

We Choose To Avoid Feelings Because They Frighten Us

[Creating a loving, healthy, and fulfilling life plus loving, healthy, and fulfilling relationships begins in the mind.](#) They think about everything and often come across as cold, detached, and unfeeling, and in many cases, they are just that. The energy of a feeling doesn't die or go away because we ignore or resist it. In fact, it is the energy of the unacknowledged feeling beneath the distorted thoughts that keeps us stuck. Our feelings send harmonious or disharmonious energy signals throughout our bodies. Yet if we drop our hands to our sides, sit in the feeling for a moment, and just breathe instead of numbing out, the feeling will pass. Too often, we choose to avoid feelings because they frighten us. But once we learn how to harness the energy behind our thoughts, our emotions will no longer be in control of how we feel and what we do. Forgiveness is a practice that helps us to realign our thoughts and feelings under new conscious management. A puppy will run around all over the place until we train him to do otherwise. When we train our own puppy mind to sit, stay, and roll over on command, our thoughts become clearer and our negative feelings become easier to identify, navigate, and release. Of course, training the mind can be difficult. That's where meditation and forgiveness come into play. Until we learn how to meditate, we cannot clear our puppy mind thoughts. And unless we practice forgiveness, we have no way of releasing the hidden feelings attached to those thoughts. How we think and feel about others and ourselves can keep us stuck in a swamp of toxic emotions. We become quick to judge and slow to forgive. We believe what we believe, and we stubbornly stick to it. Unfortunately, our toxic thoughts and feelings do not nurture or nourish us, nor do they make or keep us peaceful and loving. First you think, then you feel, and finally you hold the energy in your body. For example, if you think that you have been or are being abandoned, you may feel the need to hold on to things and people. As a result, you may act clingy or needy, which will chase people away from you, and that will in turn prompt even greater feelings of abandonment within you. Rather than deal with their repressed thoughts and feelings of abandonment, they refuse to become attached in the first place. Forgiveness is a process that stops the ride and eliminates the wounds of the past from the mind and the heart. Forgiveness supports our growth into a new way of thinking, being, and living. Forgiveness builds mental, emotional, and spiritual muscles. Throughout this forgiveness practice, you will be asked to identify thoughts and beliefs. Once a thought becomes habitual, you no longer even recognize that you are thinking it. The intuitive tool that follows is designed to assist you in tapping into and receiving feedback from the subconscious mind about the unforgiving and often hidden aspects of your consciousness. These are the things that may block, delay, hinder, obstruct, or deny personal growth and healing. They are also the things that lower your personal energy vibration. Identifying and forgiving these energetic blockages is essential for personal evolution. Scan the [Emotional Trigger List](#) quickly across one line at a time. If a word catches your attention, write it down. While many of the entries may not seem to apply to you, be sure to scan the list each day before you tackle the forgiveness topic of the day and begin writing your 12 Forgiveness Statements. Remember to be radically honest with yourself and about how you feel. Review the following [Emotional Trigger words](#) to help you identify all of the blocks that may be present in your heart and mind. For

every crime there must be a punishment. On any given day, we are all judge and jury in the cases we build or hold on to in our minds. In the realm of consciousness, a judgment is a classification. It is a thought that classifies people and things as right or wrong, good or bad, fair or unfair when measured against what we believe. At the core of all judgments there is the belief that things are not as they should be, as we want them to be, or as we need them to be. Our judgments more often than not give rise to a toxic or negative feeling. Forgiveness of our judgments opens space and energy in our minds and hearts that has been held blocked off by anger, bitterness, and resentment. What is often challenging for the human mind to accept is that regardless of how hard, challenging, frightening, or difficult an experience may seem, everything is just as it needs to be in order for us to heal, grow, and learn. That's just the way the universe works. Most humans have a very difficult time accepting the way the universe works. This is what it means to be human. This is why we are faced with challenges and difficulties. This is how we ultimately learn to trust the process of life and our capacity to move through the hard times. The moment we determine what is, should not be, we are denying the presence of love. Even in the midst of total chaos, pain, and dysfunction, love is calling us to a higher experience and expression. Forgiveness inevitably leads to acceptance. It is a demonstration of your willingness to move on. Acceptance does not mean you agree with, condone, appreciate, or even like what has happened. Acceptance means that you know, regardless of what happened, that there is something bigger than you at work. It also means you know that you are okay and that you will continue to be okay. When he was sober, Ray was the most gentle, loving, brilliant man I had ever known. He had a wicked sense of humor, and he absolutely loved children.