

A Two Step Proven Method for Getting Fast, Easy Results  
to Solving Your Most Pressing Problems Painlessly

*'It is in your moments of decision that your destiny is shaped.'* -Tony Robbins

# FEEL POWERFUL

MAKE POWERFUL FEEL GOOD  
DECISIONS EACH & EVERY TIME



BY KG STILES, METAPHYSICIAN

# **FEEL POWERFUL**

Make Powerful Feel Good Decision Each and Every Time!  
A Two-Step Proven Method for Getting Fast, Easy Results  
to Solving Your Most Pressing Problems Painlessly

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- Tony Robbins

**‘Feel Powerful’ is for you if you answer yes to any of these questions:**

Do you procrastinate and miss opportunities that can cost you dearly?

Do you get completely stuck with an inability to make decisions?

Would you love to know how to make decisions that are right for you each and every time?

Do you make decisions then change your mind?

Do you realize ONLY after making a decision that it’s not the right one for you?

Would you love to make decisions that empower you and grow your confidence in your decision making ability?

Would you love to make decisions that catapult you forward to the next level of your business and life?

### **So What’s The Book About?**

Breaking Free of the limiting Behavior of Procrastination

Breaking Free of the Habit of Indecision

Breaking Free of Fear of Making the Wrong Decision that’s Holding You Back from True Abundance

Learning a Simple Proven Method to Resolve Your Most Pressing Problems Quickly, Easily and Painlessly - Guaranteed!

Learning How to Make Feel Good Decisions Each & Every Time

Gaining Clarity within Yourself, in Your Relationships and in Your Business

## **The 'Feel Powerful' Decision Making Method**

Where to start?

Overview of the Process.

1 - Get in touch with the feeling of what you want that's behind your problem.

To Get in touch with the feeling of what you want you'll first need to free yourself from inner resistance to having what you want.

To do this first, and foremost, let go of struggling with any problem and stop looking for answers.

Let go completely of being attached to finding the solution to your problem.

What you must become aware of are the feelings behind your question.

You do this by getting in touch with and surrendering any emotional feelings that are creating a build up of pressure and tension behind your question.

2 - Let your resistant feelings go completely.

Let go of any feeling that there seems to be a problem at all.

Depending upon how attached you are to the resistant feelings underlying your problem this letting go process may take from one minute (in most cases) to half an hour, or sometimes even longer.

In some cases you may find the pattern of attachment to having certain underlying recurrent feelings repeats itself, so that your solutions are blocked.

Just continue allow any negative feelings of resistance beneath your problem to surface and continue releasing them.

Breathing deep full inhalations and exhalations can help with this process of letting go of underlying resistant negative feelings and emotions.

This letting of blocked emotions and feelings releases you from the pressure of an urgent need for an answer right now.

Through this process you may discover you've been giving unconscious control to fixed patterns of perception and negative recurring feelings and emotion. These emotional patterns are running you unconsciously behind the scenes.

As you become more aware of repeating emotional patterns you may also realize you are repeating similar circumstances and experiences in your life.

It is the feelings and emotions behind the repeating story pattern that needs to be surrendered and relinquished once and for all.

### **What Will Happen After You've Completed the Process?**

When you have completely surrendered the attachment to your need for these negative feelings and emotions behind your problem for which you are seeking an answer the perfect answer will suddenly surface.

The answer to your problem will stare you in the face and you will know exactly what to do to move forward.

The way will be open, any funding or resources will be available or forthcoming. People will show up and circumstances will change.

Sometimes the change in your situation will happen very dramatically and suddenly!

You never have to look for solutions. As soon as there is a 'seeming' problem or dilemma the answer is always available immediately. However, your mind pushes it away when feelings of fear and attachment cloud your mind.

You must clear your mind and emotions of any resistant negative feelings and emotion. Resistance to solutions are you blocking the flow of good and support in your life and in essence you are telling yourself, "I can't."

Rest assured that the perfect answer is always available and forthcoming with perfect solutions and outcomes on the way.

Your mind can't decide because it is always looking in the wrong place.

You're looking for the answer outside when the answer to what you want and truly desire is within you. You are already complete within yourself and lacking nothing. Affirm this!

Prepare yourself for a successful outcome. What does it look like? Imagine it as if it is happening for you right now and feel the flow of gratitude in your heart. This will help you shift the energy from stuck to flowing.

Releasing the negative feeling of judgment of, "I can't" or "it can't happen for me," releases you from struggling to find an answer to any problem which blocks your experience of satisfaction and the arrival of your perfect solution.

There is a great deal of guilt and feeling of lack of worthiness with negative feelings and emotions that blocks you from receiving your perfect answer.

Remember problems and solutions work together harmoniously. There is never a problem that doesn't have a perfect solution.

You simply need to relax, let go of fear that you can't get your needs met, or there is no answer to your problem. There is always a perfect answer and solution to every problem.

We live in a material world of duality and contrast. This means any seeming problem always immediately gives rise to the perfect solution.

Letting go of the negative emotions and feeling of lack of worth to receiving your perfect solutions is what you need to let go of before you will have the eyes to see your perfect solution arrive.

Allow space for the answer to reveal itself to you. Grasping with your mind will push your perfect solution away.

Your inner work of surrendering negative feelings and emotions releases you from the internal resistance to your perfect solution becoming apparent.

