

to feel

‘to feel, within the depths of an ocean, is the gift of our divinity that surrounds us as the crashing waves tumble at our feet and upon the shores of rocky stones. the sun glistens in its mist to shed rainbows of divine light that descends like the stars upon our face, and create a spark of indigo in our eyes. as our eyes open to the beauty of this world us we come to rediscover who we are, in how we learn to feel, with the guidance of our intuitive self. within that feeling we learn the universal truth of the love that we hold dear in our hearts. the heart of creation is in the creating of the love that we wish to bring and show to this world. to show our true selves as a mirror of divinity for the rest to see, in our authenticity. to bask in the setting sun as it becomes overwhelmed in the awe of his brilliance and elegance upon the beauty of the horizon. he gives way, in his setting, for her to rise once again and become the stillness in the night and a reflection of his love with his beating heart soft and so full. to feel that love and still light up the nights sky, as she casts her light into the shadows that once darkened aspects of who we were. she now realizes that she was never alone. even in the darkness, his light was always with her, transforming her, into who she was always meant to be to be, to be love. to be love, to become love, to transform that love as she learns heal. to hold a heart and feel a love so divine, so pure, in the reflection of the deep blue waters is an offering that few ever get to see, to feel. to feel such emotion and understand the significance of this dance of the sun and the moon, within the deepest parts of the co-creation of love, for not only the world, but for themselves. the oceans of this earth hold their memory and their love and records their dance in the skies, and grounds it for the rest of the world to share in experience. we feel an ocean of emotion in their movements as we listen and feel with connected hearts to the love that was given to them in grace of the sun and the moon. they always find themselves on their journey to find each other, within the feeling of the oceans depth.’

Chapter 4

feel your depths, within an ocean

The gift of emotion and to feel is the truest offering of the divinity of who we are. It shows us all what we are capable of when we let go of logic and allow our lives to be guided by how we feel in balance with our intuitive selves. Not to be overrun with emotion but to walk hand in hand with the love our of inner child and allow ourselves to feel our way through the ups and downs that comes with life. Life is an experience of growth and expansion and once we realize that the journey though the darkest aspects of ourselves is the path to truly find the authenticity that we have all been looking for. The authentic self is the divine soul coming home to the love that we once lost and the emotions along the way are the compass that guide our way back to that love from which we came.

Step back from all the darkness and grief that you have experienced and let it show you who you have become through that experience. Who would you be today without that pain? Would have there been any growth within who you are without that journey? I know it is hard to imagine that the darkness we have ventured through could have an impact on who we become, but it does. It shows us who we can become if we choose to rise from it. It shows us who we want to be as we move through and work with that pain for our own healing journey. We learn the divinity of who we are as long as we don't get lost and linger within that darkness, to hold on to it as a crutch and allow it to become the identity we show to the world around us.

For those of who who are highly attuned to our empathic abilities it is important for us to take the time to learn to determine the source of the emotional shifts we feel within our own bodies. I have come to learn that not every emotion I feel is my own and it has been a huge learning curve to determine whose emotional state I am feeling at any given moment. We can easily feel and pick up on the emotions of the people around us and those we are connected to. It can be difficult at times to determine that an emotional shift we are feeling is from a friend, a loved one or even a co worker. We tend to take them on as our own and our mood swings and varies quickly within this energetic push and pull dynamic that we feel.

When we feel these emotional shifts it is important for us to tune into our body and ask it where this shift is coming from. Your body knows and holds and stores all of this information and we all have the ability to listen to what our body has to tell us, in many various forms. It takes time, patience and practice to work on learning and fine tuning this ability but it is of utmost importance to any empath on their spiritual path. Emotional energy is a highly charged force and for those of us who really feel it, it is important for us to find and learn the tools that can help us along this path and journey. Trust yourself and your intuition as they are a compass to help you navigate the intricacies of this potential emotional roller coaster.

Jesus and Mary Magdalene understood the importance of stored emotions and the roles they played within our bodies and our energetic fields. They understood it on various levels of complexity and the roles these energies played in our lives. They understood the physical body and the relationship with our spiritual and emotional bodies and how it can shape the life path of the people they helped. This understanding helped to reshape and give people a new start in their lives in many ways. For instance baptism became a great cleansing process for helping people to shed unwanted and stuck energies within the bodies of the people they offered a loving hand to.

Water is a universal conduit and plays an important role in our lives. Modern research has shown the power of water and its ability to hold and store information, especially emotional responses to external stimuli. It has the capacity to not only store to but cleanse our bodies of that emotion that is stored there. Our bodies are mostly made of water and from a logical standpoint it makes sense on many levels that is important to us in many ways, and Jesus knew this. His knowledge of the healing properties of water combined with belief and faith made him an excellent teacher who showed people the power of their divine selves. His teachings, with Mary Magdalene showed the world daily miracles, not only in their own lives, but in the lives of the people around them.

