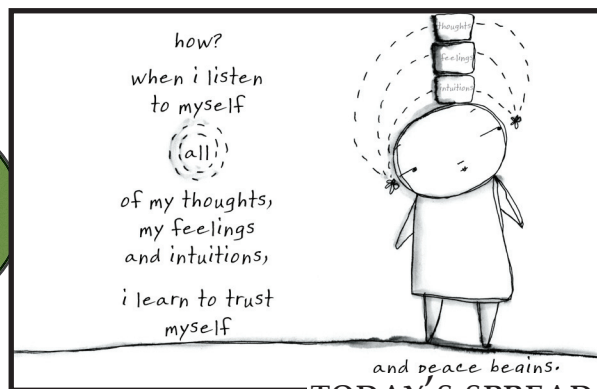


Seeing Your Feelings



TODAY'S SPREAD

from *i see peace*

In Western culture feelings are often unfamiliar.

Many of us lack a full understanding of the feeling aspect of ourselves. It can be hard enough to talk about peace, let alone joy, sadness, grief, pleasure, fear, anger. Consequently, most of us do not understand how to effectively 'have feelings.'

Feelings are meant to *move through us, emotion*. But many of us mix together our body sensations with our thoughts with our feelings creating a system that holds onto feelings, not allowing them to be fully expressed and released.

While, this is a study unto itself, each of us has an intuitive sense of how to realign ourselves.

There are three basic elements to the process that interact with each other in an ever changing balance.

- Working with our thoughts and the underlying beliefs
- Learning to let feelings move (physically and emotionally)
- Using our imagination/creativity

Letting emotions move through us can feel challenging at first when we find ourselves faced with feelings that are not the ones we want to have. Most of us don't relish the idea of feeling fear or sorrow. But there are ways to have feelings move through us with greater simplicity. If we can remove judgment about which feelings are good or bad, right or wrong, we can just *feel* them.

The best way to just feel is to take the story off the emotion and let the feeling move through you.

So often we'll fixate on part of the story, the core of the pain, with a mantra in our thoughts that will keep us rolling over and over on that one emotion--without any real movement, effectively keeping it in place.

For example, "Nothing ever works out for me, I'm all alone in this!" The feeling may rise and peak and come back down, which is excellent to notice, but it will come back again. It may not come back with the same ferocity over time, or it may, but it will always come back, relatively intact with the same thoughts that keep you rolling in the same place.

Something happens when we take the story off of our emotion. It becomes free. Mobile. I'm not saying you will not feel grief in this life if you change your beliefs and pay attention to your body. But *emotion can move through you like a strong river that feels cleansing and leaves you feeling alive and energized*, if you remove the story as much as you can when it's moving through you. The amazing result is a coherence and an inner, organic organization that will build and build.

Because all systems are connected, you will find you have clearer thinking after doing this. *Your thoughts will flow more as your feelings flow more*. It almost goes without saying that your creativity will also flow more.

To begin with, all you have to do right now is notice your feelings. Begin to know your emotional self more. *This is a radical and valuable step*.



Seeing Feelings

i feel peace right now	T	F
	<input type="checkbox"/>	<input type="checkbox"/>
i feel peace regularly	<input type="checkbox"/>	<input type="checkbox"/>
i believe i am peace	<input type="checkbox"/>	<input type="checkbox"/>
i talk about peace freely	<input type="checkbox"/>	<input type="checkbox"/>

i feel joy	T	F
	<input type="checkbox"/>	<input type="checkbox"/>
i feel ecstasy	<input type="checkbox"/>	<input type="checkbox"/>

	DAILY	REGULARLY	SELDOM
i feel anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	DAILY	REGULARLY	SELDOM
i feel Love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel BORED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	DAILY	REG.	SELDOM
i feel shy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel hope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel embarrassed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel jealous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i feel sorry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Believing is
Seeing