

FEELINGS

Whether we are aware or not, we feel constantly. We may feel a tingle when we feel something good is about to happen. We may feel a muscle or many tighten while in a conversation or meeting. We may feel restless or uneasy when we go to bed preventing us from falling asleep. Many of our feelings go through us without us acknowledging them at all.

It is important to be aware of our feelings. They can be important guides for us in determining if we are coming down with a cold or something more major like having an appendicitis or gallbladder attack.

Some of our more subtle feelings are just as important to recognize. Those feelings also tell us to go ahead with a decision we are making or warn us of something we should stay away from.

Our feelings are always with us and can help us on our journey. When you make the decision to be happy, or try something totally different than what you have ever done (or possibly what you are always expected to do by others), or make important changes that you have always wanted to do, our feelings will help guide us.

When we allow ourselves to feel our feelings, we open the door to change. Maybe we want to lose weight. Perhaps we want to either make major changes in our marriage or even call it to be over. Possibly we want to try a whole new career – the one we would love to do but always listened to everyone else rather than our hearts and continually decide it is best for us to keep struggling on with current circumstances.

You hear the message “*Life is short and too precious to waste*”. This is true, however, when you are living a life that has you doing things everyone else wants you to do, life can seem like an eternity. Days are long. Nights are interrupted. We wonder how we will have the strength to get through the next day.

Sometimes we get a happy surprise when we are facing what we think will be

a horrible confrontation (at work or at home) the next day resulting from words said or a mistake made. The next day comes and to your pleasant surprise, all parties involved seem to have had a change of heart. Maybe a conversation is had where the parties involved thought things through again and have a course of action to correct the mistake without blame. Maybe your spouse admits (s)he did not think about all the valid points brought out in the argument.

It has been said that everything happens for a reason. An argument or a mistake made may have had to happen to open up communication that allows the situation to be resolved. Whether you want to believe this or not, that is Divine Power working in the best interests of all.

It is important to learn if you are an overly sensitive person and also recognize that other people in your life are not very sensitive. Knowing this information is extremely helpful as it will allow you to recognize that you are being a bit too sensitive on an issue. But it will also help you teach the insensitive person how to understand that sometimes gentle patience is the best way to proceed.

Always take note of what you are feeling as our feelings help shape our lives.