

Feel Your Feelings: They're Your Guide

by Dede Lyons

Are you feeling all your feelings, both the positive and negative ones?

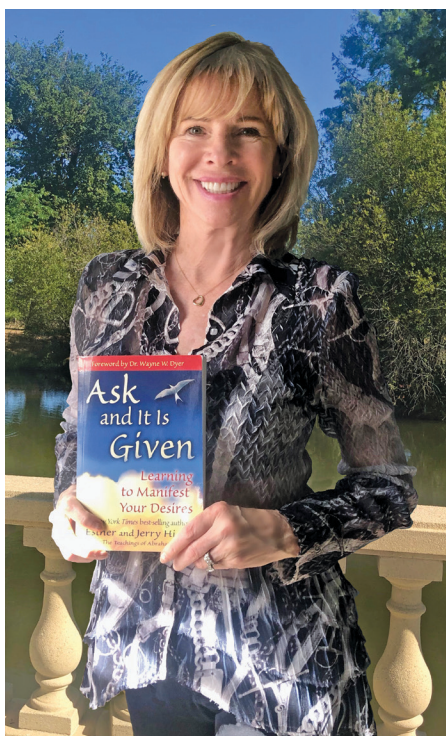
It's easy to feel the feel good ones; gratitude, compassion, love and joy. While it's common to avoid being with and owning our gloomy emotions.

We often suppress these low vibrating feelings like sadness, depression, anger, guilt, shame, etc. We resist since they make us feel vulnerable. Who really wants these tender sentiments permeating our mind, body and spirit.

So we typically engage in activities to an extreme level to keep ourselves from feeling these painful emotions. We maintain a super busy schedule, as we over-socialize, overindulge in substances, overeat, overwork, overexercise.....virtually anything we can do to dodge feeling emotionally wounded.

If this avoidance behavior is a customary habit don't berate yourself. Just by being mindful of your tendencies you are halfway home. However it is crucial that you start to feel all your feelings. These sensations are your guide and they have answers to your questions. They will also help you attract and manifest your desires. Plus burying your unwanted emotions in your body can result in various physical disorders.

In my childhood years I dreaded crying and I would try so hard



to hold back my tears in fear of getting berated for openly expressing my sorrow. I thought crying meant I was weak and needy. I can now enjoy a good cry since I know my tears are sacred and a gift. They give me comfort and deep insights on what's my next step. Often my present tears are tears of joy, tender ones that have warmed my heart or touched my soul. Wow what a great feeling!

Pema Chodron and Esther Hicks, a few of my favorite authors and inspirational teachers, have taught me a lot about the importance of feeling all your feelings.

Pema in her books: *Living Beautifully With Uncertainty and Change* and *When Things Fall Apart* recommends that you lean

into your uncomfortable feelings with compassion and they will soften. As they ease up you will receive guidance and the sadness will start to diminish as you let go.

In Esther's book: *Ask and It Is Given* she cites your emotions are your guide and to pay close attention to them. Your feelings tell you where you are in attracting and aligning with your goals and wishes. The higher up you are on her Emotional Guidance Scale the higher you vibrate and the easier it is to manifest your desires. We now know what we focus on grows. So when you are immersed in despair and unworthiness on the bottom rung keep reaching a little higher for a better feeling. Hope will instill you to start ascending up the ladder to gratitude, joy and love.

As you follow the teachings of Pema and Esther be sure to also "give your mopey feeling a hug, listen to what it has to say and wish it a fond farewell."

Now you can actually welcome a wave a sadness, knowing your feeling is temporary. As you are forever empowered with the wisdom to embrace it, soften it and thank it for the visit.

*For more information on the
Feel Good Express,
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