

Feeling-Healing exercises, and other healing points to consider.

Exercises to help find the truth through your feelings.

It's relatively easy to express your surface feelings, all the emotions in the daily ongoing ups and downs of life. But it's the deeper hidden feelings that we're trying to do all we can to keep suppressed that we have to work hard at acknowledging and bringing to the surface. And to do that we can use our surface feelings, but focusing more on expressing them with the intention to uncover their hidden truth and the deeper repressed feelings within us.

For those people like myself who find it very difficult to even express surface feelings, that have been made to be all but feeling-dead so far as expressing any of them, it's incredibly hard to even know what expressing such feelings means, as you simply don't seem to have them. And yet they are still there, only so buried that it takes a lot of help from your friend to look at the signs that show you must be feeling them, but aren't expressing them - and so why not?

And for those people who can easily express all their surface feelings, who wouldn't even think twice about it, they all coming up naturally, they will have to work hard on observing how they do feel when they cover up all the ones they don't want to let out or show.

I'm not the right person to talk about expressing feelings being so switched off to my own, however ironically I want to write about it all. But I guess that's how it goes.

James Moncrief

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Divine Love Spirituality

(And why the pretty colours when I speak about feelings? Because so many of our bad feelings we are trying to deny. So in keeping with trying to delude ourselves that we are feeling good, I include the colours.)

Practical exercises and things to consider that you may find helpful in starting and doing your feeling-healing.

These are healing points that Marion and I used over a six month period. They are not meant to be rules of any sort and may or may not apply to your healing. I've written them down for you merely as something of a brief introduction as to the sorts of things we go through in our healing.

Also, it seems almost everyone else can speak about their feelings but me. So, if you are reasonably feeling-aware, then just keep doing what you do, whilst longing for the truth of all you feel.

And if you are lucky enough to have a friend, then you will be able to share something very special with them - yourself, all you feel. And if they agree to also do their healing, willingly wanting to listen to you all you have to say and wanting to tell you all they have to say, then you will enjoy a very special partnership and not one you can have with everyone. And even though it won't be always easy going, still, it will be very rewarding.

Also, I want you to understand that although I can write such things it doesn't mean I can easily do them. I haven't been able to learn them and readily apply them as I don't have a sound feeling basis within me. Marion is always pointing such things out to me as I move into different and hidden closed off repressed areas within me.

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Introduction.

For most people (and possibly for you), from what I can understand and observe, feelings aren't such the mysterious and difficult things to be aware of and speak about, as they are for me. Most people seem to be aware of, but usually not all, a lot of what they feel through the day. And life wouldn't be what it is without their feelings. For me, feelings were largely a big unknown. Sure, I felt bad when I had relationship difficulties, however were I to say what I felt - had I someone in my life who wanted to know - I wouldn't have known where to begin. It took years of Marion's help to enable me to accept and feel that I was even angry! Mostly I just felt bad and that was about as far as I got. Now I look back at myself feeling very sorry for myself being so feeling unaware, and sad at how much I missed out on in my relationships with other people. And no wonder I hated life (although back then I didn't know I actually did as I wasn't aware of such feelings) and always wondered what was it that other people seemed to find so exciting about it. So as you read these feeling exercises and some of the other things I've written for your consideration, please bear in mind, if ever there was a dolt in feeling awareness and expression, it's me. So I can't help writing for other unaware-of-their-feelings dolts, if indeed there are any. Please forgive me if I sound like someone who's always stating the obvious when it comes to feelings (and everything else for that matter).

And if you are someone who is naturally feeling-expressive - half your luck! I am bitterly envious of you! And if you want to live true and heal your childhood repression, then you can just do what you normally do in regards to your feelings whilst also longing for and wanting the truth of them.

Below are some of the main things that have come up for me during the past six months of my healing when I thought about writing such a list. They have all evolved as a result of Marion and I working on ourselves understanding what are the relevant things for us to focus on. I'm not writing them as what you should or must do so as to do your healing. I'm only writing them as an example of what has been relevant for me, and so might too for you at some time during your healing. I wouldn't expect you to relate to and be able to do them all at the beginning of your healing; and besides, it's just too much to remember anyway, and your healing is to be done WITH YOUR FEELINGS as you progress, and not with your mind.

I want to give you reader some practical suggestions about beginning your Feeling-Healing. However they will all be from my own subjective experiences. As to whether you'll find them applicable to your life; will all I say actually be of any real practical help, I can't say. So I repeat, please take what I say as mere suggestions and not as something you must do or try to do so as to do your feeling-healing.

As I have written, the doing of your feeling-healing is relatively simple on paper. You accept, express - speak about - your bad feelings so as to uncover the truth of why you are feeling them. That is the process and it sounds easy. However the practise is very difficult. Because so much of how we are and what we believe is weighted against this, making us be and do the very opposite: deny all our bad feelings and keep the truth they are trying to show us hidden.

How I present humanity - all of us being conceived into a negative and so unloving state of being; and how I present our having to heal this - by healing our childhood repression: that which is the obvious outward sign or manifestation of this state, is all based on helping you to increase your desire to heal yourself by understanding that you have to know why you're in this state. You have to find the truth of yourself, and so firstly, of your negative state. If you don't want to uncover the truth then nothing of what I say will be relevant to you in a practical sense. So the truth is all-important. Without your focus on it, without your wanting to find it, without your wanting to live it - to really FEEL it, nothing of what I say matters. And you won't get anywhere in your feeling-healing.

So I would like you to bear in mind at all times that it's all about the TRUTH - uncovering the truth of yourself; or, in the case of our living in the negative, uncovering the TRUE and REAL you (having seen and accepted the whole truth of your negative state) - and consequently, living true.

And why I stress this is because you can of course do your feeling-healing, or rather, heal aspects of yourself by applying the same basic feeling-healing principles, leaving you feeling a lot better within yourself and your life, but without directly tackling your overall problem - your negative self - and feeling-denying state of being. Lots of people only want to heal certain problems or trauma they feel within themselves, and once done, are quite happy to resume life as it is, that being what they mostly see and call as normal, which is still life within the negative. So their 'healing' enables them to function better within their negative state, making them feel better about themselves and their life within it. And if this is what you want, fine, you can still apply the basic feeling-healing principles to do so, however all I write about is for the person who wants to go the whole way - healing ALL of their negative unloving condition of mind and will.

Under the guidance of professional help from trained therapists you might go deep into your pain, deep into your hidden, buried and repressed bad feelings - deep into your healing; even, all the way back into your early childhood feeling you have healed yourself to a very deep level bringing about very profound changes within you. You may feel like you're a 'new person' seeing life through 'new eyes'. And these good feelings can last a long time. However, also be aware that this amount of healing may still not have involved all within you that needs to be healed, and sooner or later the good feelings will slowly get eroded away because of other bad stuff within you now able to shift around and affect you in different ways.

So this 'trauma' healing may only be you wanting to find the truth of specific problems, and not the truth of your WHOLE negative state, and the two are vastly different. And as I said, it's still only wanting to heal your problem, even if it's from your early childhood, so you can carry on with what you believe is the right way of life - all that's of and in the negative. It's not setting out to heal your Great Problem - the fact that all of you exists in a self- and feeling-denial condition of no love.

All of the useful and beneficial ways of helping yourself, no matter how they come about or what 'technique' is used, will involve the active expression of your bad feelings - your speaking about and expressing them. And by doing so, you will actively acknowledge, admit, and accept, that not only do you have them - that you are feeling bad, but also you are no longer wanting to deny or ignore them. And as you 'connect' with them, as you allow yourself to really FEEEEEL them, then you are allowing them to come out of you, you are no longer keeping them trapped and bound up inside you. And this 'letting go' of them is half (the other half is seeing the truth of them) the healing yourself of them. It gives you marvellous feelings of liberation and freedom - finally you are free to FEEEEEL, to feel what you ARE feeling, and finally you no longer have to control yourself by stopping and not allowing yourself to feel what is naturally a part of you.

So the purging of your bad feelings, finally taking off the lid and letting them all come out, means there is now more 'room' within you to feel something other than what they were making you feel - bad. Now you can feel the opposite, good, and how you would naturally feel without such encumbrances.

And you can, and indeed probably have felt often in life, times when just speaking to a friend, to someone who wants to listen truly to you, helps you. The 'getting it off your chest' makes you feel relieved. You feel so much freer, and with all the dreaded fear of the bad thing that you unconsciously believed would happen to you were you to speak about your bad feelings, not happening, the relief is even sweeter.

Marion and are not so worried about healing our physical afflictions, incorrect behaviour and wrong beliefs, all that are our 'problems'. What we want to 'heal' (see the truth of) is all the underlying causes that have made us be this way, to be suffering these things. And to do this we need to uncover the WHOLE TRUTH OF OUR NEGATIVE STATE. And we know that if we can uncover the truth of our self-denying causes, then along the way all such problems will go. And they do. And it's such a wonderful feeling when you suddenly realise you don't have the problem or bad feeling anymore, that you no longer do that wrong thing you used to do, having had it and done it all your life. Then it's all worth it. Then you know the whole process is working.

And even though I say we're not so worried about our problems and afflictions, when we are in them,

feeling how bad they make us feel, of course we're very worried about them. But there's no getting away from them, and that is not what we want to do. So we focus on using them to express our bad feelings as we feel bad about them and as they make us feel bad. They are our outward signs that we are inwardly imperfect, that something is very wrong within us. And so it's the truth of such imperfection we need to see.

Feelings from the Internet and dictionary.

It can be useful, particularly if you're like me with all but no feeling awareness or understanding about feelings, to look on the Internet and in the Dictionary regarding them. I've included some examples here.

Different feelings from the Internet.

I liked the way these feelings were grouped. From www.psychpage.com

Pleasant Feelings			
OPEN	HAPPY	ALIVE	GOOD
understanding	great	playful	calm
confident	gay	courageous	peaceful
reliable	joyous	energetic	at ease
easy	lucky	liberated	comfortable
amazed	fortunate	optimistic	pleased
free	delighted	provocative	encouraged
sympathetic	overjoyed	impulsive	clever
interested	gleeful	free	surprised
satisfied	thankful	frisky	content
receptive	important	animated	quiet
accepting	festive	spirited	certain
kind	ecstatic	thrilled	relaxed
	satisfied	wonderful	serene
	glad		free and easy
	cheerful		bright
	sunny		blessed
	merry		reassured
	elated		
	jubilant		
LOVE	INTERESTED	POSITIVE	STRONG
loving	concerned	eager	impulsive
considerate	affected	keen	free
affectionate	fascinated	earnest	sure
sensitive	intrigued	intent	certain
tender	absorbed	anxious	rebellious
devoted	inquisitive	inspired	unique

attracted	nosy	determined	dynamic
passionate	snoopy	excited	tenacious
admiration	engrossed	enthusiastic	hardy
warm	curious	bold	secure
touched		brave	
sympathy		daring	
close		challenged	
loved		optimistic	
comforted		re-enforced	
drawn toward		confident	
		hopeful	

Difficult/Unpleasant Feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS
irritated	lousy	upset	incapable
enraged	disappointed	doubtful	alone
hostile	discouraged	uncertain	paralyzed
insulting	ashamed	indecisive	fatigued
sore	powerless	perplexed	useless
annoyed	diminished	embarrassed	inferior
upset	guilty	hesitant	vulnerable
hateful	dissatisfied	shy	empty
unpleasant	miserable	stupefied	forced
offensive	detestable	disillusioned	hesitant
bitter	repugnant	unbelieving	despair
aggressive	despicable	sceptical	frustrated
resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	
boiling			
fuming			
indignant			

INDIFFERENT	AFRAID	HURT	SAD
insensitive	fearful	crushed	tearful
dull	terrified	tormented	sorrowful
nonchalant	suspicious	deprived	pained
neutral	anxious	pained	grief
reserved	alarmed	tortured	anguish
weary	panic	dejected	desolate
bored	nervous	rejected	desperate
preoccupied	scared	injured	pessimistic
cold	worried	offended	unhappy
disinterested	frightened	afflicted	lonely
lifeless	timid	aching	grieved
	shaky	victimized	mournful

	restless	heartbroken	dismayed
	doubtful	agonized	
	threatened	appalled	
	cowardly	humiliated	
	quaking	wronged	
	menaced	alienated	
	wary		

Definitions of some of the more frequent feelings I feel, and words I use in my writing. From the Oxford American Dictionary and Thesaurus on my iMac.

angry |'a ng grē|

adjective (-grier , -griest)

having a strong feeling of or showing annoyance, displeasure, or hostility; full of anger

Vivienne got angry irate, mad, annoyed, cross, vexed, irritated, indignant, irked; furious, enraged, infuriated, in a temper, incensed, raging, fuming, seething, beside oneself, choleric, outraged; livid, apoplectic; informal hot under the collar, up in arms, in high dudgeon, foaming at the mouth, doing a slow burn, steamed up, in a lather, fit to be tied, seeing red; sore, bent out of shape, ticked off, teed off, PO'd; literary wrathful; archaic wroth. antonym pleased.

depressed |di'prest|

adjective

(of a person) in a state of general unhappiness or despondency.

• (of a person) suffering from clinical depression.

he felt lonely and depressed sad, unhappy, miserable, gloomy, glum, melancholy, dejected, disconsolate, downhearted, downcast, down, despondent, dispirited, low, heavy-hearted, morose, dismal, desolate; tearful, upset; informal blue, down in the dumps, down in/at the mouth. antonym cheerful.

happy |'hapē|

adjective (-pier , -piest)

1 feeling or showing pleasure or contentment

Melissa looked happy and excited cheerful, cheery, merry, joyful, jovial, jolly, jocular, gleeful, carefree, untroubled, delighted, smiling, beaming, grinning, in good spirits, in a good mood, light-hearted, pleased, contented, content, satisfied, gratified, buoyant, radiant, sunny, blithe, joyous, beatific; thrilled, elated, exhilarated, ecstatic, blissful, euphoric, overjoyed, exultant, rapturous, in seventh heaven, on cloud nine, walking on air, jumping for joy, jubilant; informal chirpy, over the moon, on top of the world, tickled pink, on a high, as happy as a clam; formal jocund. See word spectrum. antonym sad.

miserable |'miz(ə)rəbəl|

adjective

1 (of a person) wretchedly unhappy or uncomfortable

I'm too miserable to eat unhappy, sad, sorrowful, dejected, depressed, downcast, downhearted, down, despondent, disconsolate, wretched, glum, gloomy, dismal, melancholy, woebegone, doleful, forlorn, heartbroken; informal blue, down in/at the mouth, down in the dumps. antonym happy, contented.

scared |ske(ə)rd|

adjective

fearful; frightened

I've never been so scared in all my life frightened, afraid, fearful, startled, nervous, panicky, alarmed, intimidated; terrified, petrified, terrorized, horrified, unnerved, panic-stricken/-struck, terror-stricken/-struck, horror-stricken/-struck, with one's heart in one's mouth, scared stiff, scared/frightened out of one's wits, scared witless, scared/frightened to death, chilled to the bone/marrow, in a cold sweat; informal spooked, scarified; vulgar slang scared shitless.

powerless |'pou(-ə)rləs|

adjective [often with infinitive]

without ability, influence, or power

the outgoing administrators are essentially powerless impotent, helpless, ineffectual, ineffective, useless, defenseless, vulnerable; lame-duck; literary impuissant.

loving |'ləviŋ|

adjective

feeling or showing love or great care

her loving husband affectionate, fond, devoted, adoring, doting, solicitous, demonstrative; caring, tender, warm, warmhearted, close; amorous, ardent, passionate, amatory. antonym cold, cruel.

unloved

adjective

Melanie felt lonely and unloved unwanted, uncared-for, friendless, unvalued; rejected, unwelcome, shunned, spurned, neglected, abandoned.

Unloving - how my parents were.

express ¹ |ik'spres|

verb [trans.]

1 convey (a thought or feeling) in words or by gestures and conduct

community leaders expressed their anger communicate, convey, indicate, show, demonstrate, reveal, make manifest, put across/over, get across/over; articulate, put into words, utter, voice, give voice to; state, assert, proclaim, profess, air, make public, give vent to; formal evince.

Practical feeling-healing steps

I've tried to break down how I do my feeling-healing into relevant bits that I've focused on throughout it. As I've progressed in my healing, all I am doing in it, the whole 'method', has become clearer. I hope some of it may be of help to you.

Feeling-Healing exercises and other points to be aware of as you're doing it.

Bad feeling awareness

1. Admit you feel bad.

When you feel bad, stop, give attention to yourself - that you feel bad. Write it down or say out loud to yourself or to a friend - I FEEL BAD.

Simply hear yourself say it. Say it to the world. Simply acknowledge to yourself THAT YOU DO FEEL BAD.

For example:

Turning left in the car, suddenly, - I feel bad.

Having paid the check out girl - I feel bad.

Having ended the phone call - I feel bad.

After so and so... made that comment - I feel bad.

For seemingly no reason at all - I feel bad.

2. Allow yourself to feel bad.

When you feel bad say to yourself: I feel bad and that's okay. I can feel bad. I'm allowed to feel bad.

Feeling bad is all right. It's good to feel bad. Feeling bad isn't a bad thing. I'm not going to get punished for feeling bad.

And just feel bad.

See how long you can allow yourself to feel bad. Don't do anything else.

3. Acknowledge feeling bad.

Focus on yourself through the day and write down each time you feel bad, and what bad feeling you feel. And keep it very simple, the exercise being one of just bad feeling identification, nothing more.

For example:

The cat brought a mouse in. I feel bad. And that's okay. I feel scared. I feel angry. I feel upset. I feel bad... etc., whatever bad feelings come up. All to just try and be aware of them, and to admit to yourself, affirm to yourself, to make yourself take notice, to value how you're feeling – that you DO feel this way; that you DO feel these bad feelings. And you don't have to go further with them. Keep your mind out of it at the time. Just as soon as you detect or become aware that you're feeling bad, STOP, and write it down.

The man called at the door. I feel bad. I feel guilty...

It started to rain. I feel bad. I feel angry...