It is time to feel it, to allow the emotional responses to complete themselves and allow the movement of those stuck and stored emotions to transmute and release to the divine with love. There are many ways to help peel the layers of emotions that we have held on to most of our lives. Somatic therapy is where someone helps guide you through the completion of the emotions that have not had a chance to shed from our energetic fields and got stuck within the trauma from which they came. Within the traumatic experiences of our lives we find that we were not able to honour what our bodies wanted in those moments and were not capable of processing the things that have happened to us, especially when those traumas were repeated. This can be especially true for a child who is not capable of setting boundaries with an adult abuser, those experiences become engrained in our energetic body and latch themselves into our psyche. The abuse and trauma become wired into our nervous systems without the ability for us to process and work through them at the time they are presented. They become a part of our lives in those moments as we create unhealthy defences, in the only ways we knew how. We become unaware of their impact and their potential to shape and form our lives going forward.

For instance when an animal is chased in the wild by a predator and is able to escape the animal does not hold onto that trauma and energy for the rest of their lives, but it is able to shed it. Most animals will shake vigorously after such an experience. The shaking is to allow the emotional response to fully pass through their bodies and not get stuck within their nervous systems and to fully expel the experience from their energy. This is a natural response to shift and move that energy, but most of us are unaware and unable to understand fully how to properly complete this within our own bodies.

The human mind and psyche is much more complex and may in time require a professional to help move this energy from our energetic being. With children especially, the traumas we can experience can be outside our scope of understanding and we do not have the tools and capacity to fully process the emotion and the experience we are in, within those moments. Also being a child, the ability to stand up and say no to an adult abuser is not one many have with opportunity in those moments. Those traumas and emotions go uncompleted or are forced to be suppressed and hidden in our nervous systems. We find other ways to deal with those emotions, that do not serve the completion our bodies want and crave in those instances and afterward. We learn to cope and deal with them in unhealthy ways and those ways become the unhealthy tools that we develop and learn to lead us through life. Those emotional responses shift who we are and whom we are to become in our adult lives.

These stored emotions and old outdated tools continue to lead our lives until we choose to begin a path to regain and find that love of self once again. When we start to choose ourselves we stop giving that power to others as we learn new tools to honour the divinity of who we are. We begin to stop allowing others to continue to take from us and we start to create proper boundaries with them. We stand up for ourselves and learn to live a life aligned in our own truth, our new truths. The truth of who we are starts to come to surface and with that, the emotions that were once stuck begin to dissolve and shed from our energetic bodies. We learn new ways to process them in healthier ways and not to keep suppressing and ignoring them. We learn to come home to the love of who we are as we learn to give that love back to ourselves.

This is the process I have discovered on my own self healing journey. I have learned that I am a very empathic and emotional being and the journey to balance my physical and emotional selves is a gift I keep on giving to my divine self. Taking a hard look at myself and my own truths within my emotional self, was and is still not an easy path. The ego wants to keep us stuck in our old and safe patterns as our spiritual self wants to evolve and learn. It can be hard at times to recognize when old aspects of yourself are continuing to be destructive, not only to the self, but to others around you. You may not realize when your own wounds and patterning, that you have learned with self coping mechanisms, are hurting the ones you mean to help and love.

The emotional self is a gift and try to always see it as that. It may be hard at times and you may feel it as a curse, but the truth is that it is a path of showing you a new way home. Learn to sit with your emotions and feel them, especially in the feeling of uncomfortability and boredom, without distraction. When you learn to feel them, to express them, to show them the love they deserve, they come to complete themselves in your energetic body and you let them go, and eventually set them free on your path to this new found freedom of self.

What we feel is important to your emotional state and that emotional state becomes the reflection we see in the world around us. Our emotions combined with our beliefs systems and what we value from the view of ego becomes a mirror to what we see in our reality and how others see and perceive us. The way we feel about ourselves is the way that others feel, view and interact with us. This is why healing is such an important aspect of the human experience as it allows us to become the best version of who

we are, as we work through our limitations and what is holding us back from the abundance and our view that in this life.

How do you want to live your life? From a point of where 'I am who I feel I am', or from 'I am who I feel you see me'. We all want to be seen but which opinion do you feel matters to who you truly are? Ask yourself why it matters how others view you? Find out that part of you that wants to be seen and start to learn to feel that about yourself. This is where sitting with the self and feeling in all areas of your life is an important step in any spiritual journey. Taking that time for the self is so vitally important to our own understand and growth of who we are. The more we can come back to our feelings, the more we can teach ourselves the self love and acceptance that we truly deserve.

Coming back to our divinity and love of self is that foundation that brings us home to what we feel to be important in our lives. As we search the depths of our inner self and learn to love the aspects of who we are, in our authenticity, and we start to shift our views of what we find abundant in our lives. No longer do we feel we need to maintain the search for external validation, but we begin to understand that all we need is already within us, the love of the divine self.

The journey of feeling is one of the most courageous paths we can take on within our own healing. To sit with the boredom, awkwardness, anger and despair are gut wrenching and take us through the depths of our darkest selves. It takes courage to walk that journey, even with the help of trained professionals in various aspects of the body, mind and soul. I can tell you, from experiencing it first hand that it is a journey that I am grateful for and I would not have any other way, now that I understand the true significance of what it meant for me personally. It will mean something different for every one of us, as our journey may detour along the way. It may shift and change, but in the end we all come home to the love of divinity of who we are.

You and I are divine, hold my hand and let us feel into who we are, on our path home.