

GOOD FEELING FACTOR

" GFF "

Join Our Vast

GLOBAL MEDITATION COMMUNITY

Take The Good Feeling Factor Pledge

Enjoy a **Globally-Shared** Down-to-Earth

Daily **G F F**

By author of the ...**"Why and How of Meditation"**
long **Best-Sellers** **"Finding your Soulmate"**

<http://www.goldenkeylibrary.info> + <http://www.healingpyramidenergy.com>

Russ Michael

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Dedication

This booklet is dedicated with love to all people of goodwill and habitual good feelings who enjoy meditating individually and collectively for the greater good of our planet, humanity, and all forms of life. It is also certainly lovingly dedicated to all who meditate during our scheduled Global Meditation Community events.

Blessings to all of you dear booklet readers, to our dedicated and so divinely inspired Global Meditation Community members, and to each and every one of you who joins us in the future to joyfully elevate the vibrations of Earth's awakening citizens and our so polluted, downtrodden planet Earth.

WE are ONE—all feeling good—day in and day out in the joy and splendor of our PRIME GOD CREATOR ONENESS of All That Is.

Russ Michael

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Chapter 1

The Good Feeling Factor (GFF)

Long, long ago the original word “God” became mistakenly pronounced (or corrupted) as “good” since it means and stands for the same thing. Feeling good is feeling God.

In brief, the more good you feel the more GOD love you feel, while the less good you feel the less GOD love you feel.

So take this pledge to set your daily intention to think, feel, see, express, and to accept more good (GOD) in all things. Set your new daily intentions for “good” to be present in your life.

The healthy and happy benefits of following the intention to feel the good side of daily life are worthy of your deep and determined consideration.

My free gift, a downloadable book, *Feeling Good is Feeling God* explains this concept in more depth. It is available at <http://www.goldenkeylibrary.info>. (Also download my free book, *Why & HOW of Meditation* at our library.)

There is NO cost involved! Rather an assured increase in happiness and joy, and a swift removal of needless unhappiness for you and all souls you interact with at any level at any time. Continue on to the Feel Good Pledge page to make your pledge and read more interesting information about this initiative.

Chapter 2

Daily Down-to-Earth Use of GFF

Anyone and everyone without exception are capable of setting an intention every day upon awakening or, if you prefer, at the end of the day before going to sleep. Express gratitude for a good new day or for the best things in the day that has just passed.

Each of us can willfully reach within for a personal good feeling, every day and night from this day on no matter what distraction may occur. This also applies in the case of an untimely or unwanted sudden challenge that may seemingly drop into our smooth-flowing daily life stream.

It feels good to feel good, so why not turn in the direction of what feels good as soon as possible?

So relax and go about your days with the awareness of good feelings as much as humanly possible, day by day, night by night. Then for certain YOU, dear one, will become a mighty force for good (God) on Earth. That is what taking the Good Feeling Pledge is all about.

All you need do is pledge to set your intention to daily make time for a quiet moment or a brief meditation. This will greatly elevate your vibratory frequency level and re-energize your body and mind.

If you happen to feel “moody” or perhaps depressed, just let go of that feeling as rapidly as you can. We all will momentarily allow our consciousness to drop out of a good feeling flow when we struggle against life’s currents. For a while we may waste precious time and energy on feelings and thoughts of what we do not want.

It is important for us all to know that the Law of Attraction draws us constantly toward what we pay attention to, both consciously and unconsciously. All newly enlightened humanly embodied souls know that what we focus our hearts and minds upon must eventually manifest before us.

There are absolutely no accidents in nature. We each individually choose what we personally desire to manifest within our short life stream on Earth.

Thus it obviously pays to give our heartfelt focus and thoughtful daily attention to what feels good to us, is harmless to others, and serves for the highest good and betterment of all others on Earth.

So be it. And it is so.

Chapter 3

Our Expanding Global Meditation Community

Being consciously aware of our spiritual creative power as a coherent group, we are clearly now fully responsible custodians of the welfare and well-being of all humanity and sentient life forms on Earth.

Here then is what our powerhouse Global Meditation Community movement intends to bring forth.