If you can't identify the bad feeling simply say and write I feel bad - I feel yuk, I feel strange, I feel hot and bothered, I feel... I don't know how I feel. Whatever you feel write it down or tell your friend.

I thought about something to do with trying to express my bad feelings. I feel confused. I feel annoyed. I FEEL... To always emphasis, the I FEEL, when you're writing it. Even say it out loud to yourself as you write and feel it. And say it over and over: I feel confused. I feel confused. I feel confused. Yes, I'm feeling confused. Right now, I feel confused. And don't worry about why you might be confused or what you might want to do about it. Just state the feelings you feel. And you can include good ones too.

I thought about ... and I now feel anxious. I feel very anxious; anxious, anxious. I feel worried. I feel desperate. I feel scared. I feel scared, I feel scared, I feel scared... I FEEL SCARED - yes I do feel scared, I FEEL IT!

And include physical bad feelings:

I stubbed my toe. My toe hurts. I feel bad. I feel pain. I feel pain – Ow! I feel Ow. Ow, ow, ow, my toe hurts - OW!

I have a headache. I feel pain. I feel bad. I feel my head hurting. Hurting, hurting, hurting, my head

is hurting. It hurts, hurts, hurts...

4. Now own the bad feeling fully – really feeeeel it.

Allow it to overwhelm you, consume you, feel it as fully as you can.

I feel bad. I am angry. I feel angry, I'm angry. I'm angry, angry, angry, angry, angry. IT'S ME - I'M ANGRY!

I'm confused. I feel confused, I am confused. Yes, I am confused, I feel confused. How I feel is how feeling confused feels. This is me feeling confused. This is ME FEELING CONFUSED, CONFUSED! Take a moment, allow yourself to just feel the feeling. Get to know it. Feel all the parts to it. Don't do anything else.

I am miserable. I'm miserable, I feel miserable. I am miserable, I'm miserable. Miserable, miserable, I'm miserable. This is me feeling miserable. Miserable. This is what me feeling miserable feels like. I AM MISERABLE, miserable is me, I AM MISERABLE - ME, ME - I feel this way - NOW!

And for physical aches and pains.

My head hurts. My head is sore. I feel sick. My head hurts, it hurts, it hurts, Ow, ow, ow, my head hurts. Sick, I feel sick. I'm sick. My head ache makes me feel sick. I'm sick, my head hurts, my head hurts. This is me with a headache, this is me with this head pain. This is me feeling sick because of my headache. This is the pain my headache is making me feel. I'm feeling my head pain.

My toe hurts, it's throbbing, my toe is full of pain, Ow, Ow, Ow...

Whilst you're feeling the bad feeling, just allow yourself to be it. Let it come over you fully, as horrible and hard as this might be. Just allow yourself to experience it. Feel it. How does it feel physically, or how does it make you physically feel? Submit to it. Don't fight it. See where it takes you, that is until you can't bear it any longer.

See if by allowing yourself to just BE it, it of itself, moves you to want to say something about it. Do you want to speak about it? Do you want to open your mouth letting words out, or is it all going on in your head? Does it make you want to shut down, clam up, go into self-protection - self-preservation mode, gutsing it out. What does the energy of your bad feeling make you feel like doing: rising up in yourself, such as with anger, wanting to bring it out, or falling down in on yourself, sinking into your misery?

It's the willing submission to and 'into', a giving over to, our bad feelings that we need to do. We have to do it willingly, because we want to, and not being forced to. We were forced to go against ourself and felt bad, and we unconsciously still believe and feel our bad feelings are forcing us against our will to feel bad, so we reject them, forcing our mind against them, trying to make them go away. And we have to stop this self-denial and rejection of ourself. So we willingly resign ourselves to our feelings. We allow them to come and make us feel how they make us feel. And feeling bad is horrible, but we have to allow ourselves to feel bad - even want to feel bad.

So see if you can just allow yourself to be as you feel. If you feel angry for example, just be angry doing what you do. Keep your awareness on your anger. And if you feel you are resisting it, pushing it away and blocking it out, stop and allow the anger to come back. If you suddenly find you don't feel it anymore, put yourself back in it. Just see if you can stay with your bad feelings allowing them to come and go and just BE.

It's an exercise of just allowing yourself to become more familiar with your bad feelings and how they make you feel. You might know how they make you feel, but have you sought to know by willing allowing them to be?

Just allow yourself to feel them, don't try and do anything further. You don't have worry about trying to find the causes of them, or trying to 'heal' yourself of them. Just get more used to allowing yourself to feel bad, and how feeling bad feels.

And if you come up against resistance, then allow yourself to follow this resistance. Feel yourself blocking and trying to rid yourself of your bad feelings. Write about (or preferably speak about) your resistance: What is your resistance like, can you describe what you do - the process? How strong is your resistance - mild, strong, very strong! And think about: what does your resistance feel like - why are you stopping yourself from feeling bad? Why are you denying your bad feelings and not allowing yourself to feel bad?

Don't expect to know the answer to why you are resisting. Don't succumb to the temptation of your mind making up reasons for why you might be doing so. Just allow yourself to wonder why and want to know why.

5. Describe how feeling your feelings makes you feel.

Feeling miserable feels like... what does feeling miserable feel like? Argh, I feel heavy, sad, like a ton of cement has been dropped on me. I feel weighed down with sadness. I feel saturated with sadness, too many sad feelings, all too much. I feel miserable, just a big bag of misery. I feel weak, fed up, can't do it, don't want to do it, can't go on, don't want to go on. I just want to fall in a miserable heap. Fuck it, I feel so bad, so miserable.

Keep going back to how the feeling makes you feel.

How does feeling miserable make me feel? It makes me feel angry, I don't want to feel miserable, yeah, it really pisses me off. I hate feeling miserable, I don't want to feel it, I feel very angry at feeling it. I hate it, I hate feeling miserable the most. I loath it with all my being. It makes me feel so bad, so nothing, I don't want to do anything, I can't do anything. I feel so angry that I have to feel miserable. I hate it, I hate feeling this way.

How does feeling miserable make me feel? It makes me feel like giving up. I don't want to go on. I can't go on. There is nothing to go on for. I hate feeling miserable. I don't want to feel so useless. I feel so weak. I hate feeling so weak. I have no energy, no desire to do anything. I just want to sit

like a big fat nothing and do nothing. I hate not feeling like doing anything, I really hate it.

How does feeling miserable make me feel? It makes me feel weak. Listless, I have no inspiration, dull, dead. I feel empty, like there is nothing inside me. I just feel full of misery, like it's liquid and I'm full of liquid misery. I feel rotten, down, depressed, so uninspired. What's the point? Seriously, what is the fucking point of going on? I feel so bad. I feel so yuk, all gummed up with misery. I feel like killing myself. Why not, why not get it over with, there is nothing to feel good about. Shit I feel bad, so, so fucking bad. So miserable.

How does feeling miserable make me feel? It makes me feel like curling up on the floor and going to sleep. Yes, to sleep, that was the only thing that gave me any relief. I just want to die, to go, disappear, to dissolve away into nothing. I wish I could. I wish I could just be better. I wish I didn't have to feel so bad. I hate feeling miserable. It's all so claustrophobic, I can't get away from it, I feel trapped. It's all in me and around me, there is nowhere to go. I can't even run away, and I can't do anything to make it stop. I feel too caught up in it, it is all I am. I am just pure misery, nothing else, and that scares me.

If you get to a point where another major bad feeling surfaces, then go with it, asking yourself, why: why does feeling miserable scare me? It scares me because no one likes someone who is always miserable. No one wants to be around misery bags. No one could bear it, I couldn't. I hate it in myself, I hate being it, so no one else is going to be able to tolerate me. They'll hate me, I hate me. Who would want to be with someone who is so miserable, so depressed. And that scares me because I don't want to be alone, I don't want to be by myself. Oh god that really terrifies me, because what would happen to me? What would I do? How would I cope? I hate being alone. I don't want to be alone, I don't want people to not like me. And yet they will, I just know they will, because I don't like people who are miserable. No one likes someone who is miserable!

How does feeling hated by everyone make me feel? It makes me feel so bad, so desperate, like screaming - I DON'T WANT TO BE HATED - I WANT TO BE LIKED. I WANT EVERYONE TO LIKE ME - I WANT TO BE LOVED! If no one likes me, that's the end. I feel so bad, it's too unbearable a feeling; I feel too rejected, too unwanted, too unloved and this makes me feel like screaming with the pain, the hurt, the fear of it all. How does feeling unloved and not liked make me feel...

How does feeling scared and hated make me feel? It makes me feel miserable. I feel scared because I feel there will be no end to my misery. It will go on and on - endless misery, and this terrifies me. What will become of me? I'll never feel good - always swamped by misery.

You can branch out following such trains of feeling. If you were speaking to a friend, your friend could ask you, if it was appropriate, how does feeling that feeling make you feel. Your friend by asking would show you they are interested in you and want to know more about you, want you to speak more to them about how you are feeling, which is very helpful encouraging you to go further and deeper with all you are feeling. However, as you are also your own friend, so too can you ask yourself such leading questions.

And can you see, there are endless ways to go in and with your feelings, all of which are very good to pursue as you feel them. Go ONLY if you feel to, don't make it all up with your mind, it's not a mental exercise, and over time all of this will be helping you to get to know yourself, which is what

it's all about. You have a bad relationship with yourself, having been prevented from developing it properly, but now you can.

Your friend asks you, or you ask yourself so you can get to know yourself more through your feelings: Why don't you like people who are miserable? Oh I don't know... they are... poor. They aren't happy, they are dead people. I can't bear all the bad feelings, the heaviness of being around them. They make me unhappy... yeah, that's it, that's what I really hate about them. It's not actually them, the people themselves, but it's the fact that I'm scared they will make me feel depressed. Shit I feel bad enough as it is, and I don't want to feel even worse, so being around someone who's depressed will make me more depressed. I don't have any resilience, to stand firm and not be affected by them. I feel like they are a whirlpool, a vortex, and they are drawing me in and down. And I can't hold back, I'm afraid that I'll sink with them, I'll go down too.

What are you afraid of going down into? Of sinking into a black hole, a dark cold place of utter despair. Of nothing, horrible nasty nothingness. A void. I'm scared I'll disappear - be nothing, have no one. I'm scared of...

Why don't I like people who are miserable? I also feel that if I'm with someone who's feeling bad, I have to do something to cheer them up. I have to somehow make them feel better. Sort of take their misery away from them. Oh yes, that's it, to take it all away from them. I don't feel like I have to take it all on myself, I just have to magically heal them. Or I have to say things to make them feel better, to cheer them up, and either way it's a huge effort I have to make to be with them, to help them, to bring them out of their gloomy slump. And I don't want to do that. It's too hard.

Why is it too hard? Because I don't know what to do. How can I make them better? How can I stop them feeling bad? I can't. I would have to love them and I can't do that, love them making up for what their parents denied them, but I need love myself. I need it all, and I don't have much, if any, to give to someone else. So I hate being put in the situation where I'm supposed to make them feel better. I have always been the one who's supposed to make the other person feel better. And I don't want to do it any more...

From this point can you see that it is an easy step to now move into speaking about (writing about) how all you feel connects with your early life. It's not part of this exercise, that will come later, however I'll give you an example of it.

... I was always made to do it, always having to make everyone feel good.

Who made you do it? Who made me do it? Mum, she was the main one, but it was all of my family. I was made to make everyone feel good, it wasn't fair, I had to cheer everyone up. It was a huge responsibility, and it was hard to do. Mum would say: 'Go on James, go over and cheer up Uncle Barry, he looks down, go and tell him about the big fish you caught the other weekend with papa.' And I'd have to do it. And it was very hard to do. I didn't know what to say. Uncle Barry probably didn't care about my fish - and it wasn't big anyway, oh I hated it. I didn't want to go near Uncle Barry, he looked so miserable, and I didn't want to feel miserable, I felt so sorry for him. Why was he so miserable? I don't know. (Uncle Barry committed suicide some years later.) Ah I can feel how scared of him I was. I didn't realise I was scared of him, but now I can see I am. I'm scared because I

don't want to be like he is. I don't want to be miserable, I hate feeling miserable, I hate feeling bad. I don't want to be near him and I don't want to be trying to make him feel better.

And then from here I can branch out into such feelings as: feeling angry about being made to do this thing I don't want to do; angry at how mum didn't care about me; angry at how unfair it was - why did I always have to do it. And then guilt, that I was a selfish, mean and a nasty person for not doing it, for not caring about him. And more anger about having been made to feel guilty about something I shouldn't have been made to do in the first place. With all of this being the truth, the reasons why and the causes in me associated with this part of myself, all being shown to me through this train of feeling.

All of the above examples I've only very briefly expressed, just an example. In real life when you are feeling such things, such bad feelings can go on and on, minutes, hours, days, years to express them all. You just keep feeling bad and have to just keep going, preferably talking about all you feel to someone. Of course you won't be able to do it all the time, but work on it when you can. You can always come back to a bad feeling, putting yourself back in it and carrying on. And when it's all done, when you've expressed all you can, then you'll know it for what it is - why you are feeling it, and there simply won't be any more bad feelings.

6. To go a bit further expressing your bad feeling.

For example:

We didn't see the father goose. Mother Cape Barren goose was still sitting on her eggs, but where was he?

Suddenly, I feel bad. I feel scared. Where is father goose, what if something bad has happened to him? He's always standing on guard near the nest, but he's not there.

Describe more of the situation as you express your bad feelings – say why you are feeling bad,

I feel so scared, what if he's been killed, what will she do. It's too much to think about, how will she look after the babies all by herself. She'll be so vulnerable, something bad will happen to her too.

Keep going speaking about all you feel, whilst periodically returning to your original bad feeling, especially if you get stuck, or come to a dead end. And by the way, a dead end is only a block, a barrier, and sometimes more active questioning might help you though it. If not, there is always next time. You can only do so much with each experience, and you'll get plenty of other chances to work on it, and eventually, through it.

I'm scared. I don't want anything to happen to either of them. I hate to think of a dog coming and hurting him, maybe he's lying wounded somewhere, slowly dying in agony. Argh, I can't bear to think about it. It's too much. I hate feeling these feelings, shit I hate them. I feel so wretched, so nervous, so anxious, I feel like I want to race around looking for him. I feel so sick with worry. I have to do something, I can't just sit here in the car driving along worrying about him. I can't bear these feelings,

ah the thought of him lying wounded, it would be so horrible, and then what would happen if I did find him, all the blood and gore, and what if he had a broken wing, what would I do? I've never seen such a thing, only on TV and the movies, but the whole thing scares the shit out of me. I would feel so sorry, so bad for him. He being deprived of being a father, of not being able to look after his wife and children. And them alone, without his protection, so scared, just waiting until a predator gets them, which would only be a matter of time.

Argh, it's all too much, I'm so scared, scared, scared, I AM SCARED. I feel so terrible, so scared, so afraid of what's happened, and what might happen. I just wish he would appear, he's been there every other morning we've driven past, why isn't he there this morning? Where is he? I want to know. I want to know where he is? I want to get out and search for him, but I'm even more scared of what would happen if I found him, all mangled, or half-alive. I'd feel so bad. I couldn't bear it. What would I do? I don't know what would happen to me. I'm petrified. I feel all shaky, I want to jig my legs and wave my arms in the air.

Scared, scared, I'm so scared. I hate feeling scared. I feel all yucky, all spastic with fear, all knotted up with dread. I feel so sick. I feel demented. I feel so bad.

I'm scared, always so fucking scared. I don't want to be scared, but I am, it's how I am, scared, all the time. I AM SCARED. Just fear, always scared, living scared...

Can you see how I'm now combining all of the first three exercises? And there are lots of areas I can branch out from by asking myself or by being asked questions about what I'm saying. So the whole idea is to simply say (or write) what you feel. Nothing more, just move with your feelings wherever they take you and no matter whether there is any reality or rational to them. Just speak or write all you feel.

This is the first half of doing your feeling-healing. Accepting and expressing your feelings. The second half involves longing for the truth of them, so you can ultimately see how they relate back to your early childhood and how your whole life has thus far been conditioned by them.

Wanting to find the truth.

There is lot to the 'Truth'. Perhaps it's not even definable. However it's the whole truth of all you feel that you need to want to uncover.

Really the truth is your feelings, it's what you feel - it's YOU! So if you feel bad, it's true, it's true that you feel bad. And the coming exercises are meant to help you accept this truth, help you to feel the true you: what you are feeling.

When I say to long for the truth of all you're feeling, then this also means, but is not all, longing for the causes, the reasons why you are feeling bad. And the deeper reasons, the real underlying reasons, all stem from your early childhood.

7. Long for the truth of what you feel.

Want to know the truth – all there is about why you are feeling bad.

A longing is a deep yearning, and it really only takes a moment to do. You can't sustain it forever. So on and off through your day, remember to long for the truth of all your feelings. Make it something in your life, a goal: to uncover the truth of every feeling, to want to know the truth of every feeling. This being what will drive your commitment to do your feeling-healing.

If you have difficulty remembering to long for the truth, write a few notes and stick them where you'll see them.

When you are feeling bad, practice longing for the truth of your bad feeling – you don't have to do anything more.

I feel bad... I feel angry. I long to know the truth of why I feel angry. I WANT to know why I feel angry. Why do I feel angry - what is the deeper underlying truth? I REALLY WANT TO KNOW IT! I long with all my heart to know. And even if you think you know why you're feeling bad, still long to know, see, find and uncover the deeper reasons. There will always be deeper reasons as to why you feel bad.

8. Think about doing your feeling-healing.

Ask yourself: do I really want to uncover the truth of all my bad feelings? And how much? Am I prepared to feel all the pain, hurt, anger, misery, guilt etc.? Am I prepared to feel really bad? And potentially, the worst I can consciously remember ever feeling?

Do you understand that it's not a good-feeling thing? It's horrendous, it's having to deal with every bad feeling you've denied since your conception?

And what about other people in your life? How will they cope, are they supportive, do they want to know how bad you feel?

