methods, it will become abundantly real to you that emotions are automatic learned behaviors, that you can tune in to them, and that you can change them.

This practice will introduce you to using and enjoying your emotions, rather than be run by them like a mindless horse being ridden by a lunatic monkey.

For our automatic mind is not exactly sane.

Please don't be offended. We're all in the same boat.

Humans are Not Broken

We humans are not nearly as broken as psychology books and popular movies would suggest.

Most of what we do makes perfect sense, given our skills and knowledge at the time.

But because so many behaviors become automatic – it has to be that way, because that's the essence of learning – then it's a foregone conclusion that these automatic solutions won't exactly fit future situations.

If you're an American citizen and you've ever had to drive a car in Europe, on the other side of the road, you'll know exactly how awkward it is trying to simply get down the road when all your learned moves are so very, very wrong!

And applying a wrong solution to a present solution ... it's not the sanest choice.

If you have a choice.

Becoming more conscious about what's automatic, and how to make it better and saner, is a good step toward improving your life. You'll succeed more. You'll enjoy more. You'll have a better life.

And these two simple methods that follow will enable you to begin the fun and rewarding journey of changing your mind ... and changing your life.

Want Even More 'Feel Good Fast' Methods?

In our "How to Feel Good Fast" course, you will get five different methods, all easy, all easy to learn, all fast, and all five are powerful.

In this document, you'll get two of these methods. They'll be explained more fully in the "How to Feel Good Fast" course, but you can use what you learn here to change your life for the better.

And it's fun.

After all, what's more interesting than you?

Method #1 - The "Twenty Second Tune-Up"

Here is a wonderful gift for you ... a super-quick little thing you can do in about twenty seconds, and it makes you feel really good. Most likely this is very good for your body and mind as well, though I can't prove it!

I call it the "Twenty Second Tune-Up", and it's both startlingly effective and super-easy ...

A) Get an index card, or something similar, about 3" x 5".

B) Write on the card the following seven questions --

"Why am I so happy?"

"Why am I so at peace?"

"Why am I so calm and collected?"

"Why is this day so beautiful?"

"Why am I so filled with energy?"

"Why do I feel so good?"

"Why am I so happy?"

Now find a way to carry this card around with you. Keep it in a wallet, or a day-timer, or a card-case.

In the morning, in the evening, before meals, or any time you want, simply take out the card, and read each of these questions, with feeling, as if sincerely asking, and a little pause after each one.

A Key Point

IMPORTANT: Do not try to answer the questions.

Instead, just notice the feeling that comes into your mind and your body after each one.

So ... Read the question and Feel the body/mind sensation. Read the next question and Feel the body/mind sensation. Read and Feel. Just like that.

I'd love to hear what your experience is. We'll discuss this further in the "How to Feel Good Fast" event.

For me, it makes me feel great and takes only about twenty seconds to do.

What's the Secret?

In the "How to Feel Good Fast" course, you'll learn how it works, and how you can extend this method to make "Affirmations" – which sometimes don't work – begin to work very, very well!

It's quite amazing how such a quick and apparently-simple little thing actually accesses the huge power of

your subconscious mind and the energy of your nervous system to give you, almost instantly, the feelings appropriate to what you have said.

If you've just read this, and not tried it, you may not yet realize that it actually works, strong and fast.

So try it, cowboy. Try it now.

You'll see.

The "Twenty-Second Tune-Up" was created using the principles in the book "The Great Little Book of Affirmations," available in the store at <http://beinghappytoday.com>

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Method #2 – One Moment Meditation

[The following simple method was derived from “White Tantra Yoga” methods taught by Charles Muir, in the “Conscious Sexuality – the Beginner’s Weekend Seminar.” This method doesn’t require sexuality.]

You may have heard of a book called the “One Minute Meditator,” but this is even quicker, because it’s just a single moment of meditation. However, it calms the mind, and that’s a good thing.

