

HEALING IS FEELING

Have you every heard someone say, "I'm feeling great", or "I'm feeling bad"? Pay attention to the words -- they are correctly spoken; pointing directly to a feeling they are experiencing in their bodies. WE humans, like all life forms, are a feeling. Yes, we are intellectual and even spiritual, put we are also feeling.

The human organism is immensely complicated wit all the hundreds of body parts, bones, muscles, blood vessels, etc.;, not to mention the integration of the mind and feelings, and then our relationship to ourselves about anything, we will begin to feel bad, inside and out -- physically, mentally, emotionally and spiritually. The simple action of speaking the truth about anyting or even everthing creates freedomw -- no weight, no burden, no pain, no lie. Speaking the truth is about powerful remedy to stress and pain.It relieves and releases burdens and makes complete freedom available to us now. When someone asks you a questions, give him or her the truth. When you ask yourself a question, give yourself the truth. It is a powerful medicine that creates freedomw, inner and outer healing, and a good healthy feeling. Healing is definitely a feeling and speaking trutully is a major action in creating inner and outer healing.

Our body reflects our inner feelings so to read the feelings is to read the body. Thoughts are real and are reflected physically through our bodies, our posture, our pains and our illnesses. Let us think positive blessing thoughts and create inner and outer healing ourselves.

The last thing we can talk about that affects healing is the actions we take toward others and the actions we take in our life. Action is the last leg of the triune creation process -- thoughts, words, and deeds -- to create the present and the future. In that healing is a feeling, our actions should be positive and blessing actions. We create blessings in our actions so by blessing others through positive actions we are also blessing ourselves and helping ourselves feel better.

There is noting better than feeling good and nothing worse than feeling bad. Love yourself, be good to yourself, other, the earth and the life of the earth, and remember - HEALING IS FEELING!