And if there isn't anyone, how do you feel about doing it all on your own without any support?

I know these questions are obvious and you've probably already thought about them, but thinking about it all as you are starting to allow yourself to feel, can shed more light on such things, as well as bring to light more fears and bad feelings. And it helps you to determine if you are serious about using your bad feelings to help you uncover the truth of yourself.

Summary:

9. Allowing yourself to feel bad, and longing for the truth.

Acknowledge, admit, accept, honour and fully own your bad feeling; speak, talk, express, emote all your bad feelings; long for the truth of them.

It's easy to say, hard to do, but it's essential.

When you feel bad, give yourself the time and space to indulge in your bad feeling. To give in to it, to submit to it, to allow it to control you and make you feel all it wants you to feel. And when you're feeling this: long for the truth of why you're feeling it.

And remember, you're going to feel really bad, but it's okay to do so.

10. Putting it all together so far.

An example of all so far. My bad feeling is: I'm afraid I'll be consumed by all my bad feelings.

1. Acknowledging I feel bad. I feel bad. I feel yucky. I don't know what the bad feeling is, but I feel bad. I feel bad. I feel bad. I feel bad. I feel yuk. I feel out of sorts. I feel yuk. I feel bad. I don't feel right and I know it's a bad feeling, but I can't feel what it is. It's... scared, I think I feel scared... yes it's scared - I feel scared. I feel scared. I feel scared. Fear, I'm afraid, that's what it is - I FEEL SCARED.

2. Owning my bad feeling - feeling scared. I feel scared. SCARED. I feel scared - I AM SCARED. Yes, I am scared, really scared. I don't know what of yet, but I feel it - scared. SCARED, SCARED, SCARED. I can feel it all through me, it's inside me all around me, it's ME - I AM SCARED.

3 Describing how the feeling makes me feel - feeling scared. I feel all yukky, really bad, really afraid, like some bad thing is going to happen... going to happen to me. It makes me feel bad in my stomach, knotted up, all yukky, sort of sick but not throw up sick, all churned up inside, and sort of breathy, anxious. Yes, I feel like something bad is going to happen to me, like it's going to take me over. I'm scared of being taken over, consumed with my fear, consumed with all my bad feelings. I'm scared that I'll never feel good, that I'll always feel these yuk bad feelings - that scares the shit out of me. What happens if they never go? What will happen to me. I don't want to always feel so bad.

Feeling scared makes me feel, like I can't cope, or I'm not going to be able to cope. It will all be too much, too overwhelming. I'll freak out and I don't want to be pushed to that extreme, I'm so scared of it, I don't want to be pushed that far. I hate feeling all these bad feelings. Shit they scare me, I'm so afraid of feeling bad, I never want to feel bad - not one bad feeling - NEVER...

Feeling scared makes me feel, all shaky inside. I want to shake me hands, jump up and down. I want to run away, yeah, that's it, to run, and to run as fast as I can. I want to get away from the scary thing - myself, shit, I want to run away from myself, from my own feelings - my own bad feelings. I would never have known that, but it's true. I am scared shitless of myself - I scare myself! And I hate

this, god I hate this, I don't want to scare myself...

How does hating myself make me feel? It makes me feel bad - sad. I don't want to hate myself, I don't want to be afraid of myself. I want to like myself, even love myself. I don't want to hate myself. I feel so bad, so upset about it, that's what they did to me, they made me be afraid of myself. I feel so powerless, what can I do about it - nothing, this is how I am, how I feel, and I'm trapped in this feeling. I want to cry, I want to just cry and cry about feeling so unloved...

How does feeling unloved make me feel? Very bad, the worst feelings. I feel like I want to die, that no one cares about me, no one wants me, I may as well not exist. I don't want to exist. I feel all hollow inside, like I'm just full of nothing. I'm no one, I don't count, I don't matter...

How does feeling unloved make me feel? Sad, very sad, I want to cry and cry forever. I want to curl up in a ball on the ground and cry, then die. I want to die. I want someone to love me. I don't want to feel unloved. I want to be wanted, I want to be cared for. I don't want to cry forever...

How does wanting someone to love me make me feel? Angry that I don't already feel loved. It makes me also feel good that I can want someone to love me, that maybe I'm not that bad, but it makes me feel bad too. I feel so angry that I'm not loved, that I don't feel loved all the way through me. I feel empty, hollow, nothing. I'm angry at feeling so unloved, it's not fair, why do I have not feel loved? ...

How does it not being fair make me feel? ...

4. I'm going further with it. I'm scared my bad feelings are going to consume me. They're going to gobble me up. I don't want to be scared of these parts of myself. How can I do my healing if I'm so scared of my bad feelings? I'm petrified of them taking me over. What if that's all I become - bad feelings? What if I never feel good ever again? It could happen. So many things make me feel bad, I've so rarely felt good in life. I don't want to always feel bad, I don't. I feel like crying, there is nothing I can do, I'm always going to feel scared. I feel so miserable, so alone, no one ever comes to make me feel good. I always feel bad, so many bad feelings, so what will happen to me if they completely take me over, if I'm completely consumed by them? It's too much, I can hardly begin to allow myself to feel how bad I feel - how bad I might feel if I am only bad feelings. I don't want a life like that. I wish I felt good. I don't want to always feel bad. Why do I have to feel bad so much anyway? Am I such a bad person, am I so bad? And even if I am, why am I? What did I do wrong? ...

5. I'm longing for the truth. I want to know the truth of why I'm so scared that I will be consumed by all my bad feelings? That I will just be bad feelings and never any good feelings. Why? Why am I so scared, I really want to know. I want to know with all my being, all my heart and soul - WHY AM I SO AFRAID OF FEELING BAD, THAT MY BAD FEELINGS WILL TAKE ME OVER? WHAT IS IT? WHAT IS IT THAT MY FEAR IS TRYING TO MAKE ME SEE - I REALLY WANT TO KNOW! I LONG TO KNOW. LONG, LONG, LONG.

(and with God) LONG, LONG, LONG - Please God help me to uncover the truth of this fear, of why I'm so scared of being consumed by my bad feelings. Please show me Mother and Father what You want me to see. Please help me bring up all my repressed feelings so I can see the truth of them.

Please help me to see the truth You want me to see. What is it that happened to me to make me be so scared? What did my parents do to me - can You please show me God? I can't do it, I can't see it by myself, I need Your help. I long for You to show me the truth of my fear. LONG, LONG, LONG.

6. I'm thinking about feeling this fear. Do I really want to go deeper into it, do I really want to see the whole rotten truth of what happened to me, how my parents didn't love me - DO I? DO I REALLY? There's going to be a lot of pain. And I do. I want to see it. I want to go the whole way - YES!

7. So now I'm fully allowing myself to feel bad. To feel my fear of my bad feelings consuming me. I'm acknowledging it, accepting that I do feel this way, honouring and owning it. Now I'm ready to keep on speaking about - expressing my bad feelings, and longing for the truth of them. I don't know what will come, but I want it to all come up - all the bad stuff. I want to see more of the truth about my relationship with mum and dad or whomever else it was that made me feel bad and caused this fear in me. I want to go deep into my childhood repression and for all my repressed feelings to come up.

Now it's just a matter of keeping on speaking about all I feel, longing for the truth when I feel to do so, or remember to do it, and see what comes. And in time, the truth will come up in me. And when it comes you know it's the truth - you see and feel it, and there's simply no disputing it. You know you are seeing a new aspect of yourself, seeing something new about yourself. And all you've been seeing makes sense. Another piece of the puzzle falls into place. You know you know yourself a little bit more.

And please understand that these feeling examples of mine I can do now, I couldn't do them at all when I was first starting out. I didn't have a clue about any of this. It was the last thing in my life I was interested in.

The beauty of the feeling-healing process

The beauty of the feeling-healing process is that you can't tell another person how to do it. They have to work it out for themselves. All I say can at best only be suggestions for your to consider. There is no formula or 'ten steps'. There is only you, your feelings, and how you speak about them to uncover the truth of them. And it's all experiential. You don't have to have any level of IQ; you don't have to be intellectually articulate in your self-expression. You can mumble and bumble your way along, like I do, hardly able to put two words together. It doesn't matter, all so long as you just accept what you're feeling, speak about it all in your own way using your own words, whilst longing for the truth. And in time you'll get better at being able to speak truly your feelings - just how you feel you want to express them. In time we are all meant to be able to articulate our self-expression so we can get our needs met through our feelings.

So it's a highly unique and person experience for us, which makes it all the more special. Our whole healing experience is an incredible experience, even though it's so fucking hard. And we're very fortunate to be born into an unloving self-denying state of being (Oh God, as I re-read this, I must have written it on a good-feeling day!). It offers us all incredible experiences. However, it's all very

well my saying this when I'm feeling relatively okay. Next time I feel bad - fuck that! It's the worst thing that could have happened to me! (Now that's more like it!)

11. Difficulties with thoughts and feelings.

Initially I had difficulties with what is a feeling, and is my feeling a true one and not just a thought. Do you really feel it, or is it a thought and so a belief?

You can 'try it on' when you feel a feeling, and see what it feels like. Say to yourself, and say it out loud:

I think I'm angry... Am I angry?

I feel angry... I am angry!

That dog made me angry. Is it that you think you are angry, you believe it made you angry, or did it truly make you angry? Can you feel your anger, can you say, I am angry, ALL THANKS TO THAT DOG! Can you feel the emotion of it within you?

So when you come to express your feelings, be the feeling and speak it out personally, don't just speak about it in a detached impersonal way. Speak with the emotion you feel, speak BEING ANGRY!, speak angrily, let the emotion drive your feeling expression.

Detached and impersonal (mind - thoughts): 'When the dog chased the birds away I felt really angry. I was so angry I wanted to smash it, kill it, I wanted to yell at it, but I couldn't, I'm still too shy, I'd be too embarrassed about making a fool of myself, at looking stupid. And I'd feel scared, what if the person who owned it yelled back at me?'

There is a place for this when you are generally discussing all you feel with your friend, but it's not actually allowing the anger to speak, it's still only doing it all with the mind. And this more detached discussion can lead into other feelings such as feeling scared and embarrassed, which can then be taken on more personally and expressed with the emotion of feeling them.

Personal (feelings - emotions) - 'Fuck off dog! Shit I'm angry! That fucking dog, I want to smash it, I want to kill it, the bloody thing chased the birds off. I'm so angry, why does it always happen to me? As soon as I want to feed the birds a bloody dog comes or something happens to ruin it. Why? Why? Why? I hate it so much when bad things happen to me. I'm so angry, I feel so angry, I want to explode. I want to hit out, bash and yell. And I wish the dog's owner was there as I'd yell and bash them too!'

Both forms of expression are needed, only make sure you DO express them both. And it's the personal expression of your feeling with all the emotion you feel, that will take you down deeper into them so you can uncover their truth. It is the way to heal yourself. The more impersonal discussion helps to shed more light on, and give more understanding to, the truth and overall knowledge of yourself: of your childhood repression, of your relationship with your parents and early carers, and

your whole negative state.

Speaking - expressing

These are some of the things Marion and I do regarding speaking to each other about our feelings, all having been brought to light by Marion. So I'm writing about them assuming you have a friend - someone in your life who is open to you speaking about all your yuk. Someone who wants you to and wants to listen to you.

12. Sharing everything with your friend.

Consider, if you haven't done so already, that you are going to share - EVERYTHING - with your friend. And that means everything. Every thought and feeling no matter how bad it is. No matter how embarrassing, humiliating, or how much guilt you have to confess. All your worries, fears and anxieties. All your hopes, wishes, dreams, fantasies - including sexual. (It's very important not to miss out and put aside the sexual stuff. Make sure you own up to and honour all that sex stuff you're keeping secret and would never have dreamed of telling anyone else. It's ALL got to come out, no matter how embarrassed or humiliated you might feel - the expressing of these sexual feelings is vital!)

And you'll want to consider that as you are full of repressed bad feelings, and if you do seriously want them all to come out so you can see the truth of them, then you're going to be feeling bad a lot, so you'll be speaking a lot to your friend about all your negative stuff. And being so 'negative' all the time, might, as I'm sure you can well imagine, put or bring to your relationship new stresses. What would happen for example if your partner didn't want to be faced with hearing about all your yuk all the time? And what about if he or she said yes they are willing to listen but once you start or after weeks, months, years of endless bad feelings and speaking about them with your lives changing so much and seemingly to fall in on themselves, all so you can keep going with your healing, they say enough is enough and leave, or say you have to stop going on with this - or else!

And consider having to reveal *all your secrets* to your friend. All those things you might have tucked away that you thought would just lie dead in your forgotten past. How would you feel about exposing every little part of yourself? All that stuff you're deeply ashamed of?

Marion and I have talked about every aspect of ourselves. All the strange physical things we've done, all the perverted sexual things I've done - all I did with other girlfriends. All how our other partners were. All the embarrassing not-in-your-life-would-I-tell-anyone-about-that-thing things that have happened to us. You'll have to want to confess all the bad, unloving, nasty things you may have done. It's all going to come up and out. You have to hear yourself saying it all, see how you feel about it all now as you're doing your healing and wanting to know what it was all about. And you have to tell the whole world, as in your friend. It's a complete exposure, laying it all bare, coming right out - coming clean.

And you may want to consider that if you commit fully to your healing your life will never be the

same again - and I don't mean to say that lightly. It is after all you setting out to grow consciously and actively in truth, so you're going to outgrow all that your life currently is, and you'll be taken this way and that, and will give up probably just about all that you are and all that you currently do. It's a HUGE change, but all so you can become your true self coming to understand what your life in the negative has all been about.

What you are really doing is starting out on a new life, or at least a new direction in life. And you'll be gradually giving up your control of your life now, giving over to the control of your soul - and of God. It's a letting go of the wrong false way of life allowing a new way to come in and take its place - a true way. In the end, so I imagine, and so my spirit friends tell me, you will feel born anew, as if you were loved right from the very start.

And you'll find that your relationship with your partner changes as you both grow. And possibly so much so, that you will give up most of what you are and how you are like, as you change and become in a way, different people. As to whether or not you still 'love' each other won't matter so much as the healing of your childhood repression and negative state will be the priority. However love will be there, it will only change and grow along new lines, and at times may not be recognisable.

13. Speak about what you don't like.

Some of us have been heavily conditioned to not speak about the bad or negative things. To even say 'I don't like that' is difficult. And to say 'I hate it', is a big no no. Some people have been prevented from being critical, they always have to say 'nice' things to other people or even about themselves. Or you can criticise yourself but not another person, or the other way around - dump it on everyone else out there but be your own friend.

And if you're American, the whole sickly and extremely superficial and false pretentious 'be all-loving' behaviour by saying 'nice' words to each other, would be, I'd imagine, a huge barrier to drop. And will need to be 'dropped', like any falseness, not by using one's mind, but by expressing one's feelings. By finding out the truth of why you were made to be like that by your parents - all through your bad feelings.

During our healing Marion had no qualms about and no difficulty in saying I hate you, and I hate you doing that thing. I couldn't bring myself to say such things for many years. I still have difficulty. I fear that she will leave me, or she will be enraged. If I say I hate that new dress she bought at the opportunity shop, I dread her explosive rage at my daring to say a bad word about her. However Marion isn't like that, she doesn't explode at such things, whereas my mother did. All I could do was act believing unconsciously that Marion was mum, transferring all my yuk and fear of what mum's reaction would be, unfairly onto her. I always had to say the 'right thing' and be the 'gallant one' never saying 'god you stink', or, 'no way, that's so ugly on you - yuk!'. But it's all got to come out, all the things you might have wanted to say when you were young but weren't allowed to.

Some people have been taught it's bad to be judgemental of others. They might rage at those people who are always judging others. And yet often the reasons for this rage are because deep down underneath all they wish, want and desperately desire, is to judge everyone and everything, being

completely envious of those people who can. To just for once cut loose and say that person's a ... 'God look at how fat she is, and how can she wear those tight pants with all her rolls of FAT hanging out for everyone to see - SHE'S DISGUSTING! YUK! She should be banned from life, burnt at the stake for making us have to bear such a gross sight.'

It's all about breaking down all the bullshit 'manners' you've been parented to have in life. All the things that restrict your natural feelings about things. Things which as children you'd have been told off and possibly punished for saying. And yet had you been allowed to freely express all you felt as you were growing up, part of it all would have been your becoming naturally accepting of yourself and others. And in the end none of it would matter. So many things - 'bad things' - Marion and I have said (and have been surprised we've said or even thought of them), once having been expressed, fade away into nothing without us given them further consideration, and without them making us angry anymore.

My parents said no, you can't say that, that's being mean. Then I'd hear another child saying it and not getting told off. This would make me angry with the child because they were wrong - they being not as my parents said everyone - me - is to be. And yet also I'd feel envious of it for being able to say such a thing and not getting into trouble, adding more anger at my parents for not allowing me to be so free. So there are many levels to be felt, brought out, expressed, and the truth of what's really going on, seen.

And because we've all had the world stuffed in our face, so many movies, so much television, and now all the Internet stuff, when we were little, we've heard people say things and behave in ways that if we did our parents would have freaked, and yet these other fantasy people on the screen did; and not only did, but also got away with it, often being praised for doing so. So we desperately want the same attention, we want to be as free as these people, and even though it all might be fantasy, we still know someone somewhere will be saying these things and behaving this way - and we want to too! So all the hidden secrets, all we've dreamed of doing and saying, has to come out - and it will.

The other part of allowing yourself to be critical and judgemental is getting to know what you really do like and dislike. And Marion and I have been surprised to find out what we truly do and don't like. Again for Marion this has been relatively easy although for somethings like her clothes it's taken years for her to work out. For me I thought I knew why I did or didn't like things until pressed to explain why, and then often it was simply because we had it, or did it, or believed it was good and right or bad when I was little. Really I didn't have any personal idea or feeling about it, and so being critical and judgemental to find out wasn't part of my pattern, I just put up with it or accepted that it was all I could have - end of story. It never even occurred to me to think about whether or not I really liked or wanted it.

