

Feelings First Spirituality – The New Way

(Adults)

Feelings First

You are your feelings. Your feelings are very important.

You are to respect and honour yourself, by respecting and honouring your feelings.

If you disrespect and dishonour yourself, you are hurting yourself.

If you disrespect and dishonour your feelings, you are also hurting yourself.

If you reject any feelings, you are rejecting yourself.

If you are not fully accepting and acknowledging all your feelings, you are not being loving to yourself.

To be fully self-loving, means to fully accept ALL your feelings.

If you want to love yourself, then it begins by loving all your feelings.

If you reject one feeling, if you block it out or stop yourself feeling it, you are not fully loving yourself.

You can love yourself by accepting all of yourself, so all of your feelings.

And you accept your feelings by feeling them, and not by doing anything with your mind.

Feeling denial

You have grown up being made to deny certain feelings. You feel they are bad, they cause you too much pain and grief. They are not wanted. You have learnt to push them aside, banish them, block them out. They are interfering with your good feelings. You do all you can to keep making sure you only feel good.

However this is not loving yourself. This is treating yourself in a very unloving way. It's even hating yourself. As you hate these parts of yourself, these bad feelings and their associated emotions, so you are hating yourself. By you not wanting to feel a bad feeling is the same as not wanting yourself. Do you want to keep denying and not loving yourself this way? Is this how you want to be?

Yet to stop yourself denying some of your feelings is very difficult to do. It is set within you as part of your pattern of how to live and how to treat yourself, that you push aside, block and use your mind to try and stop yourself feeling bad. You feel bad so you take a pill to make the bad feeling go away. You feel a pain or you get sick, so you go to the doctor for help to take it away. You feel depressed, miserable, full of grief so you go to a therapist to help you feel better. You feel angry but that's not a good way to be, so you bury your anger, be nice, pretend that everything is okay – 'forgive and forget'. You believe you should 'rise above it', 'get over it', 'turn the other cheek', not say what you're really feeling because you might hurt the other person's feelings, so you chastise, admonish, ridicule, tell yourself off for feeling that way. All of which is self-hating behaviour. Hating your bad feelings is hating yourself.

Your mind can be very powerful as you use it to stop yourself feeling bad. And this is hurting yourself, dishonouring yourself, being mean to yourself, being unloving to yourself. And often you don't even know that you are hurting yourself using your mind to stop yourself feeling bad.

Feeling Bad

No one wants to feel bad. It feels bad feeling bad. However that's the whole point of your bad feelings. You have them because they are to show you something within you is not right, or that something outside of you is hurting you – something you are doing to yourself or that is being done to you is unloving. So if you deny your bad feelings then you're stopping yourself from knowing something is wrong. So your bad feelings are really incredibly important. And you have them to show you those aspects or parts of yourself that are not right. So you can work with your bad feelings (and

your good ones too) to help you find out what's wrong, why you are in pain, why you are being unloving to yourself or why you feel unloved by others.

Feelings and the Truth

You can use your feelings to help you uncover the truth of yourself. Your bad feelings will help you uncover the truth of why you are feeling bad; your good feelings will help you uncover the truth of why you're feeling good. And it's up to each of us to choose to use our feelings this way, to work with them so they can help us, rather than work against them, blocking them out as we block ourselves out.

Living True to Yourself

You can live true to yourself by living true to your feelings. And you can ONLY live true to yourself by living true to your feelings. You can't live true to yourself through or with your mind. Many people believe they are living true to themselves by following or acknowledging their feelings, however many of those feelings are being interfered with or even generated by their mind. If as a young child you felt bad, and then your parents or you yourself used your mind to make you feel good, then still as an adult, that's what you'll do, your mind still carrying out its unloving feeling-denying pattern. So your mind can work against you. It can lead you astray. It can lead you away from your true deeper real feelings that will connect you to the truth of yourself. It can help you live by being untrue to yourself and false.

