

LIVING FROM FEELING

*What you feel,
You can heal.*

The Angel Messages tell us that we can do much to heal ourselves and the world when we keep our feelings “flowing freely”. We can do this by loving and accepting all of our feelings, regardless of what they are. Through our love, our feelings of sadness, anger or fear heal naturally.

Here are a few ideas you can use to begin to accept and love all of your feelings.

Feel What You Feel

Let yourself feel whatever you are feeling. The first step to healing our feelings is to allow ourselves to feel them.

Love and Accept All of Your Feelings

Love and accept your feelings as if they are little children. Through your love, they grow and heal.

Be Open and Willing

Be willing to look at anything in your life which is creating upset or pain. Ask yourself “What belief or feeling is causing this?” Work with it until it is healed.

Take Time Out for Healing

When you re-experience emotional traumas from the past, take time out to heal them. Once healed, you will be able to create new and wonderful situations and experiences for yourself and others.

Look for the Gift in Every Situation

Look at every healing opportunity as a gift. You will find that underneath the pain, there is always a hidden jewel.

Use Your Heart for Healing

Love can heal everything. Come to your heart with any situation, issue, relationship or fear.

One simple exercise is to close your eyes and focus on your heart, which is between your two breasts at the breastbone. Bring the situation into your heart center. Let love from your heart embrace and heal it.

Do this a few times until you feel a positive change in the situation. For deep or longstanding situations or feelings, practice this exercise for 90 days. You may want to keep a journal to record the new changes you are experiencing in your life.

Don't Give Up

It is easy to stop working on an emotional issue when it is the most uncomfortable. This is often right before a major healing takes place. Even when you feel you are not making any progress, keep working on it unless you are inwardly guided to stop or you feel you need the assistance of a professional to guide you through it.

Develop Your Positive Qualities

Developing positive qualities enhances your life in many ways. It does not matter whether you have developed these qualities before. You can begin to develop them now.

One way to do this is to make a list of the qualities you would like to strengthen. Choose one of them to work on for 90 days. Find at least one way to express this quality every day. Also, practice the following Positive Quality Visualization Exercise each day as well. Record your insights, experience and progress in a Daily Journal.

Positive Quality Visualization Exercise

Find a quiet place. Go deeply within yourself. Repeat aloud or silently the name of the positive quality you are developing. Take time to feel the meaning of this quality. Feel how living this quality enriches your life.

Now see wonderful new situations and people coming into your life. Experience the joy and love you are receiving from them.

When you are ready, come back into the room and open your eyes.

Look for Positive Qualities In Others Too

As you experience more positive qualities within yourself, you will experience more of them in others too. Be delighted and surprised as the people in your life begin expressing these qualities more and more.

Tune In To Your Intuition

Our life is the most joyful when we trust the guidance from our heart. Listening to our own inner guidance, our life becomes exquisite and fulfilling.

This article is an excerpt from *Birthing a Golden Age*.

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