14. Speak about what you wish for.

Don't be afraid to make your wish list and voice it, even if it all seems too impossible. And you don't do this as a positive affirmation thing, trying to 'put it out there' hoping the 'universe' will grant your wish. It's just another part of you allowing yourself to be free. So often during our early childhood we were stopped from having what we wanted, even when it seemed there was no good reason why

we couldn't have such things. And often we gave up. We stopped wanting or wishing.

The doing of your healing will see to it that you get what you need, and that won't necessarily be what you want. It's all soul driven, so if you need something for a specific experience you'll have it, and your soul knows best. We can want and believe and think we need all sorts of things, and sometimes our getting of such things might coincide with what our soul knows we need, so it seems like we are the masters of our destiny, but it's all a mind fantasy. We actually have no say in it.

The further you go in your healing, naturally your wishes and wants will simply be yet more feelings to express, and you will, like every other feeling, want, and so long for, the truth of why you have them.

Remember, it's all about and designed to bring you out, all the different aspects of your personality, all so you are fully expressed and expressive in Creation. So the more you can speak about yourself and what you feel and think, the better - it can never be too much.

15. Making time to speak about your bad feelings.

There is always a time and place to speak about feeling bad, and the sooner you can do it the better. Of course some situations aren't conducive, but if it's just you and your friend, then you will want to make it a priority that **WHENEVER** a bad feeling surfaces, no matter how small or insignificant it might be (that is how insignificant you might think it is because no bad feeling is ever insignificant), you stop what you're doing, giving full focus to it and each other as you speak about it.

You may want to consider: Speaking the instant you feel bad; making time to speak about your bad feelings; thinking about listening and being prepared to listen any time to your partner; stopping what you are doing and paying attention - how does this make you feel giving up what you want to do, and do you feel interrupted, controlled and dominated by the other person; and how good a listener are you.

One of the helpful things Marion suggested we do, was to speak up and say as soon as we detected we were feeling bad: 'I have a bad feeling I need to talk about'. This being considerate of the other person instead of just interrupting them, giving them time to gather themselves, to stop what they are doing and see how they are feeling, and to see what they want to do. They might feel they don't want to listen, at least not then and there. You may think you'd always be open and willing to listen to your partner, but you may also find that after weeks of your partner speaking on and on about the same bad feeling, seeming to get nowhere with it, that it starts to drive you mad, and listening to them is the last thing you want to do. And then you have a bad feeling you can speak about. Currently Marion and I just speak about our bad feelings, wanting to make this the priority in our lives. We don't need to 'prepare' the other person, giving them time to get ready to listen.

16. Speak for yourself.

Speaking out loud is doing so for yourself - so you can hear yourself. And it's important to do so. You were stopped from saying so much when little, so these parts of yourself, what you might have said, are still unsaid and so you still don't know them. The whole point to speaking out loud all your feelings is for you to get to know yourself. And it's surprising how often you will hear yourself say things that are totally new to you. And in the speaking of your bad feelings it can help you 'hear' who the words really belong to. It's incredible how much we copy and absorb from our parents. And eventually all you say will be you - the original you, no longer a clone, all being driven from your own feelings.

Also the speaking out loud is to gain self-acceptance. As your partner accepts you for what you say, then so too can you accept yourself. Your parents damaged you greatly by not accepting all you said. So you might unconsciously believe that a lot of what you want to say is wrong to say, that it's not wanted, is not acceptable, and so wouldn't dare saying such things.

So it's important to see the impact your words have on another person. And being close to your partner or friend, hearing their feedback and seeing their reactions, soon helps you work out what is right and acceptable all based on feelings. We've all been controlled and told what's right and wrong based on what minds believe, and often with little based on feelings, and all of that has to change.

Some people think they are good talkers but when it comes to speaking about their feelings, the personal stuff, showing who they really are, can't say much at all. And all that's hidden, all the bad feeling - the anger and resentment at not being allowed to express yourself personally by speaking, has to be brought up and out into the open.

Speaking about our feelings is the most important thing we can do in our lives. Everything else is only the forum or stimulus to help us feel. And nothing else, as you will see, really matters.

17. Don't rationalise or justify your feelings away.

Keep your mind out of it. Don't say, 'oh it doesn't matter, it can't do any harm' - express all your fears of the harm you fear it may do. Don't edit yourself, shutting off your feelings. Bring them all up and out. Try and be negative, don't always 'look on the bright side'. Try to be depressive, miserable, sad, bored, allowing yourself to go this way (with the 'bad' words) if it's what you truly feel. Don't say, 'it's all right, nothing to worry about, it will soon be over', do the opposite, worry about it as much as you can. IT'S NOT ALL RIGHT, IF IT WERE, YOU WOULDN'T BE HAVING SUCH BAD FEELINGS - SUCH WORRIES! Speak about your worries as much as you can. And if you say such feeling-dismissive things - which you can't help doing, then long to see the truth of why you are saying them. See if you can feel why you are trying to deny the 'bad stuff' stopping it from existing and having its say. Worries, fears, anxiety are good if they are in you. They are in you for valid reasons, all of which you can find out.

And allow your friend to have their bad feelings. Don't try to solve the problem taking them away from them. Their feelings are theirs and not for you to do anything with. If they drive you mad, enrage you, then these are your bad feelings you can go with.

Stay on your side of the fence. Try not to cross over telling the other person what to do or how they should be. This is very important, and I'll write more about it further on.

18. Don't worry about the tenses.

In an earlier exercise, I wrote I was feeling:

... I didn't want to go near Uncle Barry, he looked too miserable, and I didn't want to feel miserable, I felt so sorry for him. Why was he so miserable? I don't know. Argh! I can feel how scared of him I was. I didn't realise I was scared of him, but now I can see I am. I'm terrified of him. I don't like being with him. I don't want to talk to him when I can see he's feeling so bad. Normally I do like him, I like him a lot, but not when he's like this. I'm scared because I don't want to be like he is. I don't want to be miserable, I hate feeling miserable, I hate feeling bad. I don't want to be near him and I don't want to be trying to make him feel better...

As you can see in the above unlined section, I've switched tense, from speaking about Uncle Barry in the past to speaking about him as if I'm back with him in the present. And it's not just my lousy grasp and understanding of English, it's something that I find happens to me frequently when I'm moving deeper into my feelings. Starting as myself now as the adult my feeling-focus becomes so real that I can all but remember and feel like I'm back in my early childhood. I can't so much see the picture, the situation, but I feel to speak as if I'm back there and being the child is my present reality.

Sometimes I switch in and out of the past and present all helping me to link the two - me the child and me the adult. I don't do it, or try to do it on purpose, it's just something that happens. And it probably only happens as a result of something else within me that's not right.

I'm including it as something to consider only as an example of many of the strange things that have happened to me whilst expressing my feelings. So I advise you to just go with them and see what happens to you. As always: what it feels like - how it makes you feel.

More on feelings

19. There are times to be general and times to be specific about your feelings.

Generally it's better to be as specific as you can, but often you can't. Marion and I spend a lot of time saying we just feel bad. Bad, bad, bad. And we try to be more specific about it: I feel down, low on energy, miserable, sad, depressed, useless, but nothing we say seems to connect with the true feeling of bad. And so it's a matter of keeping on going. Giving up if we can't go any further, coming back to it if we still feel bad, and generally fishing around trying to match the word, to connect with it.

And then there are times when there are simply no words to describe and help verbalise our feeling, and we moan or groan, we emote the bad feeling, we just say it's bad with all the bad emotion we feel. And we keep going saying it for as long we can. And for me that's usually not very long as I get

bored with the bloody feeling and wish it would go away, whereas for Marion she can go on for days coming and going or express just one long bbbbaaaaaadddd feeling.

20. How bad do you feel?

As a part of your ongoing expressing of your bad feelings, by trying to paint a picture as to how you feel - how they are making you feel, it helps to try and describe how bad you feel. Is it a little, average or a lot. I'm pissed off. I'm really pissed off. I FUCKING PISSED OFF! Describe it intellectually or simply emote it in your voice - say it softly or yell it out true to how you're feeling it. I feel very miserable, really miserable, the worst I've felt. I feel miserable, miserable, my usual bad feeling miserable. I feel EXTREMELY miserable.

And don't be afraid to say that you do feel extremely bad. For a long time I didn't feel I was worthy of saying I felt really bad. Marion was worthy because it was obvious from her childhood that she was treated appallingly and so it was right she felt really bad. She was hit and constantly yelled at being told she was worthless, so all she could feel was extremely bad. But for me, although I was yelled at and occasionally smacked on my bum, I didn't think I felt too bad. I'd blocked off my bad feelings, shut them away pretending to myself that things weren't that bad, and especially compared to people like Marion and all she suffered. For a long time through the early years of my healing I thought I didn't have any right to feel really bad. That I even had it easy. Marion was openly abused, she tried to kill herself, I was never treated *that* bad.

But gradually as I accepted my bad feelings, a part of my self-acceptance was to understand, and then acknowledge, that for me it was bad, extremely bad. And that I couldn't and shouldn't compare myself with what Marion went through. My early life was extremely bad for me, just as abusive as Marion's only in a different way. When you feel very rejected and unloved no matter what the exterior environment might seem like, you feel very bad, you feel like your existence is being threatened. And so gradually I understood, and did feel, that I did feel like this when I felt so unloved. And I further understood that I could even feel this bad when my parents were supposedly saying nice, kind and loving words to me. That the actual words meant nothing, it was the underlying intent, and that was what my feelings were helping me feel and showing me. And for any intent to be unloving gives rise to extremely bad feelings.

Each of us has to uncover the truth of our feelings - and so what we feel, including the intensity of those feelings - for themselves. And it's all relative to our own experiences. Marion's upbringing was very emotionally, mentally, spiritually and physically harsh, whereas mine didn't include the physical part and mostly I was told I was okay, good and even superior to other people, whereas she was told the opposite. And yet emotionally I was crippled through my parents simply not wanting to have a personal relationship with me. And this, so I've discovered, has been extreme. Marion's parents wanted to have a very personal relationship with her, only it was all unloving and negative.

21. It's okay and good to have mixed and contradictory feelings.

I hate it and I love it. It makes me feel bad because of... and yet it also makes me feel good... I hate

all dogs because they chase the birds away; but I also like all dogs because they are creatures, and in the right environment I don't hate them. I wish all dogs would be killed so the birds would never have to feel scared; I don't care if everyone has a dog if that's what they want. I want to do it; and yet I also don't want to do it. I hate doing it, I'm NEVER going to do it... I'll do it now. I like it a bit, but not too much, and yet not too little, it's hard to say...

I was taught you had to be very definite about everything in life. You either did want to do it or you didn't, there was no changing your mind a million times driving everyone - my mother and grandmother - mad. So I believed if I hated something I could only hate it. I couldn't also love it. It was a sign of weakness to not stay always true to your feeling and NEVER change it. all at the expense of other feelings. 'People need to know where you're coming from James, if you keep changing your mind it shows weakness of character.' 'Yes Gran, whatever you say.'

'I like that part, but I hate that part. I don't know what I like.' As a part of our getting to know our true selves through our feelings and their expression, we need to find out what we do and don't like, what we do really think and feel about everything, all based on our feelings - on our truth. And as we grow in truth the more we get to know what we do and don't like, what we do and don't want.

22. I don't know.

It's not a crime to admit you don't know. It's far better to say you don't know than to pretend you do making up something, or assuming things, all of which amounts to lying.

I was forced to know: 'Where's your brother? What's he doing?', and yet I didn't want to be always keeping track of him, so I made the answers up and she never checked. So I still make them up, only Marion follows through and I get caught out having to finally own up and admit I don't know. I have to relinquish the false power I believed I had over mum and within my family by knowing. I have to be 'stupid' and 'dumb' by saying: 'I don't know'.

And I've had to express many times how much I hate feeling stupid, how scared of being called stupid I am; and what horrible feelings feeling stupid makes me feel.

23. Remember to express physical feelings as well, not just emotional ones.

Ow, ow, ow, I've got knots, very sore knots in my neck, ow, ow, ow, sore neck, sore, knots, I've got knots in my neck that are sore - hurting, they are hurting me. Ow, ow, ow, knots, I have knots in my shoulders and in my neck, my head hurts, my head hurts, ow, ow, ow...

Headache, I've got a headache, my head hurts, right across the front it's a stabbing pain, my head hurts, ow, ow, now it's worse, my headache's worse, my headache's worse, ow, pain, pain, more pain, deeper pain, more intense pain, I've got a bad headache, pain, pain, ow, ow, ow...

Marion took tablets daily to keep her headaches away. Now instead she expresses the pain - no more

tablets. And sometimes they go, other times they stay - yet all the time she keeps saying how bad they make her feel.

24. Working yourself deeper into your feelings: how does what you feel, make you feel?

(NB: Some exercises are similar or I have repeated them, as they repeatedly came up through the six months - and still do!)

Having identified, accepted, expressed and longed for the truth of your bad feeling, now go back asking yourself: How does feeling this bad feeling make me feel?

I feel scared - how does feeling scared make you feel?

I feel anxious - how does feeling anxious make you feel?

I feel sore having knots in my shoulders and neck, ow, ow - how does having the knots make you feel?

I'm angry about the seagull eating all Bill's (the Ibis) food - how does feeling angry about the seagull make me feel? It makes me feel powerless, I can't do anything to stop it. I can only watch helpless, I feel inadequate. I can't flap him away or I'll scare Bill off. I can't do anything.

How does feeling powerless, inadequate and useless make me feel? I feel so pathetic, I can't control my life, I don't have any say in it. I'm a wimp. I'm of no account. I can't make things how I want them to be.

How does feeling like a wimp and of no account make me feel? I feel even more powerless, more useless and I feel angry that I am so weak, so pathetic, so useless. I feel angry that I have no say, that I'm ineffective in my own life, that I can't stop the bad thing from happening.

And so on... there's always more to express. And you keep going if you can until you can't say anymore. Always trying to work yourself deeper into your feelings. And then when deep into it, longing for the truth all the way, doors should open naturally to your early childhood enabling you to link up and connect back with it.

25. Ask yourself and your friend.

There may be appropriate times to ask questions like:

How do I feel? I feel ...

How does that make me feel?

How does that make you feel?

Why did you say that?

Why did you do that?

Why did I do that?
What was that for?
What does this bad feeling make you feel like doing?
What do you wish would happen?
What's the worst thing that you can think of happening?
Can you speak about it some more?
Have you finished saying all you wanted to?
Can you tell me more about it?
Can you go back to the beginning and start again telling me what you felt?
What are you scared of?
Does it make you feel scared?
Can you keep going, saying more?
Does it make you feel angry?
Can you tell me how you're feeling?
Why can't you speak about it?
Why can't you tell me what you feel?
Do you feel blocked up?
How does feeling blocked up make you feel?
What do you want to do?
If you were free to do whatever you'd like to do, what would that be?
Why can't you do it?
Can you tell me what happened, tell me all the bits, tell me all about it? I want to know.
Can you tell me about your feelings in it, not just all the non-feeling parts?
Can you tell me why you said and did that?
Can you tell me why you didn't do or say that?
What was going on inside you? What is going on inside you?
Do you think there are feelings you're not aware of, not expressing?

And so on ...

26. Try it on.

Imagine a bad feeling and see if what you're feeling fits with it. This is a good exercise if you can't define your bad feeling - if you don't know what it is other than just feeling bad, strange, not right or yuk - and when you simply don't know what you're feeling.

Ask yourself, and imagine if you feel this way based on remembering how such feelings and emotions have made you feel in the past:

Am I angry? Do I feel angry? Is it anger I'm feeling?
Misery - do I feel miserable? Am I miserable?
Fear - is it fear, do I feel scared? Am I scared?
Powerless?
Guilt?
Stupid?

Humiliated?
Sad?
Pathetic?
Inept?

And so on. Run through the list of bad feelings you have become aware of through your feeling-healing.

27. Yes, it's right you feel bad.

One of the good things you as a friend can do is say: yes, that's right what you are feeling.

Of course it's not good that you are feeling bad, but it is good that you are owning up to it, admitting and accepting you are feeling that way. And speaking about it.

And we need a friend to help support us in this. We needed our parents but they failed us, so now we can get help from someone else. And with outside help we are able to help ourselves.

Marion says: 'I feel vile...'. And I can sympathise with her feeling so bad, and also say: Yes, it's good, you saying this is how you feel. If this is what she feels about herself then it's right she says it's how she feels, going against what most of us have been trained to do. She is bringing yet more of her unloved yuk self out and not pretending she doesn't feel this way.

And it feels good to have a friend say: Yes, that's right, what you are feeling is vile. It's right you feel vile, you should be feeling it, because IT IS WHAT YOU ARE FEELING! IT IS HOW YOU WERE MADE TO FEEL ABOUT YOURSELF. IT IS HOW YOUR PARENTS MADE YOU FEEL.

28. Is what you said patronising - superior behaviour?

You may have to rely on what your friend feels, how you make them feel, to give you an indication about this. As I'm sure you're aware, some families cause their children to grow up feeling very superior to other people, and such families can be rich or poor. It's a way of being in the family and it's hard to see outside of it, to see if indeed you may be a controlling patronising sort of person. That is, if you've been made to be this way. And if you are, your behaviour and how you treat your friend, provided they don't behave in the same way, will invariably make them feel bad, especially when you think or believe how you are treating them or another person is being good, nice, kind and loving, and they should be feeling good.

'There, there, you'll be all right, it's not that bad...' So many people are very patronising to their little children. They are the superior ones, they know what's right, the child is an idiot, stupid, it doesn't know anything yet, so they tell it it's all right, that it's not feeling bad, that everything is all right, when clearly to the little person, it's not all right. And they should be left alone and free to express all they feel.

29. Keep going.

Keep speaking about how bad you feel even if nothing comes of it. If no truth comes up in you, still keep going. Keep speaking about how bad you feel for as long as you feel bad - at least try to. The more you can say the better - you can never say enough. There are mountains of bad feelings repressed inside you and they've all got to come out. And the bad things will keep happening giving you the opportunities to speak about them.

