

Feelings

by Regina Ann

Feelings

Wikipedia contains a good descriptor of feelings as perception of the physical world which...varies depending on one's tendency to handle the situation, how the situation relates to the receiver's past experiences, and any other number of factors. In other words, feelings are our perception of our physical world and the experiences we encounter.

Contrary to what many of us have been taught, feelings are neither good nor bad. A feeling is simply a feeling. Feelings themselves are neutral and you have every right to feel what you feel. How you respond to the feeling is what is seen as a positive or not. Our tendency to label feelings as good or bad often stems from our upbringing and social environment. As we experience life we learn from those around us and from society what others consider to be appropriate feelings and responses. Some even learn that feelings are not considered appropriate at all.

During this process of learning from others and society we tend to accept for ourselves what others have established as appropriate feelings and responses. Interestingly enough we tend to place much more value and importance on what is right and true for others than we do on what is right and true for ourselves. Conflict within us occurs when the parameters established by others are not in harmony with what we feel those parameters should be.

Where conflict is present we are wise to look into ourselves and learn the root of the conflict. Does the conflict arise from accepting others parameters that do not fit us? Does the conflict arise from accepting the parameters and therefore feeling guilty about having the feeling? The key to healing feelings is to get to the root of the feeling. Ask yourself:

- Why do I feel this?
- Where does that feeling stem from?
- What is it related to?

You may learn that the root cause of the feeling is no longer a part of who you are. It could be that it was right and true for someone else but is not in harmony with what is right and true for you. Be willing to place the same value and importance on what is right and true for you as you do on what is right and true for others. Remember that feelings themselves are neutral and you have every right to feel what you feel. It is your perception of the feeling and your response to it that you label.

As you align your feelings and responses with what is right and true for you it restores harmony within you. When in harmony you are better able to respond in ways that result in more positive experiences. You are also free to allow others their feelings and responses with less conflict.

Regina Ann ~~*

Regina Ann is a Usui Reiki Master Practitioner & Teacher, Trauma Release Therapy Master Practitioner & Teacher, Transformation Coach, Whole Wellness Coach, Shaman, Published Author & Speaker, Mom to three sons and Twin Flame Soul Mate to Rich Bentz. To learn more see our blog ResonanceHealing.blogspot.com