Being False

If you deny one of your feelings you are untrue and false, and are causing yourself many problems. All physical illness, all your physical aches and pains, all emotional problems, all spiritual problems, anything that's wrong with you is caused by your refusal to accept your bad feelings. We only get sick because we're denying feelings. And consequently, if you go the other way and strive to accept all your feelings, then all such problems will no longer remain. However going the other way and stopping your feeling-denial and allowing yourself to feel as bad as you will, can be very difficult, very stressful in itself, and not what a lot of people want to do.

Healing Yourself

If you do want to heal yourself, which means, end your feeling-denial, then you will have to work at embracing and allowing yourself to feel all your feelings; and most importantly, all your bad ones. Mostly we enjoy feeling good (although some of us have been made to feel bad when we feel good or if we feel good too much), so the hard work comes trying to embrace the bad feelings we don't want. However, if you want to be true and well, then all your bad feelings must be fully acknowledged and then expressed.

Because of how we've all been parented, many of our bad feelings we've not been allowed to express. You will have lots of unexpressed bad feelings locked and hidden away inside you waiting for you to express them out of you. When as a child you hurt yourself or felt hurt by someone's unloving treatment of you, then naturally you'd have wanted to cry out the pain, and to feel comforted as you did, loved and supported as you emotionally expressed how hurt you felt. However if you were not fully loved and supported, were not cared about and fully respected for feeling bad, and if you weren't allowed to express out of you all the pain and say all the bad things your feelings were making you feel, then all those things you wanted to say and all that emotional pain is still inside you waiting to come out, waiting until you reconnect with it and bring it out.

So you can do what's called your **Feeling Healing**, which involves deciding that you are going to allow yourself to feel all your bad feelings and the bad emotions of them. Then you are going to express, emote, talk, cry, yell them out of you as you feel them. And all with the intention of wanting to

understand why you are feeling so bad. You decide you want to know the truth of why you are feeling the bad feeling.

And you understand that the bad feeling you are feeling now as an adult is the same bad feeling you felt as a child. That the things that are happening to you in your life now that are making you feel bad, are doing so because you have within you the patterns from your childhood that resulted from feeling bad back then. So by allowing yourself to feel bad now as an adult, by expressing those emotions and bad feelings as best you can; by longing for and really wanting to uncover within yourself the truth and deep reasons why you are feeling bad, you can through your current adult feelings reconnect with yourself when you were a child and felt those same bad feelings. And you don't have to do anything to reconnect. If you stay true to your current bad feeling, keeping expressing it, keep longing for and really wanting with all your heart to understand why you have it, then naturally you'll go back to yourself when you were young reconnecting with and seeing what was happening to you back then that made you feel the same bad feelings that you are currently feeling.

And this is uncovering the truth of yourself through your feelings. This is doing your Feeling Healing. It's understanding that you can find out the whole truth of yourself through your feelings. So you can know everything about yourself: all about why you are the way you are; why you feel what you do; why you think the thoughts you do; why you imagine what you do; why you live the way you do, why you have the loving and unloving patterns of behaviour that you do – how it all came about through your childhood. And you can understand through your feelings if you want to uncover the whole truth of yourself by using them, all about your early relationships, so with your parents, brothers and sisters, grandparents, other important and influential people in your early life; and did they treat you well, with respect and lovingly; or did they treat you badly, being unloving and disrespectful. Did they love you or hurt you in every situation you lived with them. Did they make you feel good or bad – and why did they make you feel that way. And your feelings will even take you right back to your first moment of conception so you can connect with yourself and what you were feeling back then, together with the truth of whether or not you felt good or bad, and whether your mother and father felt good or bad about themselves, being with each other, and what they felt about you. And you can even uncover the truth of yourself and how you felt and why that was good or bad: through the womb, at your birth, as a baby, a toddler, a young child, and right the way through your childhood as you grew up becoming the adult you now are.

All of that truth, all of who you are and why you are as you are, is all within you waiting for you to discover. And to discover through your feelings. All the mixed up conflicting patterns of self-expression and behaviour you might have, all the good attributes of yourself you might be happy with, all the erroneous beliefs that continue causing you so many of the problems you have, can all be seen as the truth comes to light through your feelings. So your feelings are the key to understanding the truth of yourself. However, if you deny yourself one feeling, then you'll be denying yourself that bit of truth that feeling will help you see about yourself.