And if you can't keep going, speak about why you can't and how you feel about this.

30. Don't fish for truth.

Don't look for the truth. Don't say: 'it must be...'; or, things like, 'I think that happened because...', the reasons don't matter why things happen. They happen and it's the feelings they make you feel that are important.

Allow the truth to come of its own accord, and in its own time. Don't be tempted to go fishing around in your memories trying to fit a bad feeling or current situation to them. You'll only screw up things for yourself if you do this. False memory syndrome is all a part of this. It's very easy to make things up in your mind.

Your feeling-healing has little to do with your mind, it's all about feelings. If you keep on speaking about all you feel and longing for the truth of such feelings, the truth will come. And when it does you will know it's the truth. It will all make sense, it will feel right and everything will slot into place. Often things you've been working through for days will suddenly all come together as the truth dawns in you. And it does dawn.

It wells up into your consciousness, sometimes in a flash of insight and understanding, sometimes gradually. And sometimes it can take a lot of working things out based on what you feel, and it's good to have your friend participating in it all with you as often it's what your friend says that stimulates you to think differently, to go down a different track and so suddenly see things in a different light.

The whole beauty of the process is it's self-revealing. You reveal all you (your soul) need to know in each experience through and from your feelings. You don't have to hunt for it, you only have to ALWAYS SPEAK ABOUT ALL YOU FEEL. AND LONG FOR THE TRUTH OF SUCH FEELINGS. The truth will take care of itself.

And if you feel the truth is not coming and you're not getting anywhere, and your mind is interfering too much, then... how does this make you feel? You have yet more bad feelings to speak about and long for the truth of.

The truth, as you will discover, unfolds painting a picture of your life in the negative, of your unloving relationship with your parents and carers. It's absolutely incredible how it all comes and all makes sense. And it keeps coming and you wonder how much more is there to see, and it keeps coming and there is always more. It's never ending. Your healing will end but your growth of truth will never end. And for the rest of eternity you will have this foundation of truth about the negative from which you'll be growing and expanding on.

And when the truth comes then you are free. You may or may not feel free, however your healing will have taken place. And even though the same old shitty patterns might keep coming around again and again bringing with them the same old bad feelings, still, each time you go around the acceptance and expression circuit, more truth will come and you'll be let into seeing it all - seeing yourself - from yet another angle.

And although all your bad feelings will ultimately lead you back into your forming years, don't be in a hurry to get there. Allow it to come in its own time. There may be a lot of preparatory work for you to do and truth to see before your childhood stuff starts to come up. And this will all help you be able to deal with the pain and trauma of what you will feel and see when it does start to rise up. Conceivably it could be years before you start to get into your early childhood stuff. But then again, it may happen straight away.

It took years for me to get to a point in being able to accept and realise through my feelings that I didn't feel loved by mum, dad and Gran. Then it took me a year or two to accept this to a point of it then taking me deep into my feelings of feeling unloved. It's all a gradual process because there's a lot of power, a lot of pain in it all, and too much too fast will only add to your trauma and bad-feeling condition. The whole process is governed and controlled by your soul, which has your best interests at heart. So the more you can just rely on your feelings to guide and take you along it will all steadily unfold in the way that is perfect for you.

And there is only one way you can grow in truth, and that's your way. There isn't another way, and your way is unique to you. So if you compare yourself with another person and that makes you feel bad, then there's more bad feelings for you to go with.

Another relevant point about the truth is, when I say you feel like you give up as you submit to your feelings and express them, what really happens is you bring up the repressed energy of the feelings - the feelings themselves - and as you speak it out, the energy leaves you, and that is actually the giving up. We don't have to 'give up' anything as such, it's more that we feel freer, liberated from the control the negative pattern had over us. And often the result is you may feel like you have given something up, or want to stop doing something you've been doing.

31. Keep focused in the present.

It's bad feelings in the present - NOW - you are feeling, so keep expressing them. Long for the truth whilst you are speaking about all you feel about what's making you feel bad NOW. Don't worry about how this might link up with or be representative of your past. Don't try and go back into the

past comparing how you feel now with how you may have felt back then. All of this only allows your mind to gain its control back over your feelings.

When it's time for the past to come up and into the present, it will of its own accord. You'll suddenly connect with it, you'll suddenly see how what you're feeling now relates to something that happened to you back then, or to something your parents said to you, or how they treated you.

It's very tempting, particularly when you're stuck and no more bad feelings want to come up and you're not getting anywhere, and you're feeling really bad, to say or think: how does this relate to my early childhood?

Most things that do make you feel bad - the essence of the feeling - did happen to you when you were little. The same situation didn't necessarily occur, but the same feeling-experience did, however it's very hard to see the connection.

What I mean by the connection is, if you feel angry now, you can use this anger by expressing it and longing for the truth of it, to connect with anger back during your childhood. And in a way the experience now is the same feeling-wise with what happened to you then, therefore allowing you to connect with it. And often, although very difficult to see until the truth comes, many elements of the current situation that are making you feel angry will be the same elements that made you angry back then, only with different faces to those elements. Sometimes I imagine it as this: The experience happens to me now making me angry. I get in the 'angry elevator' and descend by expressing by expressing my anger, to some level back in my early childhood that in some way (my soul controlling it all) matches my current state. I get off the elevator and I'm back as I was when young, free to now express the anger I felt then but was stopped from doing so. Really I have no idea how it works and I'm constantly surprised that it does.

So don't try for the connection with your past. It will come if it's meant to, you don't have to do anything.

The present is the past and vice versa, really time is irrelevant so far as the soul is concerned. And the only thing that we can connect with between the past and present is our feelings. Our feelings have always been the same even though when we were forming we weren't in a position with our mental and emotional systems to feel them as we do now. However in our experience we felt them, and our soul knows and 'remembers' what we felt. And through the truth we will know. We will know as an adult exactly all we felt right from our first moment of conception. And we need to know. But we need to know when we are ready for it, so we keep focused in the present because that is where our present reality is.

How expressing bad feelings leads you into your early childhood.

Although I speak about the importance of staying focused in the present expressing all you feel now, still the aim of all this work is to take you back into your early childhood so you can uncover the truth of what went on - what happened to you. And by seeing it, heal yourself of all your pain and repressed bad feelings.

Marion is much better at staying absolutely focused in the present than I am. She simply keeps speaking about all she feels, and then what she says she feels, is how it was for her, how she felt back when she was young. I don't know exactly what goes on in her mind, and it's different each time she's expressing more bad feelings, but basically her expressing over the years has simply allowed her to be, simultaneously as it were: the child she was and the adult she is.

So she might be saying to me, 'I hate how you did that, how you treated me that way, you didn't consider me when you put my book over there, it gives me the feeling you weren't even aware of me, that it's just you in your world shutting me out...' And then having said it all, she will talk about it saying it was *of course* not me she was speaking to, but really her parents. So she is aware that all she is saying now that's making her feel bad is all really what was going on when she was little. And it's taken me a long time to realise that much of what she says to me or about other people or anything in our life now, when she's full-on into expressing all her yuk, is really her saying it all about her young life, and saying it to her parents or speaking about how they made her feel. She views it that EVERYTHING she is doing now that triggers her bad feelings, and EVERYTHING that happens to her making her feel bad, IS really ONLY happening so she can feel how she felt when she was young. And slowly as she speaks about it all, the picture has evolved to show us both just what it was like for her back then.

As for myself, in the beginning I needed Marion's help to keep me focused on my feelings and to stay with them. To do nothing more. To just keep speaking about (trying to) how I felt. Mostly I'd be able to go a little bit and nothing, blank, no more to say. And she'd have to prod me and ask me questions trying to get me to react and move a little further.

Gradually as I became more familiar with my bad feelings, I was able to acknowledge them sooner and even start speaking about them myself. And I've got progressively better at this. And then as my confidence grew I was able to keep focused in the present whilst at the same time long for the truth of how they related to my early life, what they were trying to show me. And I'd sort of scan my early life with my feelings and memories, pictures, words, impressions, a sense of knowing, would come into my mind helping me to link up the present with the past. However, by the time I was able to do this, I'd also become aware of when my mind wanted to jump in making things up, and was able to keep it out of it. If I scanned and nothing came I didn't force it. I'd stop, long for the truth again, and leave it be. And then mostly something would come helping me go on.

Now, as soon as I start expressing my bad feelings I see instantly how they relate to me when I was young, and to the specific person who made me feel bad. I might for example, suddenly, and seemingly for no reason at all, feel bad (angry) about seeing the dirty tea-bags of Marion's in the little bin we keep on the bench near the kettle. I've never felt angry about them before. And as soon as I start to say, 'I hate all your tea bags lying here in the bin...', the picture would flash into my mind reminding me of the great pile of tea-bags mum used to leave in a saucer on the bench in the kitchen. And I'd feel really angry about them being there all yukky and dribbly. And then as I would tell Marion about these bad feelings, I'd long for the truth of why I now hate mums used tea-bags when at home I don't ever remember being angry with them. And the truth instantly comes up in me, and I know that today I'm hating them and I'm angry with her for leaving them there, because she always got angry with me when I was little for leaving things around that she considered to be messy and untidy and yet here she is with a great pile of messy and untidy tea-bags. So fuck her, I am really pissed off that she treated me that way, it's all right for her to be as messy as she wants, but she yells

at me making me feel very bad when I do anything she thinks is messy. And so it's the same old story, double standards: she can have life however she wants it, but she doesn't allow me to have it how I want it. I have to not only put my life aside, but change myself into being how she says I have to be. So all thanks to the tea-bags I'm able to speak more about how angry and really pissed off with mum I am for treating me this way. Which in turn helps me to further understand my unloving relationship with her, and also it helps to bring up some more of my repressed anger, all of which is my slow ongoing healing of my childhood repression and negative state.

So really it's a matter of finding your way in it all as you express your bad feelings. And if you feel like trying to 'look' into your past using your current bad feelings, by all means do so. We can only do what we feel. And we have to try all sorts of things seeing what we feel about them. And as I've said, these healing points of mine are only things for you to consider, they are not rules. You may or may not find them helpful. However, overall I hope they give you something of an idea of what is involved in your healing and how you might be able to go about doing it.

Another aspect of Marion's and my healing that I haven't said much about is our endless discussion (which we both love doing) of all we feel and the truth that comes as a result of our feeling-expression. For hours we might talk about one or lots of things, discussing all the aspects of our experiences, all which may in turn inspire more bad feelings, serving to increase our understanding about life and ourselves in it, whilst also setting us up for the bad feelings that are still to come.

Overall we are expanding our conscious awareness - growing in truth - about ourselves, and this is the great part of it all. And as we discuss life, our thoughts, feelings, beliefs, behaviours; our family and it's members, our past relationships; our experiences with nature and God - everything that comes up in us, it all goes into helping us grow, all with our feelings leading the way.

32. Argue.

Be prepared to battle it out. If you're are like me, raising your voice in anger was out of the question, and especially at your partner. It took me years and lots of encouragement from Marion to loose my temper, to yell and curse her. And even more years to lash out and hit the wall and stomp my feet in rage.

It's not about having a 'nice' and 'loving' relationship with your partner, it's about allowing yourself to express your bad feelings. Too much of the 'American way' is to 'be nice' to 'have a nice day' and all that shit. It's all nonsense, fantasy, contrived bullshit that only lulls you into a false way of being, in which we're all 'nice' and 'friendly' to each other. And yet the insincerity of it all stands out a mile. It's all so false, and if anything is good about it, it helps you to get very angry. And instead of abusing the check-out girl, or the false shop assistant, express it all to your partner.

Be prepared to say: 'I DON'T LOVE YOU, I HATE YOU'. And saying it doesn't mean it has to be the end of the world or the end of your relationship. Marion and I went for years telling each other that, dumping all our anger, hatred and frustration out on each other, which was all really at our parents; all those awful things we've always wanted to say but weren't allowed to. We ripped into

each other ripping each other down, and we're still together and our relationship is the better for it, especially now all that rage is out of us.

Be prepared to say, and to hear your partner saying: You don't love me, you hate me! Saying or hearing such things can threaten the partnership big time. It's not what you're supposed to say to each other when you are meant to love one another. However in many ways your healing-partnership will feel more like a working relationship than anything else, so get on with it and go for it.

We have to want to be true, to live true: true to our feelings - true to ourselves, and so true to our relationships. Any falseness is part of the negative state, and we're all riddled with it. We are taught that it's bad to not fit in; to not fit in with all the bullshit, and we don't want to be left out of things. Here in Australia the young people are sounding more and more American. When you hear them speaking with false America accents, not even a real American one, TV and movie ones, it makes you feel sorry for them. Yet more layers of falseness they don't even know they are buying into, and it's all too late.

So dump the false niceness and go for it. Be as mean, angry and nasty as you feel. Be as selfish, self-centred; be the horrible feelings you are feeling, and get them all out.

And remember, it's all about only EXPRESSING YOUR FEELINGS. And although this can apply to physically expressing them as well, use your common sense. Don't go around punching everyone in the face because you're angry with them and are expressing your feelings. SPEAK ABOUT YOUR ANGER AND WHAT IT MAKES YOU FEEL LIKE YOU WANT TO DO. You don't have to involve another person physically in it.

Thousands of times I've wanted to kill mum and Gran. They'd be dead many times over were I to literally carry out all I've felt. Let alone all the torture I'd have subjected them too first. Flaying them alive, burning them at the stake, ripping them apart, cutting them up into little pieces, wanting them to suffer as much as they have made me suffer. And yet I haven't said one word to them or physically seen them in years. But I have said how I've felt and why to Marion.

There will be those times when it all gets too much and you act or react without any self-control. And from what I've experienced during those times, it's all still amazingly worked out for the good of all concerned. And such times have helped me enormously. They've smashed my resistance and negative patterns apart. And when you're in it, you're just in it, feelings driving you, and mostly it feels really good to let loose.

33. Be prepared to hate yourself.

You may already do so, it might be familiar ground, but for those people like me who were taught and told we loved ourselves, to uncover the truth and corresponding feelings that you don't, that you hate yourself, is shocking.

In many ways, so much of the healing process, is of itself, traumatising. But then you have to remember that so much of your early life was lived in a traumatised state. And the liberating of your

bad feelings is horrendous.

Feeling self-hate means you are feeling the hatred you felt from your parents. They hated you and so you hate yourself. A little child doesn't naturally hate itself, it has to be made to feel that way about itself. And when it's being done to you by your very own parents - where is all that love! And it's devastating to feel unloved by your mother and father. There is nothing as bad. And it is so crippling, debilitating and annihilating of any self-worth, self-confidence or self-esteem.

34. Be prepared to hate God.

If God's been part of your early life then you'll most likely end up hating Him at some stage. (And probably also hating Him even if He wasn't a part of your early life.) As much as you may feel you love God, when you get into your buried feelings about God, you'll hate Him as God will be your parents. Our parents, being god to us when we are forming, determine our relationship with God. So as our relationship with our parents is unloving and we hate them, so too will our relationship with God be unloving and we'll hate Him (Them). Too many people contrive their relationship with God using their minds to 'live on their love with God' and to have 'faith in' God in an all-consuming love. But it's all false mind derived love, all of which will get exposed and brought out into the light the deeper you go.

At the end of the day we all have to hate God to some degree because who but God put us in our negative unloving state. And who gave us our unloving parents. And where is God when you're suffering all your pain; what is God doing for you? And it's very important not to keep God 'above' you, not allowing yourself to feel bad feelings about God. You have to yell and curse and abuse God, right along with your parents. And until you do, you won't be able to have a true relationship with Him and Her.

And this also goes for those people who might have come across longing for God's Divine Love. Even if you have partaken of the Divine Love to some degree, somewhere inside you, and at some point, you're going to hate God, so hate Him: hate the Mother and Father with all your feelings.

And as you'll see, it will all be about your self-hatred, guilt and self-blame. All that your parents made you feel about yourself - and it's all got to come out!

35. Relationship with nature.

Our relationship with nature is a direct reflection with our relationship with ourselves. We are nature. So it's the nature in us - our nature - that is a part of and what we can see in nature around us. And it goes far deeper than just your relationship with your pet, or whether or not you like or love nature.

We being 'superior' to nature, like we are to a child, means we should be able to live putting it (and the child) first. We should feel completely fulfilled and happy in ourselves, wanting nothing from nature or our child in terms of using it to fill in our void of not feeling loved by our parents. If we

were true, positive, and only of love, and not of the negative mind condition, we'd never use nature or a child to fill our love deficit, as we wouldn't have one. But as we do, a result of our negative lives, so we use nature and our children, we control them and don't allow them to freely and fully express themselves.

There will be countless ways you are using nature, using your child, using other people, using God, and all of these things need to come to light, all so you can feel how bad you feel about doing so. And as they do, then you'll realise what a yuk person you are: how your parents were yuk with you, and so how yuk you treat yourself, nature, other people and God. It's all for us; all for us to realise ultimately our relationship with our self. And if we see that our relationship with our self is not right, if it doesn't make us feel good, then we need to change it. We need to gradually seek to perfect our true self, living true to our own nature - the soul-nature God gave us. This being what we do in our feeling-healing.

36. I hate my children.

When you get down to the deepest yuk point in yourself, and all you are is full of hate, then you can also admit, along with admitting that you hate everything else, God and yourself, that you hate your children.

It's all very trying to feel such feelings when you are doing all you can to not feel them. But they all have to come out. To own up, confess to your partner that you hate your children, and to feel such hatred truly, will become a major turning point in your healing.

However, as with all these points I am making, don't take them on and then expect or falsely make yourself feel them. Wait until the feelings - YOUR FEELINGS - get you there. The reason I am telling you such things is just so that when you do arrive at such a point, and if it feels really strange to you making you question your own sanity, then at least you'll be able to say: 'Oh I think I read something about that in one of James' books. I think he went through something like this. And if it turns out that my healing finishes and I'm okay, then perhaps you might feel a little better about yourself and know you are still on the right path.