If you’ve never used any form of meditation before, this is perhaps the easiest introduction, and anyone can do it, and it gives you an idea of the benefits that meditation can bring.

If you’re experienced with meditation, this is a simple technique that you can add to your skills, and it’s very good because it can be done in just a moment, pretty much in any situation. It will work all the stronger because you have a nervous system already trained by your existing meditation practices.

What is Meditation?

You’ll find different definitions, for there are many practices called “meditation.”

For our purpose we’ll define it very simply –

Meditation is a practice where you hold the mind still for a time. This is usually done by focusing the mind on something, like an image or a word or a body sensation. And then when you notice the mind wandering, you bring your mind back to focus on that one thing.

That’s simple, isn’t it?

You learn to hold the mind still.

First for a short time – because the mind is a wild and unruly thing, something like a monkey in a cage who has the shakes and who is angry, on LSD, and who has just been stung by a bee – for a short time you hold the mind still, and then when it breaks away, you learn to corral it and bring it back.

This is the most basic first step to learning to operate your mind, instead of having it automatically run your life in a nearly-random fashion.

The “One Moment Meditation.”

This is so incredibly simple. Just do this –

1. Take a very deep breath, and hold it at the top.
2. At the top, as you hold the breath, notice how your mind goes still.
3. Then let your breath relax and escape

Try this and notice how, for just a moment, everything is calm.

Then notice how some of the calm remains after.

Is that simple or what?

If you're walking along, and you notice you're worrying ... do the one moment meditation.

If you're in a conversation, and it becomes argumentative ... do the one moment meditation.

If you're listening to someone and their words make you sad ... do the one moment meditation.

As you do this, begin to realize how easy it is to create more calm in your mind and body.

Extending the One Moment Meditation

You don't have to do any more than this simple, single round of the One Moment Meditation to get some good results.

But the practice may lead you to want more.

Here's one way to slightly extend it to three breaths. If you want to experiment, it goes like this ...

- A. Do one deep breath, noticing how the mind goes still at the top.
- B. Then after relaxed exhaling, do another deep breath, and then allow that stillness to fill your body as you exhale this time.
- C. Then notice how your body is already relaxing as that stillness fills your body, and then take a third deep breath, pause, and then this time as you exhale, allow that deep relaxation to fill your body.

This works so nicely, that I often use it as part of hypnotic inductions in my hypnotherapy practice.

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and how to reveal things about yourself that makes them automatically open up.

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The “How to Feel Good Fast” Course

Because we here at the Clarity and Focus Group also operate on blueprints, we have a strategy for how to best share these skills and learnings. Our mission is to help others to learn the skills that lead to happy relationships.

Our beliefs are that –

1. Generally us Humans are Not Broken
2. Most of Our Problems are Old Solutions that Don't Fit Now
3. Clearing out Unwanted Emotions and Updating Solutions can be Fast and Easy

The materials of the ‘How to Feel Good Fast’ training are designed so that you can begin to recognize automatic behaviors (in this case unwanted emotions), and to change them, using simple methods.

The behaviors became automatic rather simply, and it doesn't really take years to unravel them. The things you read about “deeply ingrained” and “problem of long duration” is mostly claptrap written by sincere researchers and therapists who are using methods that just never worked very well.

In the “How to Feel Good Fast” course, you will gain skill at ...

The Twenty-Second Tune-Up

This is the same method explained in this document, but we'll go deeper and explain how it works.

We'll practice a bit, just to make sure you've got it working most powerfully for you.

The “Locational” Process

This is a method for quickly making yourself comfortable in any place that you might have been nervous. For example, in court, at school taking a test, in a confrontation, talking with a landlord, in a sales situation, in a romantic conflict.

It only takes a moment, and you can even use it in a way that makes another person comfortable, too!

One-Moment Meditation

This is the same method explained in this document, but we'll practice a bit, and you'll probably discover that it works even more powerfully when it's led in a group.

And there will be an additional experience of how the One-Moment Meditation can be used.

