

## Day 6: Today's Lesson: Knowing how you feel is the answer to knowing who you are.

My belief is that we are here to know all of who we are, to grow and evolve, and to experience. If we aren't fully in tune with how we feel, how do we know which way to go? Your emotions are your guidance system and they help you make choices about how you want to live your life. They give you information to help you survive, they are also stimulus to help you take action based on your personal value system. And when explored, they can help you to heal.

Your emotions are simply feedback designed to let you know whether things are going well or not and you need to understand how you feel in order to make decisions about what you want in life. Regardless of your relationship to your emotions, they are yours and they matter.

Knowing how you feel is knowing who you are and is the answer to moving through the world. It allows you to know if you are in a place of love or fear. Without knowing how you feel you just wind up disconnected moving through life in an unintentional way which can leave you feeling lost and unfulfilled. And most of us walk around disconnected from our feelings.

There could be a multitude of reasons why this happens and because our emotions don't always feel good, we either repress them or compartmentalize them, because they are too painful and we don't know how to process through them. Or for some it could be you weren't allowed to express them because they might hurt someone else's feelings. It could be you felt shame or were judged for expressing your feelings. Whatever your experience has been, your emotions are important and you can't dismiss them because they are there for a reason.

When we are disconnected from our feelings, we often make decisions that don't serve our highest good. And if we don't know how we feel there's also the possibility that we start to listen to others about how we should or shouldn't feel. It's important to know how you feel so that you aren't letting others influence you.

Also, when you ignore your feelings it can create a “boomerang” effect where the emotions you have will just come back later if you don’t address what you are feeling now. We typically store those feelings and then they just build up. If you are suppressing them, you may be triggered and then all your feelings could come out at once or worse, get stuck and could cause illness. When we express, this allows us to let go of painful or unwanted feelings. Our emotions are messy and life is sometimes messy, but it’s how we sort and sift through to decipher what we want to keep and what we want to discard.

I remember being a kid and I remember my mother was so emotional, certainly depressed and anxious, among other things. And my mother was the type of person who would cry watching Kleenex commercials. So I was sitting on the sofa one day, and being an empath, I could feel all of her emotions. I was probably about 12 years old at the time and I had this very conscious moment and a very vivid memory of deciding I was going to cut off my emotions and not feel anything because mine were painful enough, and I didn’t want to feel hers too. My sister, years later, said to me, Lisa you have emotions for a reason, which was such a profound thing for me to hear. I thought, what are they for? Most of the emotions I felt in my childhood were very painful. It took many years of therapy and self awareness to reconnect to my emotions, and to really know and validate them. Honor them and know how to process them in a healthy way.

Do you know how you feel?

If you don’t know, do you know why you don’t know how you feel?

Did you have experiences that felt too painful to feel?

And do you know how you process through your emotions now?

Do you repress, compartmentalize or do you do other things to numb your feelings?

Don’t judge where you are, just notice and be aware so you can move forward and make more beneficial choices.

Or maybe you do have a healthy relationship with your feelings. Maybe you are completely tuned in and know how you feel, what you want, and know how to process in a healthy way. Regardless of where you are in your process, know

that letting yourself feel all that you do, with the intent of releasing what isn't serving you, will allow you to live your life in the healthiest of ways.

We always get to communicate how we feel because how we feel is valid and true to who we are and it's important not to blame or judge someone else for our triggers. Taking ownership of your feelings and expressing them in a healthy way is the best way to interact with others.

Do you effectively communicate how you feel without blame or judgment?

We are responsible for our own feelings and emotions and it is our job to acknowledge and validate them.

It's when we experience the whole range of emotions and know that they are there to become aware of something and teach us something, that's when we can find emotional mastery.

When you can appreciate all of your emotions for the reason they are to help you, you are able to be in gratitude for all of it because they are constantly moving you towards what you want and knowing who you are.