I'm writing this to you as a friend, all because I didn't have one and felt so bereft of love as I was growing up. And as you'll feel and see for yourself, in many ways, doing your feeling-healing is like re-living your early childhood but making it right.

And there will be a few times when you really do question your sanity. To say you'll feel demented is an understatement. To feel like your breaking apart, like something very bad is happening to you and you'll never be the same again, is bad, and it gets even worse. However such times are very valuable because they show you through your feelings how extreme it was for you during your childhood, how bad at times it really was. Such experiences make it all real. It's not child's play, not a fun game called feeling-healing we're playing. It's hard-ball all the way down the line, real and true, and it's you, and it has all happened to you in the past to make you feel exactly as you are feeling in these very bad times.

The unavoidable truth is that your parents treated you unlovingly, even if you feel completely loved

by them. Somewhere inside yourself you will feel unloved. No one escapes this as we've all been born into a negative anti-truth, and so anti-love, world. That's just how it was for us. And because of this you developed negative patterns, you couldn't have avoided it. And so with these negative patterns you will parent your child. So your child will feel unloved by you at some point and to some degree, and you may never know it does, nor may it until it does its feeling-healing. And in the unlovedness will be hate, that's what it's all about, that's why you are not loving. And the hate will be there for you uncover if you are not already aware of it.

And if this all comes about whilst you have children it's not the end of the world or of your relationship with them, nothing even has to change. All you have to do is express all such bad feelings to your partner or a friend. And understanding these negative aspects of yourself will have an impact on you, however this will be for the better, and will in fact help your relationship with your children, rather than make it worse. Admitting all your yuk will make you a better more loving person, although you may not readily see or feel it. But your overall energy impact on your child and another person or creature will be different and for the better - it will be that much truer.

So the more you admit and accept and speak about all your bad feelings, the better it will be for yourself and everyone in your life. The further you go in your healing, the deeper you go into yourself, the worse you feel about yourself and your life, the truer and so more loving and real you are actually becoming. It's the very opposite of what we've all been told and led to believe it is.

You could probably also reckon that the more you become a 'bad' parent in the eyes of the world - in the eyes of your parents - the better parent you will be. And naturally, if you are accepting, expressing and seeking the truth of all your feelings, then so too will your children, and this will give them a much more fulfilling life. And the freer you become in yourself, then the freer you will allow them to be, and this is what it's all about. And the freer they are, the freer will be their children. We all want to be the free child, even now as adults. And we can only allow ourselves to be so as we heal our negative condition.

And as to whether you should have children before, during or after your healing is something only your feelings can guide you in. And really, it doesn't matter. It's all what you want. If you impose your negative state on your children then one day they will do their healing and understand about it all - we all have to at some point. And although you blame and hate and accuse your parents for fucking you up all the way through your healing, just as your children will blame you through theirs, so too does sympathy, empathy, compassion and understanding come to you regarding them, because like you they too were fucked up by their parents. So really no one is to blame but God. And when you've finished expressing all your hatred of God, then you'll begin to see the whole thing, the whole negative experience with new eyes and you will marvel at it all and all you've been through. And when you feel loved and good all will be forgiven as you can't hate and judge anyone when you fully and truly love yourself. Then you will be all-loving, loving yourself, nature, others and God as you truly love yourself. But until such time, go for it if you feel hate, don't try and take the pious route using your mind to stay 'above' such 'evil', base feelings.

You've got to become real, and real to all the feelings as you feel them. If you feel them then they are you, they are real and they need to be counted in your life and in the world - so make them welcome and their presence felt.

37. Allow yourself to be the rotten, evil, ugly, revolting, sickening, vile, foul, puke, horrible you.

You've got to find out how you really feel about yourself, the real you, deep down under all the superficial stuff - the you your parents made you feel and believe you are. And it's not going to be nice. And when found, then just allow yourself to be it whilst you keep expressing all the bad feelings such insights about yourself make you feel.

We're all fighting with all our will to feel loved, good and wanted. To be the important one in the eyes of our parents. And when you give up the fight, all you're left with is not pleasant. But like it all, it has to come up and out, you have to be it, feel it, accept that it's you. And amazingly, you'll find that it's actually okay to be such an evil, hideous monster. No one really gives a shit. And no matter how bad you feel about yourself there will always be someone who will accept you for the yuk you are. We all have a soul-mate, and so one day when you come together, you will find someone who loves and cares for you. Someone who - for some strange reason - completely accepts and unconditionally loves you, no matter how bad you are.

38. Keep going - it's all you can do!

39. Put your head in your hands.

If you don't already naturally do it, when you're deep in the thick of your yuk; when you feel so bad, so, so bad, and it's been going on for ages, try putting your head in your hands as you express all your bad feelings. It can be soothing. It gives you the feeling that at least someone cares about you - you. It's a nice thing you can do for yourself. And there aren't too many nice things you can do when the pressure is on.

40. Don't contrive feelings.

I've pretty much covered this point before, however it's very important. For some people there will be a huge temptation to make up their feelings. So often your feelings are vague and so you might inadvertently try to make them be a certain way, to fit something you believe you feel, or think you should feel. You may for example read something I've said, and then you have a new strange bad feeling and you try to fit it to what I've said, but don't, as it's not about me, it's only about you. Always stay true to the feeling. If it's strange and making you feel bad, then speak about it's strangeness, treat it in the same way you would if it were a more familiar feeling. In time it will reveal itself.

I went through a phase of trying to feel worse than I did. I knew I wasn't connecting with or

identifying my bad feelings enough, I could feel them all down there inside me, but I just seemed to be making light of them not taking them seriously enough. And Marion even pointed out as much to me. So I tried to make myself be more serious, to FEEL MORE DEEPLY, but it was hopeless and I failed at it along with everything else. In time I realised I didn't have to worry about it anyway, as the next round of bad feelings soon sunk me well and truly into being and feeling serious - all too real and serious!

Don't think, from what 'James says': I must be bad as we're all bad, and then try to look for feelings to agree with you.

If you feel good yet suspect you must feel bad somewhere, such as deeper within you, then accept and express your good feelings - don't deny them, and long with all your will to have your buried repressed feelings come up. If you truly want them to surface within you making you feel bad all so you can uncover the truth of them, they will come - have no doubt about that! It's all a matter of will application - really wanting to feel the bad stuff so you can see what it's all about.

Be honest with yourself. You might believe you want to do your feeling-healing, yet no bad feelings come. And they won't because really you're being untrue to what you actually feel; that you don't want to do your healing. So admit you don't, it's okay you won't be punished. Admit you don't want to do it, expressing all you truly feel, and then see how you feel about it later.

Just be aware that your mind may jump in trying to take over in all sorts of ways. It's taken me the best part of ten to twelve years to rid myself of my mind's interference in the process. But having got there it's so much better having it out of the way. Still I unconsciously behave according to hidden negative patterns, but at least my mind isn't actively jumping in trying to take over making me feel things I'm not truly feeling.

41. Let go, submit to the scary thing.

Periodically you'll come to a junction in your life. A decision as to which path you should head down. And one will look the obvious choice, alluring, beckoning, the one that will bring you the most gain. The other will scare you, even repulse you and make you have to face failing or giving up and being worse off in life. And this isn't a golden rule, but what I found often was that I sort of felt that I had to go the way of my fears and not the easy way. And I had to do it so as to put myself through yet more yuk bad feelings. And sure enough, as I was mostly saying no to a 'good opportunity' someone was offering me, over time I've seen that it was best for me to say no, so far as keeping on going with my healing was concerned. Had I gone the easy way I would have stalled and been stepping aside from my healing for a time, but I didn't want to do this.

And, as I wrote these last words, I saw that in hindsight I can see that at various points I was given (by my soul) - offered - the opportunity to take a breather, to step aside, even to stop doing my healing had I wanted to.

After I'd been sacked at working at the aquarium I went on the dole. As a part of my dole requirement I had to look for work, which I did. I asked at two aquariums if they had work available

however I didn't really want to go back to working as I has been. I wanted to spend more time with Marion concentrating on doing my healing, as it was all just getting going. I was also happy doing casual private aquarium maintenance a couple of days a week.

When I asked at the aquariums I was surprised at how eager both owners were to have me start work immediately with them. My ego wanted to accept their offers, to feel wanted and important. And the security of having full time work was a way of easing the millions of fears that were coming up in me about being unemployed. I considered the offers talking them over and all I felt with Marion, this taking a couple of weeks each to do, and realised that in the end I wanted to decline the offers, to go the road of being a failure. I didn't actually want to work in an aquarium again, and neither of them were as good as the one I'd come from. Yet it was still hard to say no, to go against all my programming to be a 'good boy' and a 'responsible citizen'. So many influences played at me, one where I didn't want to let the owners down, as they'd been kind enough to want me by offering me a job. I didn't want to let Marion down - she didn't want me to work. I didn't want to let myself down - prove I could work, and so on it went.

Over the years I've refused all offers to 'rejoin' the world so to speak, electing to remain unemployed, which I'm sure the Australian government wouldn't like to hear, however it's all been to my benefit, it's all helped me immeasurably with my healing, taking me further into my misery and depression, making me feel a total failure, keeping me poor, and a useless member of the economy and society. Yet who am I living for - myself, or to make the government happy with me, which is after all, only my parents.

To resist the temptation and allurements of the world is what Jesus in the Padgett Messages asks us to pray to God to help us do. And when they are presented to us, then it's our choice, and the way of uncovering the truth is doing it the hard way - not the worlds way.

42. Keep Going. Have I said that before?

43. When your partner is in shock.

At times when the really bad stuff comes on, you might recede into a state of traumatised shock. You withdraw, pull into yourself feeling so bad, and in such states it's all but impossible to speak about how bad you're feeling. A part of the trauma you'll be re-experiencing is that you can't speak about anything, let alone your feelings. And it's during these times that it's imperative that the listener, your friend, gently tries to draw you back out. And this too can be hard to do particularly if you're not familiar with someone suddenly not being their usual self, and being instead closed off, shut down and resistant to any effort to be 'normal'. But with practice and lots of discussion you'll be able to workout what's best for each other, how to handle such situations, how to get the person who's in shock to start speaking about all they are feeling. And when you've both receded into your traumatised states at the same time, feeling totally fucked and not wanting to live or participate in life at all, then it gets really hard. And usually in some way anger will come up and an argument, something to help you break the unseen bondage and stalemate.

You might also find that if you are battling away you will want to win, to destroy and kill the other person. Not so much in real life terms but to have your will over them. And so if you're fighting for all you're worth and your partner suddenly withdraws into their traumatised state of shock, you might want to deliver the final blow, kicking them when they are at their most weakest and vulnerable. You're certainly not trying to be their friend. And if you find yourself in such a situation, if you can, as hard as it is, try to come back, let go, give up, stop, and fail. Let yourself loose, be the loser not the winner and you'll soon see the error of your ways. Feel really bad about what you've done, find some humility, beg for forgiveness and put yourself 'below' your poor friend. This will then help your friend to come out of their shocked state - a part of which, if not all, may have been caused because of your over domination of will.

Such situations are all re-enactment's of early childhood stuff. Marion for example was shocked and heavily traumatised physically, emotionally and mentally by her parents on many occasions. She was much more familiar with this side of abusive life. And having spent time as a patient and working in various psychiatric institutions she's more aware of the signs of such trauma and withdrawal. For me, coming from my 'sheltered background', it was scary, horrifying, I didn't know what to do when she started to bang her head onto the walls. Her actions, instead of making me want to reach out compassionately to her, hold her, and just be there with her, scared the shit out of me. My whole security in the world was suddenly threatened. I had to go in survival mode against the enemy. It was akin to one of mums mad rages, so I would withdraw waiting for the tempest to blow over. I would disappear into my traumatised state to hide. I was no help to Marion at all.

However luckily, Marion, even in her 'mad' states had somewhat of an understanding as to what she was going through and so could eventually help herself out of it and then help me. It has been very hard for her, not only has she suffered so much, but so often right when she has most needed a friend, I've withdrawn turning my back on her leaving her feeling more alone and unloved than she already felt.

I don't know how she hasn't just bashed herself to a pulp or flung herself out the window, something to finally end it all, to finally escape from her terribly bad feelings. But the worst thankfully is over, so far as all of that heavy emotional pain is concerned, and we've been guided through it.

44. Killing the problem instead of expressing your bad feelings.

I have the most difficulty with this. Something will make me angry, say Marion is making a horrible noise at the sink and my anger will suddenly flare up all but out of control, and I'll say: STOP DOING THAT! I just want her to stop. I want that horrible noise to go away. I want to yell at her, smash her to make her do what I want - to stop making that noise. I want to kill the problem, not just express my bad feelings.

What I should be doing is saying how I feel, something like: Argh! I can't bear that horrible noise. It's so loud, so sharp, it goes right through me. I hate it, it's the worst noise ever. I feel so scared of it, like it's doing damage to my brain. And it's so interfering. I can't think, I can't write. I can't do anything, it feels like it wants to take me over. And then what happens to me. I can't have a life, the

noise has my life, it gets it's own way and don't have a say...

... That noise makes me feel so bad, it's terrible. I hate it, it's so loud. Must you do it. Can't you stop it. I hate it, I hate it, I hate it, I can't bear it. I feel like I want to come over and smash you to make you stop. To yell at you: STOP MAKING THAT FUCKING AWFUL NOISE! I hate it, I hate it, I hate it.

I should want to bring myself out into life, to be present and personal in it. I should want to express myself - how I'm feeling - to Marion, to let her know that something is making me feel bad. It's not to beat her up, to even make her stop doing what she's doing; it's not to try and stop her, controlling her, stopping her doing what she wants to do, it's simply to voice my protest through my feelings. To alert her, the world, to the fact that I'm no longer feeling good. That I'm feeling bad and would everyone please pay attention to me. It's to do exactly what my parents didn't allow me to do. If I annoyed them with a bad noise they just told me to stop it. If I didn't they got heavy with me; if I did, it was carry on, life as usual. But it was all how they wanted everything to be. It wasn't how I wanted it. And they never just expressed their bad feelings. It was always a case of, if you've got a problem - fix it. You're an idiot if you don't. Fix it by smashing it - me, and so I want to smash Marion - on the head.

And this programming in me has been incredibly hard to shift. After all these years and so many times when I've tried to stop Marion rather than just speaking about what I feel, I still do it. I don't get it, and can't stop doing it to her. And in fact I'm only just being able to freely yell at her to stop it, that being something else that I couldn't do. My parents could tell me off all day long, but I couldn't do the same to them. I had to take it all, not give it.

45. Don't passively talk about 'it' or your feelings as if you're reporting the news.

He did that and said that which made me feel angry. I felt very angry and wanted to say... Instead, get into the emotion, be the anger, don't be impersonal and detached, emote the feelings - express them! Make it personal - first person.

The man with the dog came again:

The fucking man just lets his dog run all over the place. I'm so angry! I want to smash him. I wish he wouldn't do it. The bloody dog runs all over the place scaring off all the birds. I hate him. I want to stop him from doing it, I want to smash his dog...

It's hard to be personal about what you feel if it never was a part of your early life. Some of these things I don't think I'll ever be able to do without Marion's help and constant reminders. And yet when I do manage to do it all by myself, I do feel good, so connected with the feelings.

Most people, so it would seem, can express personally a lot of what they feel, and probably wonder what I'm talking about half the time, and to these people I say good luck to you. I've long since healed my envy of you. Your family was feeling-expressive, mine wasn't, and it's just another very difficult thing I've got to cope with. And I drive people like Marion mad as she sees so easy how far away from myself and how shut-off to my feelings. I am, but I can't help it. And as she says, if I

wasn't like how I am, she'd have never been able to study feeling-expression so closely, as you don't really think about something if it comes naturally to you. Nor would she have been able to express all she's needed to by having to continuously point out to me what I'm doing wrong. So perhaps everything has its compensations.

And by the way, when I say that Marion is a 'natural' in her feeling expression, as she reminds me, she wasn't always like she is now. She went through a harrowing time for about twenty years receiving all sorts of intense therapy and help to break down her barriers. The result being how she is now. So expressing all she feels hasn't always been easy for her.

46. Remember, it's not about the future.

'I'm never feeding the Ibis again, Bill and Oswald are too much. No! That's it, what with them and the seagulls, no, never again, I'm sorry Bill and Ozy, but no more.' And in the heat of your anger it is forever - NO MORE! But it's not forever, the next day it's back into it. We want to control our life and everyone in it so often using our minds, but feelings are a different kettle of fish altogether.

We've all been taught to 'make' our own future. We have to do all sorts of things like go to school, for the future. If you don't 'plan' for your future, then you won't survive in the world. It's all about the future.

But it's not all about the future with your feelings. That's all trying to lock down and control life with your mind. With your feelings it is this feeling NOW - always in the present - and it will feel like it's forever, but in the next feeling-moment that can all change. And it's always all about expressing your feelings, which you can't do if you cancel out your feelings using your mind.

If something is to change for the rest of eternity it will, all naturally of its own accord. Certainly at times you can use your mind to make such decisions, however really it's only ever your feelings that should drive such thoughts. It will be that you simply don't feel like ever doing that thing again that will stop you doing it for eternity, not what your mind thinks, believes or tells you to do.

47. Communicating truly.

This is a huge area of our healing. Being conceived and then born into our negative states, how we communicate has been severely stuffed up. And it takes a lot to uncover the truth of how and why, and then for it all to come back into perfection. Our lives are personality denying. We have relationships together in this state often wondering why they don't work so well. Our personality is complex, there are a lot of attributes or facets to it, and these all need to be fully expressed freely for us to naturally communicate truly.

For me, having denied so many feelings, I don't naturally use them to communicate. I've learnt a perverted and forced technique of communication using mostly my mind. Marion being far more feeling-expressive is always pointing out to me how I'm not connecting with her properly, so she

doesn't feel good and fulfilled in my interactions with her. And as I've healed such dysfunction so have I been gradually able to see and FEEL what she means.