Our Global Meditation Community of widely diverse cooperative members aims to bring forth swift miraculous, transformative events across Earth with light-speed.

Each event will generate an unstoppable power, greater than all the armies in the world and their collective latest high technology space weapons could ever produce.

HOW? Simply by utilizing the Law of Agreement through our collective consent, the Law of Attraction, and joining the global meditation community—all at no cost. All we are required to do is to set our intention from within our sacred human hearts and souls and focus our minds to invoke the “greatest good of all” to flow worldwide to usher a joyous, peace filled, richly abundant GOLDEN AGE ON EARTH!

As a young man, I read of the mind over matter experiments Edgar Cayce, the world famed “Prophet of Virginia Beach,” had conducted and proved for himself. Over the following years, I replicated every single one of them for myself.

In addition, as disclosed in my autobiography, *Autobiography of an Initiate—On the Path to Immortality* (available as a free download), I tell what still lingers in my memory so strongly of a major mind-over-matter experience with ordinary throwing dice. I had read of Dr. Rhine's experiments at Duke University in Virginia, USA, proving the reality of mind over matter. In one experiment, he asked reputable psychics to take two normal dice and toss them with the intent throwing a total of 7 (2 and 5, 3 and 4, or 1 and 6).

The psychic entered into a focused meditative state, then picked up the dice and tossed the sum of 7 in five consecutive tosses of the dice. Dr. Rhine said the mathematical odds of throwing a 7 in five consecutive tosses was one in a million. Upon acquiring this knowledge, I, too, concentrated my focus until I felt the required mental state of absolute certainty. I then proceeded to toss the dice, which hopped, skipped and twirled at each toss. The result was twelve consecutive tosses showing a sum of 7.

I knew without a doubt that if the number 1 showed up first, the second die would stop on number 6; if the number 2 showed first, the second would be a 5; and if the number 4 showed up immediately, the second would show up to be a 3. However, once I realized what I had actually done, a feeling of shock ran through my entire body and soul being. It was estimated that if 5 “correct” tosses was equivalent to one in a million odds, rolling the dice twelve consecutive times with the result of 7 was equivalent to one in a trillion or beyond.

It took two full days for me to get back into a belief that the world around me was “real,” that a chair was real enough to support my body, or that I would NOT sink down into the Earth, etc. However, I did recover and over the following years, I even proved to myself the existence of the possibility of “instant” mind-over-matter manifestation at a 3-D level, as well as in a dream state.

It is simply a matter of centering body, mind, and soul into a calm, absolute KNOWING state of self awareness. At that point whatever is desired can and will be a 3-D physical reality object or event.

When two or more people focus on the same desired event, the outcome more than doubles, so imagine what kind of power is accumulated within our GLOBAL MEDITATION COMMUNITY when 7,000 people focus together on a particular event. (See Chapter 5, The Maharishi Effect, which has been documented repeatedly.)

Imagine cooperation among members for meditation events under the international umbrella of the Global Meditation Community. We will start by organizing a collective of thousands of people of goodwill to meditate together. When considering all those worldwide who already meditate individually, with partners, in small groups and large groups, or even very large meditation organizations like the Maharishi group, it is easy to see the potential to be tens of millions of people meditating.

Our Global Meditation Community staff will organize agreed upon globally transformative actions that harm no one and uplift all upon Earth on which to collectively meditate.

Please support us in every way you are able and join us in our happiness and daily good feeling ASAP.

Chapter 4

Harnessing Global Meditation Community Focus

When we personally experience something phenomenal, we are in a position to understand its truth. Otherwise, it is a truth only to others who have experienced it. You will truly acquire knowledge of the genuine, miraculous power of mind when you yourself personally feel, see, or perceive it.

The power of more than one mind, focused together on the same outcome, can be beyond human belief.

Consider what happened in China when three well trained Buddhist monks meditated together to “beam” healing love into the tumor within the bladder of an adult female cancer patient. In just three minutes, the tumor vanished completely.

This awesome three-minute healing “miracle” was filmed by quantum physicist Gregg Braden inside a high-tech laboratory of a modern natural healing non-medicine hospital in China. This is not a fake Hollywood or major media misinformation film. This astounding healing was filmed in real time. It is 100 percent authentic. You will be astounded as you watch the tumor vanish!

