

MASHA MALKA

THE
**ONE MINUTE
COACH™**

TO
MASTERING
YOUR
EMOTIONS

*A step-by-step guide
to feeling good
on a regular basis.*

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CHAPTER 1

WHAT DO YOU REALLY WANT?

Most of us are looking for true love... But what is love? Most of us are looking for happiness; yet, have you ever thought about what happiness is? Most of us want to achieve success, but what does it really mean to be successful? Even being healthy is a relative term.

Experiencing happiness, love, health, success, joy, freedom, passion, and anything else you might desire begins with a clear understanding of what each of them mean to YOU.

This is not something we tend to think about on a daily basis or ever. Henry Ford has been quoted saying,

“Thinking is the hardest work there is, which is probably the reason why so few engage in it.”

Yet, if we are too lazy to direct our thoughts consciously in the direction we want them to go, we will most likely end up thinking thoughts on an unconscious level, creating a reality we don't really want to experience.

The reason for this is that our thoughts trigger certain emotions and those emotions determine the quality of our life in the present moment, and therefore, in our future and our overall experience of life.

Action Steps

- Think about the emotions you experience on a regular basis and write them down. Now look at your list and decide which of these emotions you rather not experience anymore and which you would like to experience more often?
- According to your list, do you tend to mostly worry, feel frustrated, irritated, impatient, insecure, angry, disappointed, judgmental, or overwhelmed or do you mostly experience emotions such as love, confidence, freedom, joy, vitality, gratitude, inner peace, contentment, respect, creativity, success, appreciation, excitement, fulfilment, and faith?
- Now feel for a moment what your life would be like if you could experience all of your feel-good emotions on a regular basis? Would the experience of your life be different to the one you are living now? How eager would you be to get up in the morning and to start your day? More eager than now?
- All you need is enough desire to make a change and then to follow through with the action steps in this book and watch your life transform and adopt to the new you!



CHAPTER 2

WHY KNOWING WHAT YOU DON'T WANT CAN BE AN ASSET

More often than not, people do not really know what they want, though they can easily make a list of everything they would rather *not* experience any more. This can be an asset as well as a liability.

It is an asset because much of what we want is often defined by first understanding what we don't want – what makes us unhappy, uncomfortable, and goes against our true nature. This is the reason why teenagers experiment so much, making, what seems like many mistakes in the process, where in fact, they are testing their boundaries while learning who they are – what works for them and what doesn't.

It can be a liability because if we spend too much time focusing on what we don't want and what doesn't work, we often create more of it.

So there comes a time when it is important to take what you don't want and make it work for you – reverse it, focusing on the opposite and on what you *do* want and what would make you happy.

The best way to think of what you want is by focusing on the *final outcome* and not the means to getting there. For example, most likely, it is not lots of money that you want, it is what that money can buy for you AND how you would *feel* when that happens. So money becomes the means to the final outcome, which might be experiencing a sense of security or a feeling of success.

Understanding what you don't want any more is the first step in knowing what you do want. But be careful – always focus on the final outcome of what you desire. And your final outcome is always your emotions and your general state of being.

Action Steps

- If you woke up tomorrow and a miracle had taken place – what you most desire had happened, what emotions would you be experiencing that would reveal to you that miracle had happened?
- Answering this question will help you outline your desired state of being. Emerging yourself into that state as often as possible will help you attract more and more of the same emotions without you controlling the process or the means of getting there.



CHAPTER 3

YOUR ENERGY AND YOUR VIBRATIONS

It is difficult for us to conceptualize the fact that we are and everything around us is energy. On the other hand, spending time contemplating difficult concepts is not necessary in order to use the knowledge to our advantage.

What is important to understand is that everything around you has a particular energetic charge and energetic vibration. Each emotion, each food you eat, each thought you think, the sound of someone's voice, the words you hear, the trees, the flowers, animals, even buildings and cities – all have a particular vibration.

Think about what you want to manifest because it also has a particular energetic vibration and in order for you to be successful in manifesting what you want, you need to vibrate on that same frequency.

Simply put, the more positive and feel-good your emotions and experiences are, the higher their vibrational frequency. In order to manifest what you want, and I assume what you want is something positive that feels good, you need to raise your energetic frequency, constantly.

When I ask my little boy about his day in school, the usual answer is, do you want the good news first or the bad news? I usually ask for the bad news first, leaving the best for last. So the bad news here is that even to maintain your energetic vibration as it is right now, you have to work on it because naturally, it tends to go down.

Feeling good and staying positive requires effort, just as it requires effort to stay physically and mentally fit and agile. The good news is that after the initial effort, knowing what to do and keeping the vibration high becomes habitual and practically automatic.

Some people get into the routine or a habit of brushing their teeth and taking a shower every morning; some people get into the routine of playing tennis or football or going to the gym on certain days at certain times; and

some people get into the routine of conscious creation and positive vibration. Some, of course, do all three and more. It is always a choice.

Action Steps

- Feeling good is a choice.
- You might not choose (at least not consciously) what happens to you or around you but you can always choose how you *react* to it.
- Refuse to create drama in your life and choose to see the best in each situation.
- Decide that for the next 24 hours you will not get disappointed, judgmental, frustrated, or angry with anything.
- Accept everything as is and look for what is good about it. Even 24 hours of such conscious living can change your life exponentially.



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