Marion's communication difficulties have to do with other people, feeling she is unworthy of being with them and that no one will want to be with her or listen to her, as this was how her parents treated her. I communicate as if I'm always going to, and so expecting to, get told off and criticised for what I say, or something I've done. So I hold back, shy away, don't make full eye contact, don't push myself forward with all my spirit. I fear getting rebuffed, stopped and simply ignored. I'm terrified of being rejected.

As a brief summary of some of my difficulties (all caused thanks to my parents who loved me *so* much), and so possibly things you may want to consider to see if they are relevant to you through your healing, here's a list of the more major problems I've discovered:

I speak from the mind as if giving a lecture or delivering a speech (I probably also write like this). I don't speak with my feelings. I am too impersonal.

I don't reach out to make contact. I don't want to join up when I speak to Marion. I'm more than happy speaking to the wall or looking out the window instead of to her personally. I just expect her to listen to me, I don't make sure that she is and so get the appropriate responses I require from her.

I don't speak reaching out and inviting the other person to come into my life, into my space, wanting them to be with me, for us to come together as a single unit.

I don't speak to her expecting and WANTING her to respond truly back to me. I expect her to override what I say, or simply take it and add her bits, or ignore me all together. And often because of this I fade off, not following through on what I want to say, ending up mumbling to myself.

An example of these points is I might say: 'That tree has got a lot of flowers on it.' Expecting Marion to know what I'm talking about because when she looks at me, she'll follow my gaze out the window and see it. Which might be all right were she's standing next to me, but is not a great way to share your thoughts and feelings when she's sitting on the couch and can't see out the window as I can.

It would be better were I to say from and with my feelings something like: 'Isn't that tree with all those pinky-purple flowers pretty?' And with the question I'm inviting her in to be with me, to connect, to join up and share my life: what I'm seeing and how I feel about the tree. I am reaching out to her wanting her to acknowledge me, so I'm waiting for her response. I'm not just making a statement that doesn't require any response. I want us to be together, to agree on it, that the tree is pretty. And if she can't see the tree and doesn't know what I'm talking about, then I may go further to ask her to come over and look at it with me, to be with me sharing myself with her via the tree.

This is me wanting her in my life and not me wanting to live a life separate and alone as my parents treated me. And I am opening up myself, revealing myself, some of what I feel and think, making myself vulnerable, humble, inviting her to come and be with me. She may say, oh I hate those flowers, but that's the risk I'm running, rather than staying closed up like a clam scared that her comments will be negative and to the effect of saying - who cares about some stupid flowers, this being how my parents often made me feel when I was young and wanting to tell them about

something.

I, and so my whole body language, is one of being introverted, which means I don't feel I have a place or any worth in the world. I feel so afraid of it and everyone. I don't feel secure, confident and self-assured. I'd much prefer to hide away in my little secluded space being left alone. And yet I was made to put on a front of being confident and in control, but it was all false and horribly patronising. Really I'm just a very scared little boy who can't look anyone in the face as he speaks to them because he feels they will dismiss him as being a boring nuisance wishing he would go away and not bother them.

This is only a very small part of my communication and self-expression problems, all of which was heavily compounded by my inability to articulate myself, and in particular my feelings, and all because I wasn't aware of what they were, that I was even feeling them.

And Marion's problems to do with her self-image and self-esteem would create an enormous list.

As I've said before, really our healing is about bringing our will and mind back into a self-loving positive state of being, and to perfect our personality expression and so interaction - with ourselves, each other, nature and God. And we're seven spirit mansion worlds away from it, seven whole worlds worth of truth. So all the masses of truth-circuits we're denying by living in the negative, and so denying our personality expression being unable to interact and communicate properly. So we've all got a mighty challenge ahead of us rectifying all of that within us.

This morning, a few days after having written the above, I looked out the window and said 'The clouds are pretty.' And rightly Marion's reaction to my statement was nothing. She didn't speak. And after a while as I didn't say anything further, she then said that what I said didn't make her feel like I was wanting to include her in my life. I wasn't inviting her in to be with me so we could be together and share the beauty of the clouds. I was effectively alone speaking to myself, as if she didn't even exist, this being how my communicating with her like this makes her feel.

She said if it were her looking at the clouds she'd want me to look at them with her, to join her in life being with her doing what she is doing and so would invite me in with her words saying something like: 'Hey, look the clouds, aren't they pretty?' And I can feel how nice it is to be invited into being with her, how good it feels her wanting to share something she likes with me. She wants me, and it makes me feel important that she does. SOMEONE WANTS ME IN THEIR LIFE! - yay, I feel like celebrating. This being the very opposite of how I felt in my family. And she feels good knowing she has a friend, one who wants to be with her and one who likes what she likes. And even if I didn't think the clouds were pretty and said so, still that doesn't mean she doesn't have friend, all it means is herself and her friend on this thing might differ, but still her friend and she are enjoying being together.

In my family my parents imposed themselves on me with no regard for what I might have felt. I was to like what they liked, no questions asked. It was assumed that because we were family, we did like the same things. They very early on battered down the door to my private personal self stomping all over me. I wasn't respected nor treated as being an individual - a person - in my own right and something they would have as a friend. I was their kid and treated just as they treated their pet. I was

simply another of their possessions there for them to do whatever they wanted with. And so I grew up being the same.

In our family we all just assumed we were friends because we were together. So I could and would make a statement about the clouds expecting the other person to simply agree with me. I wasn't reaching out to them in person wanting them to come and link up with me, unite as one with me, two who are separate individuals coming together willingly to become 'one'. (Which is ultimately what you do with your soul-mate.) We were all just like one big collective whole, really with little individually and with no freedom to express all our thoughts and feelings. I didn't have such things separate from the whole. We all thought and felt about it the same way - mum and dad's way. So coming out into life all I tried to do was join other collectives, fit in, and be the nothing person with nothing really of my own to contribute. And if the collective accepted me I felt like I had a big family and I felt happy, secure and reasonably confident and sure of my turf, knowing how to be, what to say and when to say it. However such feelings through my healing have been shown up to be false. Really I was desperately insecure, needing the collective whole to give me a way to pretend that I was someone - an individual in my own right. And when I was alone, supposedly being that individual, I felt lost, didn't know what to do and was always scared.

As Marion wants to unite properly, two complete individuals in their own right coming together to, in a sense, make a third, all my ways of collective non-individualistic behaviour are being shown up. And through our feelings we can both feel how my way makes us feel alone, unloved and bad, the very opposite to what I believed it did make me feel; whereas her way makes us feel good, happy and loved.

With every step in my healing I am further amazed as to how I grew up in what I was told and I thought I felt was a loving family, and yet it's turning out it wasn't loving at all. Many of my friends during my later school and university years, used to comment on how they liked being at my place, how they felt so at ease with mum treating them like equals, and when I was at their places I didn't like the feelings of always having the parents' control overshadowing you. I believed I wasn't controlled as much being freer than most, but now I know I saw it is all around the wrong way. I was heavily controlled when I was little, made to be a clone of my mother who had total control, it being all for her. It was only as I grew older, and once the divorce had happened, that it seemed like her control over me eased off as I became more like one of her friends than her son. So by the time I was eighteen with my friends I was relatively 'free', but I couldn't have been further from the truth. All the damage had been done when I was just beginning, I was simply a product of the collective, nothing more than a part person. And a part person who believed he was whole and in control.

As a side note to this, and something I still wonder about, is what is it like in other families, what is the love they all talk about that they have for each other?

Marion is currently reading a book about a family in which one of the two boys became a quadriplegic after a car accident when he was in his early twenties. The two parents, loving their children so much, did all they could for him seemingly to love both the boys even more after the accident. And the boys felt a great love for and from their parents, as did everyone else who came into their family orbit, remarking on such love and wanting to become a part of their family.

The book is written by the other son who is approaching it from wanting to know about what everyone's feelings were before, during and after the accident. And compared to Marion's and my families, these people are so much more open and free in being able to discuss and share their thoughts and feelings with everyone, wanting to know about each other more than just on the superficial levels, and more than just being concerned about what everyone is doing, that being the main focus when my family came together - 'so, what have you been doing?' Our communication being one long series of telling each other what we've been doing and what we're going to do, and with little else. So it does seem like these people are so much more caring and loving of each other compared to Marion's and my families, and within the context of the negative, I'd have to say this was so.

However, all the way through the book, it's very obvious to see how much more these people aren't sharing with each other through the whole trauma of what happened to their first son. As much as they do speak about a lot of feelings, still there is a huge amount they deny, and even openly admit they are doing so. It's just too painful to go into those dark places that they are made to look at when the pressure is on. So they back off, regroup, and stop each other from falling.

So even though there may be a lot of love, it's still not all the love and openness that there could be. And it makes me ask the question: were they to do their feeling-healing, allowing themselves to fall into their darkness, for the parents to come to the truth within themselves that determined that it was because of their unlovingness that their son suffered such a terrible accident, would they all be able to maintain their so-called love for each other? And under such scrutiny and relentless pressure their healing would apply, would this love hold up? Or would it all dissolve away with them eventually having to declare that they didn't feel love and loved after all.

I still don't know. And I'm writing about this here for you because it's something you too will have to confront and deal with in your own life: is all you think and feel love to be, real or not?

And was the pressure even greater than it was for this family (which never happened as their 'love' for each other enabled them to hold the worse off - none of them cracked although at times it was close), would it have all fallen apart? I think it would have, the so-called love not being strong enough to hold it together because there was still too much falseness with them all being bound up in their negative states. The only way I could envisage it staying together would be if they all chose to do their feeling-healing together. Then the pressures imposed on everyone by the sons infirmity would be used to help them break down and let go of all that is false and wrong. In this way the so-called love would dissolve away being proven it was nothing, only to be replaced by something far greater, something that they would all share in common and with each other as they broke down and ripped apart their negative states; as they expressed and uncovered the truth of all their self-denying beliefs and behaviours. And this greater something they'd all share they wouldn't at first recognise. They wouldn't know or be able to appreciate what it was, particularly when they were all having to come face to face with and accept the truth that they didn't love each other, that what they believed their love for each other was, wasn't real and true. But I do feel that in time this other greater something they would gradually see as being what it truly is; what is borne out of being true, of living true to yourself as you freely express all you feel. That being: love. Real and true love. Something that we are yet to recognise on our world. We got of short glimpse of it with Mary Magdalene and Jesus, but still we have no real idea about it.

So I propose for your consideration that all you believe you feel and think you know as love is something we only call love, something of a closeness we share in or anti-love and self-rejecting negative states of mind and will. And real love, that which can ONLY come as a product of and resulting from TRUTH, we as yet have no idea about. And certainly no feelings for.

However, if what you have experienced is genuine love, then it being, good, true and real, will remain through your healing. The focus on your healing is on your bad feelings, as mostly we are denying them, we don't have to worry about good feelings, as they will take care of themselves.

48. When your partner makes you angry.

Assuming you and your partner are doing your feeling-healing together, this can be a very difficult area. Marion came up with lots of different ways for us to try and help each other to express our bad feelings, seeing how we felt about each other in varying situations.

If your partner makes you angry and you loose it raging at them, then as there isn't anything else you can do, you may as well go for it until you've vented enough to calm down, come back, stop dumping and taking it out on them, so you can concentrate on how you're really feeling.

As I've said, the aim is to always try and stay on your side of the fence, so instead of blasting out all over your partner accusing them of being the bad one, you stay with your feelings expressing them, saying how angry you feel longing to see the truth of why you are.

If your friend has the tendency to blow up should you say they have made you feel bad, then you may want to consider some of the 'leaders' below as to how to introduce to your friend the notion that they have made you feel bad. Some people can of course take it better than others being told and even accused of making another person feel bad, but others can't, and it can push masses of buttons in them only bringing down more wrath upon your head.

So you might like to consider broaching the subject that your partner has made you feel bad by preparing them and introducing them to the fact that something in you is not right, even though it's all about and because of them. And approaching it this way helps you to stay on your side and not just take it out on your friend by punishing them with your fury.

You could say things like:

I have a problem I need to talk about...

I need to talk about a bad thing, something you said/did that makes me feel bad.

I've got a horrible thing to talk about, and it's about you.

There's something you do, and I'm sorry to have to speak about it. You'll probably feel really bad and I don't want to make you feel bad, however...

I have to say this bad thing about you...

Saying such things as a way of introducing your bad feelings helps to invite the other person through their sympathy for you to remain open, preparing them for something bad that might come. Marion

has said all of these things to me and then gone on to slaughter me pointing out how what I've said or done has hurt her or made her angry, it being cruel, mean and very unloving. Ultimately it's good to just have it, to be free to say and express yourself however you feel it without having to condition or use a more gentle approach, but this helped me as it stopped me from getting angry and hitting back at her, being all defensive when she launched a broadside.

As I said, I write these things for your consideration. They are not rules. If you feel they may be appropriate for you to try, then why not. And in some situations and over time they might help. But then the whole 'feeling-environment' may change as you both move into other parts of yourself with a more direct and blunt unfeeling and uncaring approach to expressing your feelings being necessary.

In the end, each of you should be able to say the most nasty, mean, cruel and offensive things to each other if they are there to be said; and for the receiver to simply listen unaffected knowing that it's not actually a personal attack being waged at them, and that they are only a stand in for the aggressors parents for whom it's all really meant.

And even if one intellectually understands this: that it's not you but the persons parents they are angry at, don't use such information to deny your own bad feelings. If your friend attacks you, allow it to push any buttons you may have, giving you the chance to express yet more of your repressed yuk. Not until it's all out of you will you know that such an attack is not aimed personally at you, as you simply won't feel affected badly by it.

It's an incredible experience to have a personal attack launched suddenly on you by your friend, a vicious scathing onslaught that ordinarily would reduce you to tears and a blubbing wreck, and yet you just listen seeing all the venom spurting from their mouth but it not having any affect on you. Knowing that it's not actually you that is wrong, that it has really nothing to do with you, that it's all about your friends relationship with their parents or early carers. The anger barbs seem to fly all around you, not hurting you at all. And even to the extent of amazement that you have to refrain from laughing at the absurdity of it all. And as with everything, you simply do what you feel. You laugh or you don't, and you see what happens, and what both of you feel about it.

This is another example of my not staying on my side when Marion makes me angry.

What not to do: dump my anger on her, trying to take it out on her and make her pay for making me feel bad - scared and powerless.

'Don't do that! I wish you wouldn't feed them so much. It's wrong. It's not good for them. You're bad and wrong to do it. You start and feed more and more, it's always more. They can't even eat it all. I can't bear it. You have to stop doing it. What if you're harming them? You're only using the birds. You're selfish and mean. You say you like them but you don't care a shit about them throwing out more and more food. And all our shitty food that's not their natural food.

It's much better if I don't judge, accuse and tell her what she should do - controlling her, making her be how I think she should be and do what I think she should do. It's much better if I stay with my feelings and don't cross the line, saying something like:

I feel bad about you feeding the birds more and more food. It scares me, I don't know what to do. I want to stop you, but I can't, and I don't know what to do about it. I don't want you to feed them so much, it makes me feel demented. I don't know why. Why am I so scared by you doing it? What do I think your doing it is doing to me? How is it hurting me? What am I afraid of? What bad things are going to happen to me? What is threatening me? It feels like a bad thing is suddenly going to happen to me. It's as if I'm going to be punished for doing it - and I'm not even the one doing it! I can feel how I'm transferring all my fears onto you. Really it has nothing to do with you, it's all me, it's all to do with how much mum made me be with Nicholas. She made me control him, and if he didn't do what she wanted, then I got into trouble. I hate it all, I want out, I don't want to feel demented when you do something that I think is wrong - that I think mum thinks is wrong and so will punish me. It wasn't fair that I had be responsible for him, she didn't punish him, only me. She always said 'He's too young to know better, but you're not'. Shit I hate her.

So you can see that really I'm the one who doesn't care about the birds. I don't really care that feeding them our food might be wrong for them. It's all a cover, dumping my fear of mum as anger on Marion by trying to stop her doing something I unconsciously think mum will be angry about and punish me for.

What bad thing is going to happen to me?

Above, when I asked myself, or when Marion asks me: What bad thing do I think is going to happen to me, it's important to stop and seriously consider this. If you find you suddenly get uncontrollably angry and want to rage and rage, it's only because you've suddenly been made to feel powerless, deeply threatened and so very scared.

For many of us such traumatic things happened to us often when we were young, and having buried them all they remain unconscious and locked away deep inside. When the anger buttons are pushed up it comes, and instead of taking it out on the person or thing, when you can settle down, consider asking yourself what bad thing do you think is going to happen to you. Sometimes this can help lead you into your fears of being punished, as such fears should be somewhere within you. And taking the fear route can often lead you off in a new direction around your block of anger so you can then come back around seeing it truly for what it is.

You can also in such situations ask yourself, or ask your friend:

Why do you feel so powerless?

What are you scared of?

You may not feel powerless or scared when you're seething with anger, but such terrible feelings will be underneath, your anger only a front trying to hide them.

49. I can't do it!

Whenever something causes you a problem admit you can't do it. Go the other way to how you've

been made to believe that you can and should be able to do something about it or fix it. And even if you can fix it or do something about it, first of all give up, saying out loud that you can't. Often this coming back to yourself and admitting that you are not the all-great-one allows you to be free with the problem and you might even see it in a new light. And saying you can't do it keeps you in more of a humble place within yourself, making you more readily accessible to others and their help. And at times it's nice to be helped.

Overall our healing is one big giving up saying I CAN'T DO IT! I can't live as I was parented to. It's too hard for me. I don't want to do it that way. It's not making me feel good. I want to go the other way. It's allowing yourself to say NO, which so many of us weren't allow to say.

And it's not a sign of weakness to say no I can't do it. It's actually a sign of power allowing yourself to feel as you do feel, and not overriding yourself as your parents made you do, by saying you can and MUST do it or else you'll be a failure in life.

Anyway, who wants to be a success in an evil negative life? Oh, it's such a joy to be able to say I can't do it, I don't know how to do it, I DON'T WANT TO DO IT! And to not make yourself do it. I want to be a success at being a failure, for if I am a failure in the eyes of the world, as hard as it is for my mental programming to accept, I am actually making headway in getting better, in making myself feel better and good about myself. In living true to myself - my feelings, and not untrue and against myself.