So do you see: if you want to get to know yourself as thoroughly as you can, to see all of why you are the way you are; why you think, feel and behave as you do, then your feelings can show you. The Truth is all there waiting for yourself to discover through your feelings.

And you can't do it through your mind. Many people try to use their mind to understand themselves. They use religion, spiritual philosophies, meditation, therapy – mainstream or alternative – self help, all the different approaches of trying to connect with and understand the truth of themselves, and yet if any of those ways include using the mind to block out any feelings, then that truth will continue to elude them. And you may be such a person, having done a lot of work on yourself by using such mind ways

to help answer those questions you have about yourself, life and ‘the Universe’ or God, to make yourself feel better and to end or lessen the pain, and yet it might not have been helping you as you have believed or hoped it would. It all might have actually been helping you further deny your bad feelings so helping to keep the real truth hidden further from you.

Many people working on themselves using whatever therapy or technique they believe will help them, do work with many of their bad feelings and do emote and express some of their repressed bad feelings, and many people do uncover some truth about themselves; however mostly they do so, so they can quickly patch themselves back up, so they can quickly find the cause of their problem, and once they’ve found it, get back to living their old feeling-denying ways. They might have grown and changed a little within themselves, however they’ll still be full of other parts of themselves and other negative and unloving patterns of behaviour that are denying other feelings, and so other and deeper truth about themselves.

We ‘heal’ ourselves through feeling acceptance. We are not actually to try and change ourselves as such, we are to simply allow ourselves to be all we feel. When we try and change ourselves we do that by using our mind, which is still using our mind to dominate and control our true feelings. So we want to change, however understand that we are to only and specifically keep attending to our feelings, expressing and longing for the truth of them. And if any change is to happen, it will do so naturally because of that. So we are to keep our mind out of it. We are to express all those feelings as they come up; and to long for and want to find the truth of them. So we don’t try to do anything to make them go away, we don’t try and change ourselves into being a ‘better person’ or doing what we think we should do to help ourselves or others, we stop and don’t do anything (unless our feelings drive us to); and we stay with them, feeling as bad (or good) as they are making us feel, allowing them to be, allowing ourselves to have them, all as we want to know what they are all about. You are to just accept yourself wholly as you are, all the good and bad you. And although naturally you’ll want to change the bad aspects of yourself, you understand that such change will happen once you’ve seen the whole truth of being as you are, as shown to you through your feelings. So you feel bad, and you work to accept that you are this way by fully honouring, expressing and wanting the truth of those feelings. And you don’t do anything else. And when you see the whole truth of your unloving state, then you will change, then you will naturally move on becoming your true self. Then you’ll naturally change from being unloving of yourself and others, to being loving. Our Feeling Healing is all done through self-acceptance – through feeling acceptance. By arriving at a level of truth within yourself whereby you unconditionally accept yourself just as you are, all the good, and most importantly, all the bad. Understanding that how you are IS as you are meant to be, it’s what your soul and God want you to be. God wants you to be as you are in your unloving state, the truth of which you are to see through your feelings. And once you see it all, God will change your soul and transform you into being a wholly loving person.

However having said that, through your Healing as the truth comes to light, you will change. With every feeling you express out of you, you are changing, only what might not change will be some of your compulsive addictive behaviour as you require such things to keep helping you feel bad so you keep bringing out more bad feelings and uncovering the truth of them. These ‘bad’ parts of yourself and ‘bad’ behaviours might remain with you right the way through until the end. I bite my nails because of the deep trauma of being unlovingly treated by my parents. They disrespected me treating me like I was an impersonal border staying at their house. We had no real personal connection, the trauma and anxiety of which led me to bite my nails to express and even hide my pain and bad feelings that I wasn’t allowed to say to them. And I can’t stop myself doing it. I have tried and been successful for a time but then started doing it again. So it’s to be with me right to the end of my Healing as I need it to keep showing me that there still is something wrong in me, something that is causing me to feel bad, something more about myself I need to see the truth of. So all your ‘bad’ things might not go away,

some will, others might remain and even get worse. And they are not bad as such, only things that reflect the inner disturbance and denial you're in. They are good things really, things we need to be and do that help show us where our problems are by making us feel bad about them and ourselves. All of which is to help us see the truth of ourselves, the truth of why we are the way we are.

