

FEEL your FEELINGS



While at times it might seem easier to repress our feelings, Dana Mrkich reveals it's crucial to allow ourselves to feel and express our feelings in order to move forward, happily, in life.

Our feelings are powerful tools that let us know what is true for us, and what isn't. They provide direct communication from our soul, expressing our deepest needs, fears and desires. They call us to be honest with ourselves and have integrity with our true self.

Our body reveals our feelings to us in many ways – a flush of warmth, an air of lightness, muscle tightness, lack of energy, a punch in the stomach, a hurting heart – and every one of our feelings has a message for us, sometimes wonderful and uplifting, other times painful and difficult.

Importantly, feelings are telling us that a truth needs to be faced, a situation acknowledged, a behaviour changed or an action taken. But, when we aren't ready to confront these things, we do anything to avoid our feelings. We usually have a preferred coping mechanism – an activity or behaviour that distracts us from whatever

is going on inside us. We create a habit of using these things as a way of keeping our feelings repressed, despite the feelings always being there.

Feelings are held and stored by our body for the day when we are ready to face them. Meanwhile, they influence us daily, often in subconscious ways, until we allow ourselves to acknowledge them.

This is the irony: unexpressed feelings influence us constantly, affecting our thoughts, words, actions and perspectives. In our attempt to avoid or deny them they start to control our every movement, clouding our vision and blocking our way forward. Just because we don't express something doesn't mean it suddenly disappears. All energy has to go somewhere.

Often, society requires us to repress and numb feelings, especially in public. Rarely are we encouraged to just feel whatever we are feeling, to express our feelings, and for

that to be okay. However, it's important to acknowledge that feelings are telling us that our soul has something to say.

Our feelings will alert us to the root of an issue, to the source of a wound, so by addressing it we can emerge out the other side as wiser, more fulfilled beings.

Give yourself permission to feel all of your feelings and embrace them. Feelings are some of the greatest teachers you'll ever have. Acknowledge your feelings, let them inspire and guide you to who you really are.

Allow others their feelings, too, without judgement, letting go of the need to make them feel anything but what they are currently feeling. **em**

Dana Mrkich is a spiritual intuitive, writer and author of *A New Chapter* (Zeus Publications). For more information or to subscribe to her newsletter, please email dana@danamrkich.com or visit www.danamrkich.com

Key Tips

In order to really feel your feelings and express them more freely, try the following:

- **Find and express your passion:** Depression comes from our repressed anger, frustrated passion and denied expression. What do you want to express that you haven't been allowed to or had the opportunity to? What are you passionate about? Think about what you would spend more time doing if you were given an extra hour or a day in the week?
- **Find healthy outlets for your feelings:** Choose something in alignment with how you're feeling. If you want to express some anger, try a kickboxing class. If you feel sad, put on some sad music and cry. If you sometimes depend on medication or drugs to feel good, put on some trance dance music and dance yourself into that space. Get creative. Give your feelings physical expression.
- **Paint:** Painting is a fun way of accessing and expressing any kind of feeling, including feelings you never knew you had! Get a large sheet of white paper and paint with no plan. Let yourself be drawn to certain colours and let your brush and hand do the rest.
- **Journal:** Journaling is one of the simplest and most effective therapeutic tools you can use to help you connect with your true self and feelings. The process allows you to express your thoughts, tune in to your dreams, desires and fears, and clear your mind.