



SAY THAT AGAIN IN A NUTSHELL

Feelings: What You Need to Know.



Feelings are not the same as emotions.

Feelings *and* emotions are independent energy forms that help you express yourself in the physical world. Their energy is neither positive nor negative but neutral in nature, despite the labelling we attach to them.

Crucially, most feelings act as a mechanism for *initiating* action, whereas emotions are a potential energy resource for *concerted* action.

Feelings are a signaling mechanism.

Specifically, feelings alert your conscious-mind to information or knowledge *about to transfer directly* from your inner self and/or body-consciousness.

Your inner self and body-consciousness in collusion.

Your inner self will only send feelings to your conscious-mind after it has consulted your body-consciousness. This is because the layer of your physical self that *feels* feelings and generates a high proportion of them, is the body-consciousness. Your inner self and body-consciousness work in harmony to bring you the information contained within feelings.

The strength of any feeling indicates the level of importance your inner self puts upon the *information* the feeling is transmitting.

The feeling of pain.

Although your body-consciousness can independently generate a feeling and relay it immediately to your conscious-mind (as when you touch something very hot), the inner self is almost always collaborating with the body-consciousness when instigating the feeling of pain—whether psychological, emotional, or physical in nature. Physical pain is of course a direct communication to your conscious-mind that immediate action is required.

You have a plethora of feelings.

Many of us dismiss feelings (even pain) as unimportant, even though we constantly receive numerous kinds of feeling signals. They come as inspirational sensations, a sensing of our internal state—felt as an *emotional-signal*¹—and feelings akin to intuition, but more profound, signaling a direct awareness of the vitality of Divine Love. We can also throw *impulses* and *impressions*² into the mix of energy forms that vie for attention in our conscious-minds.

Please note that if you ignore a negative feeling, it is likely to persist, escalate in intensity, and eventually become mentally, emotionally, or physically debilitating.

Feelings consume energy, whereas emotions are an energy resource.



Feelings, followed by emotions, shadow your beliefs.

As Bashar (Darryl Anka) remarks, "There is no such thing as a feeling without a point of view [belief] that creates the feeling."

Important inner-information speaks to us through the signals of our feelings and the voice of our emotions. You can count on the fact that if the information is not important, you wouldn't get the feeling. If it wasn't very important, the feeling wouldn't have emotional energy backing it. By attaching information to an uncomfortable feeling, your inner self is suggesting that before your conscious-mind can come to a considered response, it needs to check with your personality for any emotional involvement. (Emotions *belong* to your personality.)

If emotional energy is present, the emotion's *intensity* reflects how imperative it is that you attend to your *beliefs*.

Feelings are always to our benefit.

Feelings and your intuition are your built-in guidance system.

According to Elias (Mary Ennis), it is important to us from an evolutionary perspective to begin recognizing and interpreting the variety of feelings we experience as they originate from our spiritual self—which means they always contain information or instruction for our physical self's benefit and expansion.

Integral to any personal shift in consciousness is to become used to working with our inner senses and discerning between the feel of our feelings. We lazily sort the nuances of our feelings into either good or bad sensations. We then don't fully appreciate the good ones in case they might be sinful, and don't investigate the bad ones because we're scared to go there. Ironically, bad feelings are *good*, in the sense that they have the potential to teach us more about our Selves and the reasons as to *why* we don't feel so good!

Through listening to our feelings, we bring into our conscious awareness all our beliefs about everything.

Your inner self uses feelings, impulses, and impressions to guide you in one direction or another. Your inner self always wants you to go in the direction of greater joy.

ENDNOTES:

¹ An *emotional-signal* is a special kind of feeling signalling the onset of an emotion. Emotional-signals always precede emotions.

² An *impression* is a communication to yourself that may at first appear to be irrational or illogical. It may be confused as coming from imagination, but imagination is another form of communication from within. Unlike impulses, impressions may be translated into thought, an image, or a feeling.