LISTEN! In the first few minutes Gregg Braden explains how scientists have managed to measure heart-generated love energy which, when beamed strong enough, can be measured to a distance of several kilometers.

Now imagine the powerhouse results of large groups of tens or hundreds of thousands, or millions or tens of millions, of Global Meditation Community members collectively focusing and meditating together at the same time. God within us willing, we will soon. So be it.

Unless you have personally seen this three-minute cancer cure video by Gregg Braden, you might not understand the connection between the creative energy dynamics of a seemingly unbelievable positive transformative planetary event occurring naturally when a million people meditate together. The Good (God) Feeling Factor (GFF) heart and soul energies can help to cure our planet of its oversized Military-Industrial Complex CABAL (huge black TUMOR) in the heart of HUMANITY.

So be assured: when you use your own unique loving, heartfelt GFF, you are uplifting the vibration of all sentient life forms, perhaps at great distances from where may be meditating.

Please note: IF for some reason this particular YouTube link is not working, simply retype the link into your browser or do an internet search on “Gregg Braden” and “3-minute cancer cure.” You will find many links to this amazing video. Please share this personal uplifting experience widely.

http://www.youtube.com/watch?v=VLPahLakP_Q (13 min.).

Chapter 5

The Maharishi Effect: What Happens When 7,000 People Meditate Together

“Humanity will soon be born anew, fuller in perception and richer in experience and accomplishments in all fields. Joy for life will belong to everyone. Love will guide human societies. Truth and virtue will reign in the world. Peace on earth will be permanent, and all will live in the fullness of life in God Consciousness.” *Science of Being and Art of Living—Transcendental Meditation* [374-page publication].

<http://hinduism.about.com/cs/meditationyoga/a/aa110403a.htm>

Performing the same research repeatedly under the same conditions and achieving the same results is the hallmark of good research. Through the Princeton EGGS experiment we now have solid, replicable empirical evidence that humans interact directly with each other and the world in the domain of consciousness, despite physical barriers and separations. The power discovered in this experiment showed that the mind can make a demonstrable change on the physical environment in a tightly controlled scientific set of conditions, was subsequently referred to as group consciousness.

Humanity can embark upon a different course by simply opening up themselves up to the possibilities of what can be through the nature of what is called the power of intention and how it can be manifested to bring about physical changes in the physical world. <http://maharishi-programmes.globalgoodnews.com/maharishi-effect/research.html>

Maharishi Meditation Effect in Conclusion

Maharishi spoke the following words over forty years ago. The truth of these words is reflected for all times in the vast body of scientific research conducted on Maharishi’s Vedic Science and Technology since then:

“Generation after generation man is born anew. Each generation gives rise to new aspirations in life and brings a new quest for fulfillment. Each man needs sound physical and mental health, greater ability in action, a greater capacity to think clearly, increased efficiency in work, and more loving and rewarding relationships with others. He needs enough vitality and intelligence to satisfy the desires of his mind and bring contentment to his life.”

Chapter 6

Make Our Global Meditation Community a Spiritual POWERHOUSE

Please read, share this GFF info with others and JOIN us by entering into a humble, grateful good-feeling (God-feeling) state of mind and become a member of our Global Meditation Community. A divine “Powerhouse” of human embodied souls pledged to bless all life on Earth each day.

Please pledge to enter a good (GOD) feeling meditative state daily. Do this for yourself and for all of humanity day or night from this day forth. Thank you. *When united lovingly, nothing we can imagine is impossible. When it is done as a community, it will manifest with near light speed.*

Join us to hold a space of the highest outcome and the highest good for everyone all over the Earth.

Please invite others, individuals or groups who practice meditation, to read and take our GFF Pledge at <http://www.goldenkeylibrary.info>

Chapter 7

Introducing the 'Intenders for the Greater Good of All'

I must say I was delighted beyond words when the Law of Attraction led me to the timely discovery of the “Intenders for the Greater Good of All.” This dynamic group started with four people and is now a colossal planetary collective whose aim is to help initiate a Golden Age on Earth.