So we don't go to the doctor the moment we feel bad, we don't reach for and take that pill to block out the pain, we try and accept that we're feeling bad, staying with the bad feelings as we long for the truth of why we're feeling them. And then if the pain gets too bad and you have to give in and take the pill or go to the doctor, that's okay, only as you take it or as you go to the doctor, keep expressing all you are thinking and feeling, and keep longing for the truth.

So Feeling Healing is a way, and a **New Way** for people to work with their feelings allowing their feelings to show them the whole truth of themselves. And some of that truth is going to be very hard and hurtful to face. You might not want to discover and connect with all those terrible feelings you felt as a young child; all that terrible anguish, confusion and feeling so upset and demented because your parent or parents were mean and unloving to you; to relive any abuse you experienced, any rejection and feeling unwanted and uncared about, any nasty stuff that went on, because of all the pain that comes with it. However until you do go right back into it all, connecting back fully with it and bringing it all out and seeing the truth of what it was all about and how it made you feel and made you be the person you are, it will stay within you festering away, poisoning you, making you sick, crying out for you to pay attention to it, for you to stop denying those bad feelings and to instead go with and into those shut off traumatic parts of yourself that you fear and dread.

And it might help you to know, that although you might dread the agony of reconnecting with such horrible bad feelings from your past, the worst is already over, you've felt the worst during your childhood. As an adult, you can't feel any worse than you felt as a child. The pattern is set within you from your childhood, so all you can do is re-live it, re-feeling it to the degree you'll need to so as to see the whole truth of what happened to you to make you feel so bad. And the pain of that awful trauma as it comes to light through your Feeling Healing might be spread out over years of your Healing, so you might not have to feel it as excruciatingly as you did as a child. However you will feel it enough, all so you know how bad it was for you back then. So even though horrendous things might cause you agonising pain during your adult life, on a feelings level, as a child you've already felt and experienced that pain. However as most of the intensity and pain of being unlovingly parented as a child you will have blocked out and forgotten, so it can come as a shock, re-awakening and re-experiencing those buried feelings so you can bring them out uncovering the truth of why you had them.

So Feeling Healing is NOT about using your feelings and expressing your emotions to connect with the bad trauma of your early life, to clear or emotionally cleanse it away; then once that's done, once you've used your mind to falsely forgive the person or persons who hurt you, then it's all over and you can get on with the rest of your life believing you have successfully healed yourself.

Feeling Healing is about wanting to see the WHOLE TRUTH of yourself. It's about bringing all of yourself out. And particularly all the bad stuff. It's about wanting to see every aspect of yourself, your whole personality, and why any parts of you are not right; what happened to make you live against and so untrue to yourself. It's about wanting to understand and getting to know all that you are and why you are the way you are: what happened to you during each step and phase in your early development as a child, even during each experience, and how it's all come together making you the adult that you are.

It's about wanting to use your feelings to show you the whole truth of yourself. To see it, feel it all, connect with it, understand it, yet not try and do anything else. So it's not about using your feelings to

further deny yourself in other ways, it's to allow yourself to feel all your pain, to bring it all out so you can see what it's all about, and then to just fully acknowledge that you are the way you are – the truth of yourself.

So it's not about actually trying to change yourself as such, it's about just allowing yourself to be as you are but to work with your feelings to uncover the truth and reasons why you are that way. And when you have brought to light all the truth of yourself and expressed out of you all the pain and repressed childhood emotions and feelings, then you will change.