Self-Hypnotic Super-Relaxation

Hypnosis has been presented in movies like a kind of wacko manner. Sort of like people become zombies.

But actually, hypnotic trance happens every day, and you go into and out of small trances whenever you concentrate: learning something, reading a recipe, watching television.

Revival preachers and politicians and automobile commercials use hypnotic techniques on us all the time, and perhaps we become zombies a little, but we don't go walking around with our arms stiffly outstretched before us. (Well, maybe sometimes.)

Hypnosis is actually a highly focused learning state.

We use the word "sleep" but it's not sleep at all, though it is often very deeply relaxed.

The attention becomes very highly focused, so that you can really pay close attention to one thing at a time. In this way, you can learn better, relax deeper, and even distort your sense of time. Time distorts naturally in dreamtime. You may have had the experience of falling asleep for a few minutes, yet awake with a long dream that seemed like hours.

Because hypnosis is a highly focused altered state of conscious, it is very very good for learning. This can be learning facts, learning habits, or learning emotional habits.

In my counseling practice, I use hypno-therapy to assist people in changing unwanted conditions. Sometimes it's quite easy. Your unconscious mind is extremely willing to protect you, and when you know how to explain to the unconscious mind, in the language it understands, that protecting you NOW can best be done by [new behavior], then you will observe that generally speaking your unconscious mind is just happy as can be to begin right now using this new behavior to protect and take care of you.

And you can learn self-hypnosis if you want to.

Because it's not some magic on the part of your hypno-therapist that does the work. Your counselor is simply guiding you along, and it's you yourself (and your vastly powerful unconscious mind) that brings the changes and improvements to your life and happiness.

In the class, we'll do a simple hypnotic induction – you'll be fully conscious and remember everything – and we'll induce a very deep state of relaxation.

Then, using a thing called an "anchor" – which is a simple gesture or word – we'll make a link to this state of deep relaxation.

And the beautiful thing is that, later, whenever you wish, you can simply use the anchor – the simple gesture or word – to recreate this state of deep relaxation nearly instantaneously.

EFT – Emotional Freedom Technique

This is a type of acupuncture that doesn't use needles. It has elements of 'talking therapy' but it brings the body into the equation, and perhaps for that reason, in many cases it can bring very fast relief from unwanted emotions, usually permanently.

In short, it's a powerful and easy way to get rid of the upsets of today, and to get rid of emotional baggage from the past.

It's a fast and easy method you can use yourself which provides fast and effective stress reduction.

And since stress is the common denominator of most illness, upsets, and even aches and pains, you'll notice a quantum improvement in your body and your mind as you begin to practice this technique.

Although the best results can occur when you work with a trained practitioner, it works well when you run it yourself.

And we'll provide an introduction to how to do this, so you can begin to use it to create a happier life.

(If interested, further training or sessions are available, but this will get you started.)

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Preparing for the "How to Feel Good Fast" Course

Here is your homework –

Go back to the chapter called "Method #1 – the Twenty-Second Tune-Up", and actually *do* the exercise.

I know, you just read it, and then kept reading ... right?

Now, go back and actually do it.

Now go back to the chapter called "Method #2 – One Moment Meditation", and actually *do* the exercise. Same deal.

Bring your comments and experience to the How to Feel Good Fast course. You'll not have to share it, but we're going to go over it with some additional information that will help you to see, ever more clearly, how to use these simple techniques to powerfully improve your life, drop unwanted emotions, and gain more clarity and control in your life.

Because you deserve to have a rich and rewarding life.

And it's within your grasp, starting right now.

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How to Contact Us

The “How to Feel Good Fast” course is presented by the Clarity and Focus Group of Mount Shasta, California.

If you have questions, or you wish to pre-reserve your seat at our events to make sure that you get a seat, then please feel free to contact us ahead of time.

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I’m looking forward to seeing you at the class!

Sincerely yours,

Arthur Cronos, for the Clarity and Focus Group of Mount Shasta



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