

Consciously Cultivating Feeling States (part 1)

A word on feelings...

You are a sentient and sensitive being. It's kinda what makes you human. So, understanding and accepting your feelings, and also knowing how you wish to feel is the perfect way to discover and live into your creation power.

Make a list right here of how you wish to feel:

Behind every craving/desire is a feeling you wish to feel. This applies to our choices of how we self-medicate, self-harm or mis-create. Knowing this, we can begin to consciously choose based on a greater understanding of how we really wish to feel. It is this knowledge of the secret language of our feelings in which we can hear the soul's messages and begin to respond accordingly. Instead of placating ourselves with temporary fixes, we can satisfy our soul by identifying and prioritizing how we want to feel as the most important goal. You can, in fact, choose how you wish to feel and train yourself into the desired feeling.

Begin to link your feelings and your desires with this exercise. Fill in the blanks as honestly as possible. It can be a physical, psychological or emotional craving. No answers are ever wrong.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

I crave _____ because I
believe it will make me feel _____.

Now for each of the above statements ask yourself honestly:

Is it true that the above will it give me what I crave or will it be a temporary fix? Is it based in a belief that I need this to feel a certain way? How long am I prepared to “someday” my life away by not accepting what is and acknowledging the truth?

Your cravings are a symptom of the feelings you desire to feel. You desire love, connection and authenticity above all else. You are the only true supply and solely responsible for your feelings and fulfilling your desires for love, connection and authentic expression.

You need only surrender the “choosing” of that which disconnects you from your Self for the creation-inspired craving that moves you toward your freedom; your authentic Self. The greatest and most important relationship of your life, the connection you crave is to the authentic YOU.

