

# The Speedometer

*“Faith believes in spite of the circumstances  
and acts in spite of the consequences.”*  
— Adrian Rogers



On the road, if you went from 0 to 60 in seconds, you could cause serious damage to yourself, your passengers, your fellow drivers and your vehicle.

The same thing happens if you go from 0 to 60 emotionally—your entire being will be thrown out of balance and you’ll lose control of your vehicle, your journey.

The Speedometer gauges your emotional state at any given time. Just like driving your car, you want to set a steady, consistent and safe pace throughout your journey.

## What are emotions?

The American Heritage Dictionary states that emotions are “a mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes.”

Simply put, emotions are your energy, in motion. When you project that energy with emotion, an ‘emotionalized’ response is the result—the combination of emotion and motion. Emotions are our responses to the world around us. They are shaped by thoughts and past experiences. And are easily triggered from just about anything around you.

Your Speedometer represents your emotions. A thought that is not emotionalized is a conscious thought. Dwell on the emotional thought, and it embeds itself into your subconscious mind. Your HGS then takes the subconscious thought and validates it.

As you start to understand where your emotions come from, you’ll learn that you have a choice. You can choose to respond a certain way in any given situation. The power is within you. The goal is to take responsibility for your thoughts, feelings, and actions and become accountable for creating your own destiny in life.

# The Law of Attraction

One of the most commonly known laws of the universe is the Law of Attraction—like attracts like. You attract what you feel.

You are a living, breathing, creative magnet. You have the power to control what’s coming to you based on what and how you think and feel. Your life—your destiny—follows your thoughts.

Stop and think about that for a minute: *Your life—your destiny—follows your thoughts.*

You are the most powerful person in the Universe when it comes to attracting what you want and need in life. By thinking positively, you positively influence your emotions. And when you positively influence your emotions, you send out a powerful message to the Universe.

And the Universe responds. Always. We’ll learn more about how the Universe responds when we learn about Signs in Chapter 4. They’re everywhere.

As you learn to control your mind by consciously choosing your thoughts and words, you align yourself with the Universal power. Something happens, not only in your mind, but also in your body. Your cells respond and your body actually emotionalizes your response. Your immune system kicks in and does its best to expel illness out of your body. You feel energized, lighter and more confident. Your posture improves and your face lights up. You become a magnet for what you need and deserve.

Remember, when you emotionalize a thought, you’ll attract situations where that thought is validated. For example, if you emotionalize a thought based on fear, you’ll attract fear-based situations. If you emotionalize thoughts based on joy or happiness, you’ll attract happy, joy-filled situations.

## The Speedometer: Controlling the outcome by controlling emotions

For years, I lived in a world where my teenage son did not respect me. I was miserable and decided that something had to change. I started working the eMerge program. When I read about the Speedometer—about how our emotions and feelings can control the outcome—something inside me just clicked.

It wasn’t easy, but I worked every day on controlling my feelings and emotions. I examined where the feelings were coming from and how I could consciously change the course of my emotions. I took responsibility for how my world happens. It was a powerful moment when I realized that I had a say in my relationship with my son.

I put my feelings and emotions in check. I slowed down and sped up when it was necessary, but always managed to stay balanced.

My relationship with my son didn’t change; we still have our spats and he is doing his best to defy authority. (After all, he is a moody teenager.) The difference is that I know that he can respect me and still have his own opinions, his own breakdowns and his own issues. He respects me because I respect my feelings, reactions and emotions.

Finally, I learned that my world occurs in the context of my free will. I chose to control my reactions, feelings and emotions, and my world improved.

— Pam, Mansfield, MA