

Feelings as Guidance

Class #6

Feelings are the movements of the soul. They help you know when you are aligned with your true essence and when you are unaligned with it. When your house is connected to the treasury of light and your inner valve is open, or you are receptive to that light and love, you are infused with a sense of well-being. There is an experience of peace and contentment that runs very deep within you. There is freedom from fear and a sense of wonder and appreciation. As Esther and Gerry Hicks describe it, when you are aligned with Source Energy from within you know that “You are free. You are powerful. You are good. You are love. You have value. You have purpose. All is well.”

Your feelings are indicators of your alignment with Source Energy. They show you your connection to that inner Treasury of Light that you are built upon. How important it is then to pay attention to your feelings! As indicators they are never good or bad, right, or wrong. You may feel good or bad, but your emotions are not to be judged. In their books, Abraham, speaking through Esther Hicks, likens our emotions to the gas gauge in our car. We cannot blame the gas gauge for what it indicates. It simply tells us when we need more fuel, how full or empty our gas tank is. Similarly, our emotions let us know how empty or full we are, how open or closed we are to Source Energy flowing through us and lighting our house. Speaking at one of their workshops, Abraham says, “When you feel joy, all the circuits are open, and the Life Force or God Force can be fully received. When you feel guilt or blame or fear or anger, the circuits are hindered, and the Life Force cannot flow as effectively. Physical experience is about monitoring those circuits and keeping them as open as possible.”

In their book, *A New Beginning II*, Abraham refers to our inner being, which is the part of us that is spirit residing in the non-physical realms. Our inner being is the unique treasury of light that is our soul essence and our connection to the Divine. Abraham explains that our essence communicates to us through our feelings.

Every emotion that you feel is literally communication that is offered from your inner being... In the same way that you have “feeling” sensors in your fingertips, to protect your fingers from hot or sharp objects, your inner being often evokes feelings or emotions within you to guide you. The discomfort of pain in your fingertips brings forth an impulse to act that prevents you from greater harm, and in the same way, negative emotion is offered to guide you away from that which is not of value to you... You have come to define your emotions in very broad and detailed terms, but technically there are only two emotions. One feels good, and one feels bad.

In their most recent book, *The Astonishing Power of Emotions*, Abraham articulates it this way:

The emotions that you feel, in any moment of life, are the indicators of the vibrational relationship between you and You; your emotions are telling you whether your current active thought and subsequent vibrational offering matches the vibration of your evolved Source self or not. When the signals match—or come close to matching—you feel wonderful. When the feelings do not match, you do not feel so good. And so, an awareness of your emotions and what they mean is essential to your conscious evolution.

As you become more aware of your emotions you realize that you have the right to feel good and that you need to be selfish enough to choose thoughts and experiences that make you feel good. The “selfish” word may be particularly difficult for you if you have ever been accused of that in the past. But when people accuse you of being selfish, do they not want you to conform to what makes them feel good? Are they not being selfish because they want you to see it and feel it as they do?

Our inner guidance system is unique to each person. What may indicate alignment for one person will not necessarily indicate it for another. You must listen to your own feelings first. Only then will you know what is right for you. No one else knows this but you. Too often you may have listened to how other people feel, or how others think you should feel, failing to distinguish between your emotions and theirs!

When you honor your feelings, you are honoring your truth in any given moment. These feelings will go through a series of shifts. For example, you may stop and let yourself feel your anger. If you can stay with it, without judgment, it may change to a feeling of hurt and betrayal. If you can stay with the feelings of hurt and betrayal, they may shift again to a feeling such as loneliness. If you have the courage to stay with that deeper feeling, you will eventually find the inner peace. If you resist sitting with your initial emotion, you will remain stuck in the anger. The anger is not bad, for it is only an indicator that your boundaries have not been honored, or that you have been threatened, hurt or violated in some way. But when you fail to stay with the feeling, it stays locked up or frozen within you and it keeps you disconnected from your deeper self.

When you think about it, it is really pretty amazing that you can tell what is right for you by listening to your feelings about it. This will take practice, though, because you have probably been taught to disregard your feelings, seeing them as unimportant or as a nuisance. But your true guidance comes from your unique feeling responses to situations. It is your inner compass that can help you stay connected to that deeper sense of well-being that is always alive deep within you.

Quotes from the teachings of Abraham can be found in [A New Beginning II](#) by Esther and Jerry Hicks, p.64, Abraham-Hicks Publications, USA, 2001 and [The Astonishing Power of Emotions](#), Esther and Jerry Hicks, pp.13-14, Hay House, Inc., Carlsbad, CA., 2007.