The leadership is under the wise guiding hand of Tony Burroughs, one of the dedicated founding members of this meditation group. In less than a decade, they built a genuinely huge planetary powerhouse good feeling factor meditating for the greater good of all.

The Intender movement reached their goal of one million Intender agreements signed in 2013 and are now nearing their aim of two million in 2014. To date, they operate in 52 different languages.

It is wise to join as an INTENDER too!! I did so without hesitation as soon as I realized where this group was going.

I urge all readers who desire to help transform our Human family on Earth, and all of its Kingdoms of life, into Heaven on Earth as intended by our God Creator, to visit the Intender website links.

<https://www.youtube.com/watch?v=c3N6eQ-0aBA> Tony Burroughs - 24 min. “Intender” intro.

<http://www.visionalignmentproject.com> (to learn about and sign up for the Intender movement)

And

<http://www.visionalignmentproject.com/totalalignments.html> (to see what your Intender number is)

<https://www.youtube.com/watch?v=c3N6eQ-0aBA> The power of intending as community - Tony Burroughs – 24+ min.

<https://www.youtube.com/watch?v=J8uLnRFWq6w> Tony Burroughs tells Rusty's Freedom Story – 9.54 min.

Chapter 8

Volunteers Needed to Assist Our Global Meditation Community

I CALL out to the world, to all spiritual individuals, Lightworkers, religious leaders, pastors, ministers, priests, New-Age groups, all positive minded and good-hearted human collectives and communities across the entire planet, to consciously set your individual or collective intention to take this GFF PLEDGE now. As dedicated Godly individuals and collectives, I ask you to undertake a CONSCIOUS COMMITMENT to bring forth good feelings (God Feelings) in your daily life. The happy healthful benefits to yourself alone through feeling and following the good side of daily life are worthy of your deep and determined consideration.

When YOU practice consciously day and night to summon that inner good feeling through your heart and soul—in all you think, feel, say or do—while communicating or interacting in any way with yourself or others, this alone will bless your body mind and soul beyond belief!

I have held this “good feeling” state of “doing what I love” and “loving what I do” daily and nightly for quite a few decades now. Consequently, nearing 90 years young, I and my body being are in visible robust good feeling health.

MY BODY AND BEING FEELS GOOD ALL THROUGH THE DAY!

My body and I can do most, if not all, of what I could do with my body when I was 20. I consciously feel good all day and night and have no chronic

aches or pains of any kind. I do not wear glasses or a hearing aid, etc., and I work passionately at what I love doing 12 to 18 hours daily (like ZAP and many other World Servers).

I am FEELING GOOD (God) and gratitude for all things in life and am bursting with energy, vitality and great love of life all day long every day.

While growing up from a child to my youth and manhood over these many decades, I have never once thought of myself of “growing old.” Rather, I have consistently retained my feeling of being very young and healthy, of being adventurous as a child, welcoming and learning fabulous new discoveries and body and soul delights daily.

Whatever we humanly embodied souls consistently and coherently give our focused attention to must by the Universal Law of Nature, become our living reality. That is literally asking the EVER-PRESENT-EVER-READY- EVER-ACTIVE Law of Attraction to draw what you focus your mind and feelings upon into your daily life on Earth at the perfectly right linear time.

LOOK FOR GOOD AND YOU WILL ATTRACT IT TO YOU.

I learned long ago whatever I envision to do or not do, what I think and feel TODAY must and will set the stage for my tomorrow, and be a creative, constructive part of all of my forever succeeding tomorrows.

What goodness and fresh new FUN each day of life holds!

Life is JOYFUL and forever “feeling” good when we choose to personally seek it or to naturally “make it so.”

SEE IF YOU CAN HEAR AND FEEL “THE CALL” IN YOUR SOUL.

Chapter 9

Where Do You Stand?

Dear Spiritual Sister or Brother:

I would like you all to realize that within a few weeks or months spent feeling good, our initial community of hundreds will expand to tens of thousands of good-hearted people meditating. There will potentially be a million or more living this pledge 24 hours a day, 7 days a week. Our efforts can and will cause a good (God) life of Golden Age of peace and abundance for ALL upon the healing surface of Earth.

