

School of Love

What Are You Feeling?

What are you feeling is an important question you ask yourself when you want to understand what's happening in your life at any given moment. Being willing to receive the answer can be much harder than asking the question. These Love Pages will help spark the recognition that the final answers to all your questions are found inside you. Because you know from experience that when you both think and feel your way through a challenge, you find what you need much more easily.

You'll explore the difference between facts and feelings and why both are important in shaping your perception of yourself and your life. They can work together to bring about more harmony or they can be at odds with each other when one is too dominant in your mind.

"Feelings" is a broad term to describe physical sensation, mind consciousness, emotions, intuitive expression or inner knowing, and spiritual connection. Feelings can be perceived as positive or negative, good or bad, shadow or light. Feelings are rarely black and white but a mixture of many things at once. Your range of feelings may be broad in one area and more limited in another. For example you may easily feel your spiritual connection but struggle to know what emotion you're feeling.

Empaths are particularly adept at feeling not only their own feelings but also those of the people around them. After years of living this way without a healthy structure of self-care, it's common for empaths to build walls around feelings to both keep their own in and keep the feelings of others out. If you struggle with feelings in general, you may want to go deeper into the possibility that you're an empath and need to establish healthy boundaries before letting the walls down, or changing what they're made of.



These questions are here to help you raise your awareness about how you feel.

1) Based on the description on page 1, how important are your feelings to you?

2) Are some types of feelings more important than others, or are they equal?

3) What types of feelings do you take for granted the most?

4) Do you sometimes believe your emotional reaction in a situation defines that situation? For example, if you react in anger, do you believe the situation or people involved are wrong or bad, including yourself?

5) Do you sometimes blame others for what you're feeling? Remember the blame can be subtle or covert.

6) Describe the difference in how you feel when you blame others for your feelings versus when you own your feelings.

7) Are you afraid of your feelings? If so, why?

8) What do you love about your feelings?

9) What types of feelings bring you joy?

10) How often do you allow yourself to have those types of feelings?

11) Are the efforts you're making in *School of Love* stimulating your feelings?

12) Are your efforts generating more positive feelings for you? If so, why do you think that's happening?

Look over the questions below. Then take a few minutes to center yourself by closing your eyes and doing some deep breathing. Using your intention, focus your awareness on your challenge. Breathe into your challenge and let yourself feel what's present for you in relation to your challenge.

13) Where in your body do you feel your challenge?

14) How does that place inside feel when it seems like you're in your challenge?

15) How does your body feel when you think about your challenge?

16) How does the energy of your challenge feel? Remember to include shadow and light.

17) Has the love practice changed the way your challenge feels? If so, how?

18) What has your experience been in the past when you've tried to just think your way through your challenge by excluding your feeling-self?

19) Now that you're thinking and feeling your way through your challenge since starting *School of Love*, can you feel your challenge beginning to transform?

20) What's different with your challenge from the start of Unit 1 to now?