And the change happens naturally, organically; it happens as a consequence of you seeing the truth of yourself. So when you've seen the truth of all the parts of yourself that are unloving, then you will change and become loving. And it has nothing to do with your mind. Your mind and its controlling ways, all the patterns in place within you that it keeps going to stop you feeling and connecting with your feelings; all it's doing to keep you denying and being unloving to yourself, is progressively broken down to the point of it ending having such control over you. And part of your growth and increasing awareness of truth will be seeing how controlling your mind is. And then once that control has gone, your mind will fall into its rightful place of supporting you living a feeling-led life.

Living with your Feelings

We are to live life through and with our feelings. And with our mind in support of them. Mostly we are taught, and many people believe, the mind is god and using it to control and have power of our feelings is the right way to live. But it's not, that's very unloving and going the wrong way. Mind led and dominating people are very destructive – of themselves and other people. We are to live fully honouring and being true to our feelings, first; then with our mind helping us understand the truth our feelings bring to light, it helping us put all the pieces together of our early life that have contributed to us being the adults we are. We didn't have a mind when we were very young that was able to do that, and as we denied our feelings we used our developing mind to take over relying on it to make us feel good. So as we break down that control, we'll feel very bad, but those are all good bad feelings because we can use them to show us the truth of why we had to use our mind to take over.

We are to live fully embracing, honouring and accepting ourselves through our feelings, by fully embracing, expressing and accepting them. And this is being as loving to ourselves, and everyone else, as we can be. Love your feelings and you are loving yourself. Trying to love yourself using your mind is actually hating yourself. Many so-called self-love practices that teach mind techniques to increase your self love and to help you be more 'loving', are actually anti love. It's all mental love, using your mind to love, using it to make you feel loving because you believe you are, it all being round the wrong way. You will feel naturally loving when you feel naturally loving, you don't have to do anything and shouldn't do anything by using your mind to try and increase or awaken that love. If you don't feel love and don't feel you are loving, then that's the truth of yourself, so accept it, and start from there honouring those bad feelings, wanting to know with all your heart why you are not loving and why you don't feel loved. And when one day you've brought to light within yourself the whole truth of why you are unloving and feel unloved, when you've expressed all the pain and all the bad feelings you feel because of it, then you will become loving based on the truth of real self-acceptance. Something that's very different from a contrived and false mind acceptance.

We are to 'go with our feelings', however that doesn't necessarily mean acting on every feeling we have, good or bad. The action is to keep allowing yourself to feel what you are feeling, and mostly you don't have to do anything more. **You feel your feelings; and if you can, you speak them out loud – express them. And long for their truth.** We are not meant to live by merely doing what we feel to do all the time; we are meant to embrace our feelings, expressing (so mostly talking about) what we feel; and

even what our feelings make us feel like doing, all the while longing for the truth of them. It's a subtle process of ongoing feeling acceptance and the expression of them as we want to uncover the truth they are to show about ourselves.

You might feel like killing your mother because she makes you feel so bad, however you don't act on those feelings and kill her. Instead you allow yourself to feel fully how bad you feel, how much you want to kill her; you express your rage to yourself, a friend, to God, even to your mother if she is willing to listen. And you emote all your hurt and pain, you rage and cry and feel as miserable, upset, disregarded, hurt as you feel; you bring to light (you bring out of you), all the pain of how bad you are feeling that is making you want to kill her; and all the way along, you long and really want to know the whole truth of why you're feeling like that. And you'll find as you express it all, you'll go this way and that, you'll move into as yet unexpressed and hidden parts of yourself, and you might feel bad for an instant, a day, weeks, months or a year and more. You might cycle around again and again feeling like killing your mother because she makes you feel so bad, yet you don't kill her, you just keep working to express all the bad feelings and emotion as you long for the truth of why you have these feelings. And you'll see, gradually a picture about yourself and your relationship with her will evolve, understanding will come – the truth; and your relationship with her will change to reflect the increasing truth that's growing inside you. All as your feelings lead the way.

