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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Feel the Feelings**

**By Robina Hearle**

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It has been said "You are afraid to feel. Your feelings are vast and all powerful, yet for many of you they are crosses of shame. However, it is through your feelings that you can ascertain what you value" [Marciniak]

We discern our world through our feelings. They are an unsourced tool for discovering more about ourselves and the world about us. Yet, as the quote so rightly says, we are afraid, nay terrified, of feeling. We block our feelings and hide from them, and as a result we overload our cellular memory with our emotional baggage.

Our bodies are perfect records, holding every nuance of our lives. They hold all our memories of the things we have done to others and how we felt about it at the time, the judgements we have made since. Besides all this, there is what others have done to us and our emotions surrounding these things. We also hold shocking or traumatic memories from our lives which can appear to come 'out of the blue.' There are no accidents or coincidences, the universe works and everything is a part of the rich tapestry, even though we may be unaware and cannot see it at the time.

To illustrate this, I recently had an opportunity to clear a very painful memory from my birth canal. I have shoulder pain and so I went to see my colleague who specialises in "un-winding" the tissues. She found that the primary site was not my shoulder, but my birth canal. As she said the words, the memory of the birth of my eldest daughter eighteen years ago surfaced, along with all of my feelings about it at the time. As I began to cry, my colleague felt a sudden 'whoosh' as the birth canal released the tension and 'unwound', I was at that moment of release, able to feel the feelings, acknowledge them and let them go. Just imagine, for eighteen years this memory had been sitting in my tissues.

Emotional energy such as this can cause vibrational damage to the cells and eventually pathology. One of the feelings that came up for me, was shock. As I am like a terrier when I know I have something to clear, (I 'worry' at it until I achieve my intention) I took some Bach' Star of Bethlehem' flower essence which is for shock held in the cellular memory.

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Five days later at a Reiki Share, some more shock came up for me. It was a fourteen year old memory this time – my next door neighbour had hung herself and her husband came around to ask us to see if she was dead. Two sets of memories from fourteen and eighteen years ago, all filed away and stored in my body as I had held onto them.

I am very self-aware, continually working on myself and watching for signs, feeling the feelings as they come up for me so that I can acknowledge them, embrace (accept) them and then let them go. However, previous to becoming a Reiki Master and taking part in P'taah workshops as well as reading the P'taah books, I had never heard of any of these concepts.

Fortunately, there are now many self help books and people like myself who wish to teach and inform. As a physiotherapist, I realise how many people come with pain and that there is an emotional

component to the problem.

When something or someone angers you, or strong feelings come in any situation, stop for a second and do the following: Allow yourself to feel the feeling, acknowledge (accept) it, then examine it asking yourself the question 'why, what is going on?' Be honest with yourself about this, you will find the feelings will go, then you will release them before they settle again in your cellular memory. Like as not, similar situations will repeat themselves for you to examine them and feel the feelings and have the opportunity to 'clear' them. This will be no coincidence, the universe is just working to help you. Why? So we can 'feel the feelings', learn by the experiences and, in turn, learn more about ourselves, and discern the world about us. In this way, we will not store the emotions as baggage in our cells.

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### **Lie: If I Feel It, Then It Must Be True**

**By Janet Daughtry**

Remember that popular song, "Feelings"? We live in a world that places a lot of emphasis on feelings. If it feels good do it! There is nothing wrong with feelings. A world without passion or feeling would be a very dull place. Who would want to live in a world without feelings?

The problem occurs when we equate feelings with the truth. A lot of pop psychology has contributed to this belief. The prevailing thought is "get in touch with your feelings" or "trust your feelings." Quite frankly, that kind of existence scares me just a little. What would happen if everyone lived out of their emotions? I think it would get a little nutty.

For starters, I know we would definitely have a lot more road rage to deal with on a daily basis. For me, personally, it would mean that I would stop writing this article and immediately leave for the beach

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for a month. That would just be the beginning! After my trip, I would definitely go on a huge shopping spree! I think you get the point.

Feelings and emotions can be very powerful and strong pulls in our life for good or for evil. They can even be important for us to consider when we make decisions, but the truth is they are just "feelings". They definitely are not predictable and they don't always equal the truth or the facts. In fact, sometimes they can be diametrically opposed to the facts.

Has this ever happened to you? You may feel someone doesn't like you. You believe it's the truth and so you respond out of those feelings, only to find out at a later time that person liked you after all. If you had continued to operate on your feelings alone, you would have totally missed out on a relationship with that person. What about the person who experiences a panic attack? At the time that it is happening, the person feels like they are not going to make it. They feel like they're going to die. Having survived one myself, I now know those overwhelming feelings were not in sync with reality at all.

In this world, where we place so much emphasis on emotions and feelings, too many people live out of their emotions. It's as if they have no control over their feelings. It's more like their feelings drive and control them. For them, feelings equal the facts or the truth. I "feel" it so it must be true, and so their feelings jerk them around, dictate their moods and decisions in life. I "feel" worthless so why bother? I "feel" love for this person, so it must be so. The next thing you know they have run off with another person, even though they may be married. "We were so in love", they say! It's amazing the choices and decisions that can be rationalized and justified because of feelings or emotions.

Please don't misunderstand me, feelings and emotions can be grand and no doubt enhance our lives in many ways. In fact, feelings can be a valuable part of the decision-making process, but can never be a substitute for the facts. When facts are at odds with feelings, it is better that the feelings change than the facts be ignored.

Janet Daughtry, MDiv, CBC, is a Certified Life Coach helping women to realize their potential and fulfill their purpose. Visit her website at

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