

THE ART OF CREATIVE VISUALIZATION
THE VISUALIZATION SYSTEM

A. PREPARE FOR THE ART OF CREATIVE VISUALIZATION

**A2b. Control Your Feelings to Become Happier
With Conditioned Stimuli**

Whatever you want in life, you have to raise your emotional frequency of vibration to achieve and perceive it. You do that by raising your wellbeing factor and the degree of your happiness. But there are moments when you don't feel good and your degree of happiness sinks. Sometimes this happens for a sudden. What can you do in those moments? You can condition a stimulus, which makes you feel good and happy in a matter of a moment and use it whenever needed.

The functioning of conditioned stimuli has been found by Pawlow, a Russian scientist. He experimented with dogs. In the meantime similar experiments have been made with all kinds of living species, also with people and all turned out positive.

It must also be mentioned that conditioned stimuli are nothing else then habits and the conditioning is habit forming. A certain signal is the stimulus to activate a certain reaction. We are conditioned to answer the telephone when it rings. The ringing is the stimulus, answering is the action.

Until some time ago I was in pain for years. No pain-killing pill was strong enough. I researched and found out that pain is set in the brain. One can have pain without a reason and one must not feel the pain even when there is a reason for it.

I came to read about Pawlow's experiments with dogs. At a certain time each day he hit a gong, short after they got something to eat. After about three weeks, he hit the

gong long before eating-time. The dogs came and seemed to be hungry. But the dogs could not be hungry. They were used to get to eat after they hear the gong and that the gong meant that it is eating-time.

I guessed that this might also function against pain and I was right. I thought that when you feel good and happy, you forget about pain. I decided to condition a stimulus for wellbeing and happiness. I chose a stimulus, thought about moments in my life where I was feeling good and happy and pressed my happiness stimulus. I continued doing this several times each day for about three weeks. Then I tested my happiness stimulus. When the pain was strong, I pushed the stimulus. It worked for some moments long. At the beginning of the first lesson I explained that the brain structure changes. Dendrites and synapses, which are responsible for a certain skill or characteristic, can be strengthened or they can decrease, but only with repetition over a period of weeks or months. I continued using my happiness stimulus whenever the pain was strong. I thought that I had to continue using my wellbeing and happiness stimulus, until the part in my brain, where the pain was set, would recede. The result was that the pain was less and less strong. It took about three years until it was gone.

Three years is a long time, but what are three years compared with being in pain for decades. It will depend how strong a characteristic is, which you wish to get rid of. When you are a person who gets quickly angry, it depends how old you are and how deep this characteristic of you is set in the brain. When you use the happiness stimulus, whenever you feel anger, you will stop getting angry. When you are young it will take a few months and when you are older a little longer.

You can use the happiness stimulus for or against a lot of characteristics. Use it against sudden anger, being frightened, when you have to be courageous, when you need more self esteem, when something or someone is putting you down, when you feel depressed, against lovesickness, when you are tired but you should be active to give yourself a push, and whenever you want to feel better and happier.

I concluded that one can raise his wellbeing and the degree of happiness and raise the emotional frequency of vibration, which would result in a better life.

Understand the importance of conditioning a stimulus for boosting wellbeing and happiness and use it to live a better life.

Condition a Stimulus for a Happier You.

Choose a stimulus. It should be a pressing movement, which can be done discreetly. Pressing with one finger into another, works best. For example, press the tip of two fingers together or press the nail of one finger into the tip of another or press the tip of one finger into a specific part of your body, as for example press one finger into the palm of the other hand. Choose a stimulus, which you can use unnoticeably even when you are watched from someone.

Condition the stimulus for wellbeing and happiness and call it your **Happiness Stimulus**.

How to condition your Happiness Stimulus

- a) Whenever you feel very happy, press your happiness stimulus.
- b) Sit down, close your eyes, relax, imagine a very happy moment, which can be something you have experienced in the past or something imagined, and press the stimulus.

Do this several times each day for at least three weeks to condition your **Happiness Stimulus**. You have to condition it well.

After your Happiness Stimulus is conditioned you can use it whenever needed.

Whenever you are not feeling so great, press your happiness stimulus to awaken wellbeing and happiness in you. Whenever you get angry or sad, press your happiness stimulus and awaken the feeling of happiness in you to stop the feeling of anger or sadness.

Be aware that when you are happy, you are also pain free. This means that your happiness stimulus should also help against pain.

You can condition a stimulus for any characteristic or feeling. But do not condition too many stimuli. It is best to condition one to three and not more. You could condition one to be very self assured, which you might want to do in case you are very insecure. You could condition a stimulus to stay focused, which is helpful for students. The most important stimulus is the Happiness Stimulus. When you are happy, you feel good and whatever you do works out well. Make happiness your priority.