And you don't use your mind to try and forgive the person who's causing you to feel bad, to try and override your pain and anguish by making excuses for them and blaming yourself for being bad or wrong; you simply stay with your bad feelings, expressing them and longing for their truth, until you no longer feel bad anymore. And it can take a very long time, many years, but one day there will be no more bad feelings to express out of you, as they will have all come out. And in the truth of yourself you will then be living natural understanding, forgiveness (should it need to be there), faith and acceptance, and best of all: love.

Spiritual Life

And this can be your spiritual life. Living true to yourself and your feelings by expressing all you feel and wanting the truth of them. And the truth as it evolves and grows within you will guide you deeper into yourself, closer to the truth of your soul, helping you understand the fullness of your personality, and also closer to God. It's how to live a true spiritual life. One from your feelings and not one with your mind.

If you want a close and personal relationship with God; if you already have one and yet want it to grow even more, then as you grow in truth through your feelings, that will naturally happen.

The Divine Love

And at any time you can long to God for Divine Love; just as you can long for the truth of your feelings. You can ask God to help you uncover the truth of your feelings; to help you feel all you need to feel so as to see all the truth God wants you to see about yourself.

You can relate to God as your true Spiritual Mother and Father.

And you can talk to Them as you would your parents or anyone else.

Be yourself with Them, love Them and hate Them, if that's how you feel. Rage at Them at the injustice you feel because They have given you such a shit life and keep making you feel bad. Express all your pain to Them. Relate to Them through your feelings. Express all your bad and good emotions to Them. Tell Them everything.

And keep always longing for the Truth.

And long to Them, your Mother and Father, to fill your heart and soul with Their Divine Love.

Want to be loved by Them; tell Them you want to feel Them loving you; ask Them to show you through your feelings why you don't feel love and why you're not loving, if that's how you feel about yourself. Ask Them to show you the truth of yourself through your feelings. And ask Them to help you express your feelings, to stay true to them, to bring them all up within you.

Your feelings and your life

Your feelings can be your whole life. They will lead you in life through the truth that comes from them. It can be a spiritual life, a life of ever growing truth, understanding and awareness, all from loving your feelings. To be able to love yourself including your bad feelings. To understand they are vital to your well being even though they make you feel bad. And to understand that you won't have to always feel bad or be subjected to your bad feelings, that they will one day no longer be there once you no longer need them to show you anymore truth about that part of yourself – that they will leave you once you've expressed them all out of yourself. Once your feelings show you the truth, then they are no longer needed. So you move onto other feelings to help you reveal more truth about yourself.

And one day you will finish your Feeling Healing, either whilst on Earth or when you die and move into spirit. In your spirit life you will still have all your feelings and feeling-denying mind patterns, so you can still work on yourself to heal yourself of that unloving way of life.

When you are fully true to yourself in how you are now, that being truly accepting and understanding of how and why you feel bad in all the ways that you do, then you'll be ready for your soul and God to transform you into a fully loving life, one in which you'll feel good, fully self-accepting, all-loving and true.

And you will have grown (or ascended in truth) to a level that is equivalent to that of the Celestial spheres. So you will have moved through the lower levels that are all part of one's feeling-denial, and into the higher feeling-accepting levels.

Currently (2019) there is no one on Earth living a Celestial level of Truth having completed their Feeling Healing, and Soul Healing with the Divine Love. The truth of how to live true to your feelings and long for their truth is only now being revealed and made available to people to help heal themselves. So should you want to live this way you will certainly be a feeling-pioneer. And as to how much you want to work with your feelings is entirely up to you. Some people are currently content to learn about it and yet not work actively on themselves with their feelings, feeling when they move into spirit they might start their Feeling Healing. It might not be appropriate for you to devote yourself to such a feeling-led life. Or you might begin, progressively moving deeper into it as you feel to. There is no right or wrong way to do it, no easy 'ten steps' to follow, it is for you to work out for yourself through your feelings how your feelings will lead you to the truth of yourself.

People can now look to their feelings for the truth of themselves, as they willingly choose to live **Feelings First Spirituality – The New Way**. And perhaps it might be you ending your feeling-denial and living the whole truth of yourself.