When a Global Meditation Community assembles, focuses as ONE being, and expresses soulful and heartfelt feeling good / feeling God, this will naturally create instant worldwide miraculous healings and transformations.

It requires only a small measure of nobility demonstrated within our Divine human selves. By simply setting our intention to happily support this community across the entire planet, it may expand to a point that collectively harnesses our dedicated power to solve most individual and collective human problems with relative ease. I repeat: The happy, healthful benefits to you alone through feeling and following the good side of daily life are worthy of your deep and determined consideration.

Chapter 10

Let's GO

The internet is an open international highway, so no matter where you live, please volunteer to help us speed and expand our Global Meditation Community.

IMAGINE ... ENVISION ... that all the horrendous endless taking of human lives, destruction of property, and widespread warfare across our dear

Mother Earth vanishes once we, as a community of responsive human souls, actively respond to this call.

Being consciously aware of our spiritual creative power as a cohesive group, we are clearly now fully responsible custodians of the welfare and well being of all humanity and sentient life forms upon Earth.

We who take this pledge are requested simply to do our best daily and nightly and to follow what feels good. No more than that is expected from any of us.

Please DO make this pledge from your well-set soul intention to feel good, be good in all you think, feel, do or say, night and day.

Each day seek to feel and follow your “good feeling pledge.” Do your best with it daily and you, too, will feel the increasing uplifting, soul-awakening, positive spiritual consciousness on Earth.

Chapter 11

The Global Meditation Community ‘GFF Pledge’ Membership Enrollment

GFF Pledge

By submitting my name, state or country, and email address, I pledge to become a dedicated daily Good Feeling Global Community Meditation member. When notified of special meditation events, I pledge to participate.

First Name _____ Last Name _____

State or Country: _____

E-mail address: _____

By joining, I pledge to become a dedicated daily “good feeling” member of a mighty powerhouse global spiritual meditation community. I will meditate when I choose, for as long as I desire, at least once or twice a day.

If possible, I will meditate in particular at the strike of the hour for at least three to ten minutes.

I will set my intention right now to follow what feels good in my heart and soul as much as possible and to express my genuine gratitude for all the increasing good I see in my own life and in the life of others.

WE, the members of this leading-edge community are united as ONE. As such, we are a powerhouse of great good for all.

We naturally aspire to express our spiritual appreciation and gratitude for all the good we see more clearly within ourselves and within all other sentient forms living on Earth.

Our sacred membership pledge is to be identified worldwide in its abbreviated form as the “GFF Pledge” for clear quick communication and usage references.

WE are ONE.

Chapter 12

Final Call to Action

Visualize what a dedicated community of joyful and persistent daily “GFF Pledge” meditation members can do for Earth—for themselves and for all sentient life forms of life through daily meditative thoughts.

If we GFF Pledge members individually meditate on the hour once or twice a day, day or night, for three to 10 minutes, simply feeling good (God) and seeing good (God) in all things, events and individuals or communities of life

all over the Earth. The positive, transformative vibratory energies would soon be immense, gigantic.

We would then naturally create twenty-four daily “peak waves” of coherent, conscious highly positive, and transformative frequency waves across the whole of our dear Mother Earth for the benefit of all sentient life forms living upon our generously nurturing awe-inspiring planetary home.

Presently, we are all SO very dearly blessed to have “made it here,” qualifying to be strong and awakened enough to be able to uplift and assist in the awakening of our other sisters and brothers on Earth during these upcoming global “end times” planetary wonders.

All is well. Bless us all. WE are ONE.

Earth is destined soon to become a bright white star in our blue Galactic heavens. Let us give thanks!

I urge all who are reached by this “call to action” and perceive its truth, to take the GFF PLEDGE and join with us as we commit to living a mentally, emotionally, and spiritually healthy good (God) lifestyle 24/7. Please share this sacred spiritual call to action widely.

Thank you. So be it.

I love you! Bless your heart. I am in ever-loving brotherhood, Russ Michael.

email: Age-Reversal@aon.at

<http://www.goldenkeylibrary.info>

<http://www.healingpyramidenergy.com>