

Feeling Your Way

Feeling are a buzz with all kinds of things and sometimes our thoughts are the cause of how we feel. If we misperceive or if our underlying programs are distorted then we feel things that are suboptimal or dysfunctional albeit it may seem perfect rational and logical to us.

Sometimes, we are carry patterns from trauma and distress that leaves us numb to feeling, or simply sees us leave in a cloud or haze of confusion. In those situation, we are often called to do the inner work to peel the onion, that is, to peel back the levels and layers of crud and dross, or distortions and misperceptions so we are clearer, freer, happier.

If your life experience to date has yielded outcomes you generally find agreeable and you are clear in the knowing of who you are then you may find it useful to ask these questions and go within to sense your way to the answer:

I feel most like me when I....

I feel most alive when...

I feel down when...

I feel disconnected when I think about..

I feel lost and unsure about...

I feel most in the flow as I do or go about...

I feel most open to others when...

I feel most like smiling when this...

I feel most at peace when...

I feel most at ease when...

I feel most like laughing when...

I feel most connected when...

I feel most supported when these things are in my life...

I feel most inspired when I give myself...

I feel most interested in activities and hobbies that are...

I feel most excited by...

I feel most connected to the world when I...

I feel most relaxed when I...