Feelings First Spirituality – The New Way

(Children)

Feelings

Your feelings are very important. They are you – you are your feelings.

When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.

But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.

And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting

to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.

If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

God will you show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time. Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.

And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.

Feelings First Spirituality – The New Way

The Bigger Picture

We all grow up denying many aspects of our self. So, many of our bad feelings.

Our feeling-denial is passed onto us by our parents.

Generation after generation passes on its feeling-denial.

And it's been going on for two hundred thousand years. That's a long time and much denial, which is why our negative and unloving psychological and behavioural patterns are so ingrained and complex.

So humanity had been denying itself the truth it would have found through its feelings all this time. And yet that is now all changing. The denial of truth is ending. You can end it within yourself by doing your Feeling Healing; or your Soul Healing with the Divine Love.

All those years ago higher spirits that were meant to look after and guide humanity through its evolution and growth of Truth through its feelings, turned against God saying God didn't exist and that they knew better. So began the Rebellion against Truth on Earth. It all being expressed by making the mind take over from feelings. The rebellious anti truth way is the mind way, and it's unloving; the true and loving way is through feelings.

Then to cause us even more problems, other higher spirits that were to come to Earth and also help us spiritually grow, Defaulted, further adding to and complicating our self- and feeling-denial and our denial of truth and denial of God.

Then two thousand years ago Mary Magdalene and Jesus came to Earth ending the Rebellion in spirit. However it kept going on Earth along with the problems of the Default. We took all Jesus revealed and added it to our rebellion against the truth, and against him and Mary, and against God. We contrived anti-truth, unloving, feeling-rejecting religions in his name, all furthering our feeling-denial.

Now other events have taken place finally bringing about the end of the Rebellion and the Default; the Evil Ones, the bad spirits and their associated fallen angels, are no longer negatively influencing humanity. We are finally being left alone so we can get on and heal within ourselves the consequences of the Rebellion and Default we've been subjected to. So heal our personal rebellion against the truth of ourselves by ending our feeling-denial.

Doing our Spiritual Healing by looking to our feelings for the truth they are to show us, is the way we can fully heal ourselves of all the pain and suffering we're in, ending our feeling and truth denial. Slowly coming to love ourselves truly, rather than being untrue and hating ourselves, as we pretend we love ourselves.

Every 12 - 13,000 years the physical Earth goes through a big change. The last time this happened it killed most of the mega fauna and many other species along with most of humanity. So through each of these successive phases the Evil Spirits overseeing the Rebellion and Default have brought about new ways for people to experience living untrue to themselves. And during this current phase we're in, a phase that of itself is soon going to end, humanity under the influence of the Evil Spirits, brought into being all the religions and spiritual philosophies we know today. And all of these religions and Old and New Age spiritual philosophies, are helping those people who follow them to further their feeling and truth denial. All we do, all we believe, all we think is helping us, has all come about during this phase still within the Rebellion and Default. So most of what we do and how we are is wrong, it's not actually helping us or truly making us feel good. We are all living within the greatest conspiracy ever to befall humankind, and mostly we don't have a clue about it.

So as this current phase ends, so too is new truth, insight, understanding and revelation being given to humanity. That which is called: **The New Way**. And with this new way, people will be able to choose to look to their feelings uncovering the truth of them, finally being able to set themselves free of their rebellion-by-default against themselves (their own soul), against the Truth, and against God. By default we find ourselves unwittingly inducted into the Rebellion, and now we can knowingly get ourselves out of it.

Humanity is now able to enter the next Earth and spiritual phase understanding how it can become truly loving, ending all its pain and suffering. How people can live happily together without the negative and unloving controlling influences of the mind that have so heavily dominated us all, through all the various power structures we've created.

People are now being given the way to fully heal themselves and become of a Celestial level of Truth whilst living on Earth. And when people who've fully completed their Soul Healing with the Divine Love have children, then Earth will see the first true children being parented by the first true (Rebellion free) parents for two hundred thousand years.

