



## How the Feeling Circle can help in our Feeling Healing

I was talking to my daughter about Feelings and how they are structured in layers, and one feeling opens up to another deeper one, trying to help her understand that the surface feelings we all feel are just the tip of the iceberg, there are more layers underneath that have to be revealed so that they can be accepted, expressed, fully felt, understood and the truth of them known to us, this is knowing yourself, and this is true healing. I used the feeling circle to show her and help her understand the structure of our feeling layers, it served as a useful tool for something that can be very confusing. Most people have no idea about the structure of our emotions and think that feeling angry, happy, sad, fearful, etc., is all there is to it!

It can become difficult to understand how we are feeling, especially when we begin our Feeling Healing. I have had people say to me that they didn't understand what I meant by 'Feeling your Feelings', all they understood was the very surface emotions, that they were feeling bad, angry, or fearful, and that was as far as they could get. At times you can get really stuck and feel blocked, and not able to go any deeper into your feelings to reveal what lies beneath, to really get to those healing core emotions, it can feel impossible at times.

The Feeling Circle can be of use when we feel like we have 'hit the wall' of our Feeling Healing. Sometimes we do come to a standstill with some of our feelings, we have longed and longed to God to help us go deeper, we understand that we feel sad and might even be able to go a little further than that, getting to the finer feelings that are underneath the obvious ones, but then we just can't go any further. The Feeling Circle can nudge us a little bit, put words to our emotions to help us express our feelings further and understand them. It can get us back on track when we feel stuck. Feeling stuck is also something that we must feel about, feeling all the hopelessness, frustration, uselessness, and anger we feel about being so stuck in our Feeling Healing. I have had to long to God many times to help me through my blocks when I feel so stuck with a particular feeling, it can get very hard.

God is always the primary source of help in our Feeling Healing, but the feeling circle can give us a little nudge and can also be interesting to look at when breaking down the structure of our feelings to help us understand them, especially for children or those new to Feeling Healing with God's Divine Love. But it is no good just looking at the feeling circle diagram and thinking to yourself, "Yes, that is just how I am feeling, I understand now." You might

think you get it, but that is only with your mind, in your head you have looked at the feeling circle and seen that it is the way you feel, but it all must be felt emotionally. It's all an emotional process, the pain entered you emotionally, it hurt you deeply as a child in your relationship with your parents, so it must all be felt in the same way to reverse it, and heal it, you must undo what was done to you by your parents, by doing our Feeling Healing we are reversing out! You must go back to being a child, and feeling all the pain that you are going through right now, as an adult. The pain began in your childhood so do as Jesus said, and "Be like a little child" to heal it.

## INNER CIRCLE

The inner circle of the diagram shows our surface, initial or primary emotions, the ones we are feeling right in the moment, the feelings that hit us first such as anger, fear, sadness, etc. This is the starting point of our Feeling that emotion, and these emotions are quite easy to recognise because they are on the surface, and we are reacting to them, and experiencing them. These emotions are a base, the easy ones to identify, we know we are feeling them, and they are very apparent to us, and we can accept this is how we feel. We now have somewhere to begin. We have surface feelings that can be broken down further so that the truth of how you feel can be known. Nothing too hard about that!

## MIDDLE CIRCLE

Now we are breaking down the inner circle's surface emotions, we are beginning to realise that through our feelings, there is much more to how we are feeling on the surface, it goes deeper than we thought. The anger that we felt initially, in the inner circle example has layers that need to be felt. The Anger is turning into feelings of being let down and it feels terrible, we want to cry about how awful it feels to be so uncared for, it makes us feel so rageful and angry, so we go off and express that in any way we feel we need to. We are really making progress here. We continually long to God to help us know more truth, and through our feelings we realize that we were constantly let down by mum or dad, or both. God is helping us know the truth of how it was for us as children. Now we are really getting down underneath the surface emotion of Anger, we feel bitter disappointment and constant let down that hurt us so much, the truth that our parents didn't care enough to keep their promises to us, or even consider us. They didn't care that they let us down, changed all the plans without any regard for us. We may also begin to realise that people in our life

constantly let us down without any care about how we might feel, this is being shown to us all the time and as we feel more into it, we can see that situations have occurred all through our lives, constant let down leading to rage and anger, so that we can feel it and know the truth of it. I have used anger just as an example emotion to show how it all works. If you use God in your Feeling Healing, it all happens so much quicker as God knows every emotion and feeling in your soul and knows just what you need in your life to help you feel your denied and suppressed childhood feelings.

## OUTER CIRCLE

The outer circle is breaking down our feelings even more for us to know the truth of our inner and middle circle emotions, it is all to get to the truth of what our anger was all about, and anger will have many different feelings connected to it and they will all have to be felt through. We might feel angry because of humiliation, frustration, uselessness, weakness, etc., and it all has to be felt through emotionally, and by emotionally, I mean expressing it out of you, getting the pain out, shouting, screaming, shaking, crying, talking, I have even walked around the house singing it out of me like an opera singer, really loud. But if we continue with the Anger emotion example I have been using, we can see that our surface anger emotion has revealed through our feelings, that we feel let down and disappointed by a person or situation that has been brought to us to feel about. We came to this truth through our feelings, we have felt the truth and accepted that we feel angry, but there is more, and once you get to feeling the let-down feelings, you will probably naturally arrive at more feelings, deeper feelings of feeling betrayed and feeling very resentful, and several other feelings that may arise, just keep going! The feelings that are on the feeling circle are not the only feelings that may arise as you feel through your emotions. Go with any feelings that come up because they are so important, they are the truth of how you feel, they are the truth of how you were parented as a child, and every feeling will take you back to this beginning, the truth of how your parents made you feel from conception, this is what you are playing out in your everyday life, the pain of living with them, under their control and Will. This is what it is all about, healing our Childhood denied and suppressed feelings, they are all still within us, driving everything we do until the day we die. We are putting our Will back together, discovering what it is and that we even have a Will, discovering who we truly are when we have finally deconstructed our parents' creation, and return to the creation of God.



We come back to the truth of ourselves through our feelings, when we decide to feel every denied and suppressed childhood feeling that kept us from our true self, the self that God created us to be.



perceived truth MoC 1,000 – relative truth potential MoC 1,500