### **The Heart of Making 'Feel Powerful' Decisions!**

This method for clearing and releasing negative feelings and emotions underlying any decision you make is at the heart of making powerful feel good decisions each and every time.

Even long standing issues can be speedily resolved with this method of releasing resistance and negative feelings beneath a seeming problem.

You must let go of the negative feelings underlying making a decision.

What story are you telling yourself?

When you don't take the time to clear yourself of any negative emotions before making a decision the decision you make will always be wrong and you will lose trust in your ability to make decisions. You can develop a life long pattern of fear to making decisions.

Your free will choice is always operating. When you don't make a decision you are making a decision by default.

Simply clear any resistance and negative emotion beneath your need to make a choice before making a decision.

Once you're clear you'll know what the perfect decision is for you whether yes or no. It will be what is right for you in this moment. There is always a feeling of relief when making the right decision for yourself.

Exercise and develop your free will muscle of making decisions that empower you. You always know what is right for you in each and every moment.

With this method you can now fully commit yourself to making powerful decisions.

As you exercise and develop your free will choice muscle you'll learn how to make better more informed decisions in life. You must exercise your gift and power of choice to improve your ability to make powerful decisions.

Now it's time for you to put this method for making powerful feel good decisions each and every time into practice. See for yourself how it works for you.

### **The 'Feel Powerful' Decision Making Method:**

#### **STEP ONE**

Take a problem. It can be simple or one of long standing and ongoing tension for you. Get comfortable and relaxed. Give yourself space to fully get in touch with the underlying negative feelings and emotions that are beneath your problem.

Keep releasing any resistance or negative emotion that arises for you until you feel at peace with no attachment to finding a solution. You trust the perfect answer is available to you and will come easily. Just allow yourself to rest in this free space.

#### **STEP TWO**

Your perfect answer may suddenly dawn on you. If not simply go on with your day and the answer will suddenly come to you later. Answers often come on waking first thing in the morning, or when meditating, or when doing some form of body movement or breath work.

Just give space for the perfect solution to appear for you. If you did a thorough job of completely surrendering all the negative emotion

surrounding your question you'll continue to feel at peace, knowing the perfect solution is on its way.

If you continue to worry and struggle with finding a solution you need to do further emotional release work and clear space so that the perfect answer can show up in your life.

### **Coin Toss For Clarity Method**

This method is a quick alternate method to making a decision that's right for you. It in no way replaces the "Feel Powerful' Decision Making 2-Step Method presented earlier which helps you get the root of how to make powerful decisions by releasing negative feelings and emotions and letting go of internal resistance.

This method is especially good when choosing between two options to find the one that's right for you.

#### **STEP ONE**

Write down your two choices. Phrase your options something like, "Which of these two choices will give me \_\_\_\_\_ (the value you want to experience). What do you hope experience from making your choice? You can phrase your question as a simple yes or no answer.

#### **STEP TWO**

Get a coin. It can be any coin, just so it has two sides. Decide which side of the coin will represent yes and which no.

Toss the coin into the air and let it land. Is it heads or tails? Did you like the answer? Or, did you want to toss the coin again to see if you'd get the same answer?

If you feel relief that the coin indicated a certain answer that's your answer.

However, if you felt to repeat the coin toss because you weren't happy with the answer then you know the right answer for you.

One of my guiding principles when making a decision is that If it's not an absolute yes; it's a NO.

After making a NO decision move on! Let it go. I mean really let it go. Don't keep considering it. It's completely off the table as a consideration. If it keeps coming back around (you get signs or messages) go back through the process.

Could be you have too much fear and resistance to allowing yourself to move toward your true potential greatness and resisting what life is trying to give you. You may be playing small thinking it will keep you safe. Life can often want more for you than you want for yourself.

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If you loved this book please tell your friends!

PLEASE NOTE: More and more controlled research studies are being conducted on subtle energy and its power to effect the human energy system and physical reality, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using subtle energy and mental science are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using the methods outlined in this book. What works for one may not work for another, so explore and find out what works best for you.

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Energetic medicines and science of mind techniques have been practiced successfully since ancient times. For instance both the Chinese and Indian

cultures have traditionally both used and codified energy based healing modalities for centuries. Holistic and energetic methods have been shown to be a safe, natural, and effective way to promote balance and to enhance your health, well-being and life experience. Energetic methods may, in fact, produce satisfying results where other methods have failed. Please consult with your physician or other qualified professional regarding serious concerns you may have and do not attempt to self diagnose.

If you loved this book you may be interested to check out my other Kindle books on my Amazon author page: <http://www.amazon.com/-/e/B004TZ9LGG>

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In 1980 KG Stiles began her metaphysical coaching and healing arts practice in San Diego, California, the mecca of hands-on healing and consciousness studies. From the start, KG was passionate about creating only the most effective health and beauty products and services for her customers and clients. Her custom formulas and holistic methods are made with only the purist intent and natural ingredients.

Through her many years of practice KG has helped tens of thousands of people take responsibility for their health and life circumstances and overcome challenges to realize their fondest aspirations and dreams. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers. She is the Founder of Health Mastery Systems, and PurePlant Essentials aromatherapy company.

“KG Stiles’ 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is

unsurpassed!" -Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, 'Choices and Illusions.'

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Hope you love your LoveNotes as much as I enjoy creating them for you!

To your success & happiness,  
-KG Stiles, Author  
Metaphysician & Coach  
Certified Clinical Aromatherapist  
Founder Health Mastery Systems