If you feel bad, you can now use those bad feelings to find out why. You can use your feelings to uncover the truth of all your pain and to see why you have all the problems you have. You can use your feelings to uncover the truth of all your relationships, the ones from your early life and with your mother and father, and all the current ones in your life. You can use your feelings to understand why your relationships fail if they do, why you get sick, why bad things happen to you, how all such things have come about from things that happened to you during your early life and formative years, all resulting from the unloving patterns established during your childhood. You can use your feelings to uncover the whole truth of yourself. To end your feeling-denial; to live true to yourself.

However doing your Feeling Healing or Feeling-Healing with the Divine Love (Soul-Healing), is long and hard. We all have masses of unexpressed feelings, awful feelings, buried in our soul, all of which have to come out. And although bringing them out is liberating and healing as you see the truth, it is still very difficult to do as you have to confront and break through all your unloving negative mind controlling patterns that are keeping you firmly locked and trapped within in your feeling and truth denial.

But you can start by wanting to accept that you feel bad, staying with the bad feelings when you feel them, trying to speak and express them to yourself, God, your partner or friend, and wanting to know the truth of them. You can begin your Feeling Healing now and slowly work your way into it, completing that which you don't do during your Earth life when you are in spirit; or you can throw yourself into it, making it be your whole life as you work towards uncovering the whole truth of your self-denial and rebellious ways; as you advance towards becoming of a Celestial level of truth and fully healed living true to yourself, true to your feelings, and true to God.

We do our Healing to uncover the whole Truth of our self through our feelings. We don't try to change ourselves, although of course we want to change being bad and all our feeling-denial ways. Yet like all our feelings, we express that desire to change, however we restrain from using our mind to change ourselves, because ultimately, it doesn't work. We allow ourselves to feel all our feelings looking for the truth of them, and as we grow in truth and liberate by expressing all our feelings, all our pain, we one day will get to the end of seeing the whole truth of our rebellious unloving state, and then it will be over, it will end, we'll be set free of it. God through our soul will change us, and we'll become wholly self-loving, a fully loving person, no longer denying any part of ourselves. We will be Free of our torment, pain and suffering.

To conclude: Living True To Your Feelings

Possibly most people won't want to do their Feeling Healing because they feel relatively good about themselves and their lives. And they can deal with a few bad feelings every now and again, however it's not a big deal. And they might not feel bad about their early life, having enjoyed it and felt wanted and loved.

And that Feeling Healing is really to appeal to the person who doesn't feel good, has never felt good, or feels very bad and wants to know why. And wants to know why all the way back to their very beginning, back through all the stages of their childhood seeing what happened to lead to feeling so bad.

Every aspect of your life will benefit from living true to your feelings. If you want the most out of life and the most out of your relationships that make life the joy it can be, then expressing all your feelings, including all the bad ones you might be inclined to deny, will add to its fullness.

Denying your self by denying any feelings will only cause you problems, difficulties and more suffering in the end.

If you are happy you'll probably not want to do your Feeling Healing – looking hard into your bad feelings to uncover their truth. You'll more than likely not feel that bad or not even bad at all, and so just living by expressing all your feelings the best you can will enhance that happiness.

For people who've 'come to the end of the line', who don't feel happy or loved because they feel too bad, then working deeper into your feelings by doing your Feeling Healing, wanting to use them to find the reasons and truth of why you're not feeling good, might be all you've got left to do. And should you commit yourself wholly to your Feeling Healing, as hard as it might be to do, it won't let you down.

Accepting and expressing ALL your feelings will help you in life.

And should you want to go deeper into yourself, wanting to know the whole truth of why you are the way you are in each aspect of yourself, then your Feeling Healing will be worth doing.

And should you want to end it all – all your pain and suffering, all your feeling bad, all your rebellion against the truth of yourself, all your unlovingness and being untrue, then doing your Feeling Healing is the only thing you can do. And it's going to take time and a lot of feeling bad for a long time as it comes up to be expressed out of you. But one day it will be gone, it will all be over, and you'll be happy, loving and true.