50. Giving up things.

Throughout your healing you'll be giving up things. At times some of these things will be material things, and all the way along you'll be giving up erroneous beliefs and stopping your anti-self behaviour.

Conceivably you could give up everything you have in the world. And it's a good exercise at times to imagine going without. Can you imagine not having a TV? Can you imagine never wanting to watch it ever again? And what if you had to give up your TV before you were ready to - how does this make you feel? What if you had to give up all the things you enjoy doing - how would that make you feel? And can you see or sense the reasons why you need to do so many things to make yourself feel good? And what about feeling good all by itself, without needing any props or stimulants? What about all you're addicted to: can you admit you are addicted to doing and needing the things you do and have all so you can make yourself feel good keeping your bad feelings away? And how would you feel if you couldn't satisfy your addiction? More bad feelings to talk about?

The beauty of your healing is you don't have to force yourself to do anything, so you won't have to give up anything until you feel ready to do so. Somethings you suddenly just know you no longer need to do what you do or have something you've got; other things you will know you have to give up to see how you feel about not having them. And somethings having been given up, will come back to you or you'll want to do or have them again. And then later you might want to give them up again. As always, there are no rules, only going with your feelings.

Marion and I suddenly both decided we didn't need the TV anymore. It was almost on the same day. We gave it away to see what would happen - how we'd feel, and we've never missed it. When my new fish got sick and nothing I could do would save them, it occurred at a time when I was thinking about giving up fish keeping. So of course the little fish got mysteriously sick and died all to help me make the final decision. Once they had died I felt I didn't want to replace them. I gave my tank away.

ONLY DO WHAT YOU FEEL TO DO - ALWAYS!

51. BE ANGRY!

We're mostly stopped from being angry, we keep ourselves in check. We live heavily restraining our feelings. So if you can, BE ANGRY.

You can't actually make yourself be angry, but try to see if in fact you do feel angry under your not-feeling angry facade.

So instead of saying: I'm sick of having to straighten the cover on the couch, say: I'M SICK OF... and see if you really are feeling angry about it.

52. Be Serious.

Take it, all your feelings - yourself - seriously. Don't make light of it. Don't make fun of it - of anything you are feeling. It's all deadly serious, your life, your feelings - your right state of being depends on it.

And if your parents didn't take you or your feelings seriously when you were young, then it's going to be very hard for you to do so. But you must want to do so - long to do so, make it one of your goals.

Your feelings are you. Your feelings are real. You are real. It's not just a game and you don't really exist. So give yourself the respect you deserve and take you and your feelings, even the smallest least relevant one, seriously. Speak about them all.

53. Stop Smiling!

Take that smile off your face! What are you smiling for? See if it's about what you are truly feeling. It may be false. You may be using it as a barrier, a shield. What do you really feel when you are smiling.

We've all been made to 'be happy' and to 'smile', to: 'have a nice day!' So see if you can become more aware of your smile - is it true or false?

54. Support your friend.

When they are feeling bad, support your friend. Don't try to control or take over, simply acknowledge - 'Yes' - they have all right to be angry or feel however they are feeling - to be how they are feeling. Even if all they are saying is making you feel bad.

They should feel it, because they DO feel it, and they should keep speaking about all they feel. Keep going - yes, it's right that you keep feeling as you are. Be with them, and on their side. Don't tell them what they must do - keep going, keep speaking about it (unless they need reminding) simply support and encourage them to keep speaking.

55. Don't just work it out in your mind.

Say it all out loud, all your workings out. So many of us are taught to do it all on our own, to work out our problems ourselves, to not burden another with them. And if you're like me, you don't want anyone to interfere with you, to tell you how to do it, so you want to work it all out and do it all by yourself if you can. However try and go the opposite way sharing it all. Speak about everything, all your thoughts about your problems and how you might work them out, even if the other person doesn't actively participate. The whole idea is we are to express every part of ourselves, and this is imperative having been formed in the unexpressive negative. Once you are living being self-expressive, then you'll feel and be true in such feelings as to what you feel you do want to speak about and share with others. It won't all be conditioned by heavily ingrained beliefs about what is acceptable and what is not, and how things should be done.

Marion wants to move the mat over when the front door is open so Amarnd, our resident male Australian magpie, can come in without slipping on the smooth floor. He's taken to singing at the front and back doors if he wants something to eat. We open the door and he confidently strides in while Marion gets him some mince meat. As she's fixing up the mat, trying to work out the right way to put it, she speaks out loud to me her thoughts. 'If I put it this way around he can easily step in and over this gap, but it's still too far away from the carpet. But if I put it this way around then that solves the carpet problem but leaves a big gap over there...'

She was never allowed to just voice and share her thoughts and feelings in her family. No one wanted to know. She just had to do it - do what she was told, she wasn't even allowed to work out how to do things for herself. So for her to now be free, to allow herself to say it all, is a new experience and one that makes her feel good. And it's nice to listen to her and to be included in everything that she's thinking and doing. The opposite for how it was for both of us. And when two people are doing it, when I add what I think and feel about it, then no one is alone, and often other solutions occur particularly if we've both given up and admitted that we don't know what would be right. Neither of us are right, we're just offering out thoughts and feelings with no expectation of their being acted on. No one's way is right, or more right than the other persons, it's just how we both feel. And mostly it then all works, surprising us how easily the solution comes, making us both feel good about ourselves

and enjoying being together.

56. Talk with the other person, not at them.

Marion and I grew up in families whose adults talked at us and not with us. And I took this way of behaviour on whereas Marion didn't - she wasn't allowed to. As in all of our problems to do with communication I am far worse than she is. I was allowed to believe, and in some very small way, show, that I had some power, so I could be a teller of other people what to do, consequently talking at them and not with them. In no way was Marion allowed to tell her parents or her sisters or anyone else what to do.

Talking *with* the other person shows you sincerely want to be with them getting to know them. You are not concerned with being the centre of the stage putting on your little show.

Talking at people shows you don't actually care about them any more than just wanting them to be there for you, to be your audience. And it's not a good way to try and have a loving relationship.

57. Suffering a severe illness or trauma.

If you or your partner find yourself in this state, and you are still intent on doing your healing, then the experience, as horrendous as it might be, has happened and is happening for, like everything, very specific reasons. And if you speak about all you feel, and especially about the bad stuff, speak voicing all your fears and worries, it will help both of you. No matter what happens, speaking about all your bad feelings is going to help you deal with whatever situation life brings to you. And in finding the truth and so healing the causes that have brought about the problem, you just don't know what your soul might have in store for you. I wouldn't want to give you any false hope, and I only say this to add further incentive to your speaking about all your fear, pain and bad feelings, seeking the truth of them, but potentially the soul is unrestricted by physical limitations, and so any sort of healing could take place. Could a miracle happen? Honestly I don't know. However I don't see why not. As always it depends on the experiences required by all the people involved. Anyway, it's something one can consider. And if it is to happen, it's only going to come about as a result of all you've felt and expressed.

58. Relationships and going off to 'work' each day.

By having to separate in this way, something we've been forced to do since very young, has caused within us all a huge disconnection, something only our whole feeling-healing will help us overcome. We are not meant to live such separate lives. We are meant to be far more together with the whole focus on ourselves and then each other and then everyone else. We are supposed to always maintain the personal connection with ourselves and each other, and going off to work each day only serves to keep that personal connection severed from what it should and could be.

At best if you come from a very communicative and personal family such separation might be accommodated within the relationship, however for people like myself with little real and true personal communication or connection in the family, the family consisting of a group of feeling-denying individuals all who tell each other things without actually really wanting to be with and get to know the other person, then the daily separation will keep a huge gulf between yourself and your partner, something being all but impossible to bridge.

I look at my grandparents sitting together, with *him* hardly speaking at all, and *her* desperate for someone to speak to. They stayed together until death, but shared little of each other with each other. Fear and familiarity in the 'nothing' kept their relationship together, which they declared as being successful and good with a great love for each other. But it was nothing other than two very lonely people trapped in their sad fantasy of a good relationship. He had gone off to work all his life including having to go off to war and she was left alone. He came back each day having been with different people that weren't a part of his family life, having spent the entire day with his mind on things that had nothing to do with his family; she sat at home (after their two children had grown up), went shopping, went to the races with the 'girls', and felt estranged from him. What little did they have to occupy their time together once the children had left! Bone cancer slowly claimed him. She carried on still desperate for anyone paying any attention to her, and when they did, such as myself, she pounced on me stifling any natural expression and relationship development and communication I might have had with her, always controlling every aspect of our being together. She 'took me over' from very early on, I being her entertainment, her 'reason for living', her man substitute. She spoke all day long, I listened, I did what she said. It was a totally one-sided relationship all about her.

If you work and are separated from your partner each day, there will be countless blocks and barriers to your having a real and true relationship, all of which will only come to light the more diligent you are at paying attention to when you feel bad - when your partner makes you feel bad. And this will, as you might imagine, put a large stress on your relationship, however it will also serve as something of a real and true meeting place for you both. There might not be the great love you might want or believe should exist between you as you're speaking about all your yuk bad feelings, however you will be slowly coming back to each other, slowly starting to connect and connect through truth - by living true to what you feel. And it will be your determination as to how much you do want to be true together that will help you both to keep going, long past the time when ordinarily if such bad things came between you, you would have terminated the relationship.

And, as you progress with your desire to be together growing, if that means you have to start doing less work, leaving each other alone for less time, then so be it. Certainly your 'standard of living' may drop, but this will be more than compensated by your feeling better about yourself and your relationship with your partner becoming truer.

Relationships are of course a huge area that needs to be considered and one's whole feeling-healing is really all about them. Everything you do, every little bit of truth you see, will help you understand your relationships and so change them. To set out to find the whole truth of yourself through your feelings is to set out to perfect yourself, that being, your relationship with yourself. And your relationship has been screwed up with yourself by your parents and other adults in your early life. And so as a part of unscrewing it, so too do you need to see the truth of your relationship with your parents. And as we don't know what we need to see, that being something governed by our soul and

God, we can only keep on expressing and staying true to our feelings. And when we've seen the truth of all the bad stuff, when we understand what it has all been about and what it's all been for, then we will have finished healing our childhood repression. Childhood repression is just a way of saying, you have a bad relationship with yourself and it's making you feel bad - it's the sole reason why you do feel bad.

And do we have a soul-mate, someone with whom we can have a true and perfect loving relationship? Yes, we do. We have to so we can be fully self-expressive to the world - another person. So we can feel totally and unconditionally loved and accepted by them - the world. And so we can maximise our experiences together; so we can forevermore continue to grow in truth. We can't grow in truth being all alone and unfeeling. However, we'll only be able to enjoy the fruits of our soul-mate relationship - the love - when we're both completely healed of our childhood repression and negative state.

So, the idea being that with your true personal soul-mate relationship, each person is fully self-expressive all the time, fully present with nothing of themselves unrevealed. And then together any difficulties can quickly be sorted out by each person fully expressing all they feel. And if something makes one person feel bad, then it's about that person expressing their feelings to find out why they feel bad, and not simply hitting back at the other person trying to stop them being as they are. And then it's simply a process of elimination. If you find you can't be with that person as you accept and express your feelings, the problems prove too great and no amount of truth helps you both come back together again, then you move on until one day you find that perfect person who fits or gels with you, with both of you able to express all the bad stuff, remaining close friends no matter how bad it gets.

59. Pets.

Speak sincerely to your pets. Tell them what you feel when it's relevant to them or if they are your only company. Speak to them as a real and true friend and not just as a pet. Of course you should speak to everyone this way, and particularly your children, however a lot of people don't feel that the pet is equal to them not being human. However it's extraordinary how much they understand and how much they will be able to help you with your feeling-healing if you treat them as an equal.

It wasn't something I could easily do our little cat Potsy. I couldn't do it even with Marion. However, when I treated her seriously as a 'little person' and said, 'I'm sorry Pots but I can't play with you for half an hour, she'd stop trying to get me to play and do other things whilst waiting for me to come. And by treating her like she really understood all I said, and wasn't just a dumb animal, helped me not to feel so powerless with her. She always wanted my attention but at times it was too much. When I looked at her as just a pet I felt powerless, nothing I could say would make her stop wanting me to put my life aside, give in, give up what I wanted to do, and do what she wanted to do. And after so many times I'd feel like murdering her, yelling at her no, no more, I want to have some of my own life doing what I want to do - however treating her this way made me feel very bad. But when I did treat her as an equal and said straight what I felt and explained things to her expecting her to understand, she would cease asking me and play by herself. And I felt I could say no, that I had some power in my own life. And so when I was ready to play, it was far more enjoyable for me because I was wanting to do it, rather than always giving into her demands, and then I wasn't just doing it 'For the Cat!'

All creatures are of pure natural love, so they are more true and perfect than we are. And so they can and do love us unconditionally reflecting to us how we should be with them and each other. They selflessly give themselves to us and it's all too easy to take them for granted. Nature will be used a lot through your healing in all sorts of ways, and it will help shed a lot of light on your negative, conditional, selfish and unloving condition.

60. And keep expressing all you feel - keep going.

61. Dreams.

Don't worry about dream symbology or what you may have read about them in regards to dream interpretation. Simply allow your feelings to bring to light that which your dreams are to help you see. Everything in them is symbolically relating to you personally in someway - they are all you. So allow your feelings to reveal what it is you are to know from them - try and keep your mind out of it. Just do what you do with your feelings. Speak about your dream to your friend. If you feel bad in any parts concentrate on these aspects using the bad feelings to help uncover the truth of why you're feeling them. Long for the truth of your dream and you may be surprised what it is that your soul wants you to see about yourself within it.

So often I will have a dream that is like a movie without my being able to personally relate to anything or anyone in it, nor feel anything from or about it. Yet as soon as I've spoken about it, whilst wanting to know the truth of it, up comes the feelings and I'm instantly connected to it.

Marion says every aspect in your dream is you - everyone, every creature, everything, is you. From all my dream experiences and all the truth my dreams have revealed to me, I tend to agree with her.

I've found that my dreams have gone through phases, changing as I change. I remember a lot of my dreams, too much at times feeling like I've been put through the mill with so many fears and bad feelings in them. Marion rarely remembers hers and usually only a tiny snippet.

My dreams have helped me no end to shed light on my yuk. So much truth has come from them. Recently it was only through my dreams that truth was coming to light, little coming from expressing my bad feelings through the day.

And I've found that since having decided to use my dreams to help me in my healing, the relevant parts I'm to focus on each morning speaking about them to Marion, are highlighted in my mind. Incredibly they stand out nice and clear along with the associated bad feelings.

The whole dreaming phenomena is another incredible attribute to our personality and even more so when it helps you with your healing.

Another interesting part about dreams is that occasionally I have truth to find out regarding my own

relationship with them. It's not so much what was in the dream, but the impact dreaming the dream has had on me. I have always loved having dreams, and particularly my *special* dreams, those ones that have been a part of my inner secret fantasy life. But from time to time I would find that I felt bad about dreaming, often in regards to how much they interfere with my getting what I believe should be a good nights sleep. And like everything, I've had to understand why dreaming has made me feel bad, and what I've seen has, as usual with all truth, been very enlightening.

62. Telling the other person what to do, but not expecting them to do it.

This is a behavioural thing Marion and I have both worked on a lot. Both of us in our different ways have wanted to tell the other person what to do expecting them to do it. However we've both not wanted to do this to each other either. And it's taken us a long time to uncover all our power needs that have made us want to control the other person, and let them go. Now we can still tell each other what to do, but without expecting or demanding the other person does as we want.

And it's been equally good, though very hard for us, to have the other person tell us what to do, yet say no to them. And to keep saying no when they apply pressure. We've both been heavily programmed to follow orders, so to defy the one with power - the authority telling us what to do - has been very difficult.

63. Desire change.

To want the truth of your feelings, to want to grow, is to want to change.

Most people don't want to change. We've been parented to resist and fight all change. Our parents wanted us to learn how to behave and then to simply: 'BEHAVE! BEHAVE YOURSELF WILL YOU! IF YOU DON'T BEHAVE...' And to behave is to no longer naturally grow and change as your experiences require you to. So we've had to block out so much of what life is showing us and what life wants us to do. We stop ourselves moving in our natural direction in life, the direction our soul wants us to move in.

If you are sincere about healing yourself through uncovering the truth of your feelings, then change will come to you on a daily basis. You'll be changing your motivations, perceptions, understanding of things, beliefs, behaviours; even your physical and spiritual bodies will be changing. And when appropriate, your life - what you do in life, will also change to reflect your inner changes.

Because most people are so resistant to change life has to bludgeon them into changing. Experiences need to be very harsh and severe to effect the necessary changes. However as you loosen up through your healing, relatively minor experiences can have a huge impact on you, and large ones don't have to be so traumatic, being even fun and something to look forward to.

Over the years the amount of big shocking experiences have decreased for us, as we now only need the smaller ones with their more subtle, yet equally important, affect on us. We are now able to feel

the more subtle feelings, ones we would have easily overridden not even aware we were having them.

The child is naturally a discoverer, it's always wanting to investigate everything. And for some of us we've had this natural curiosity stamped out of us wondering why our adult lives become boring with nothing really interesting us anymore. However as we heal we are allowing ourselves to become the true adult-child, and by the end of ones healing, life should be back to being just as amazing and incredible it would have been as a child, had we been allowed to experience it as such.

Accepting your feelings is also the acceptance of what they will make you do, it's allowing yourself to finally take over running your own life instead of your parents. Your parents didn't care about your feelings, but now you can.

64. Don't assume.

It's all too easy to assume you know what the other person is saying and how they are feeling. We've all been, to a more or less extent, caused to pull in and shut off a lot of our natural self expression. When we were told, 'don't do that', 'don't say that', a part of us had to remain hidden - it wasn't wanted. When we were angrily asked 'Why did you do that?' knowing we were about to get punished in some way, we became scared of being asked why.

When Marion says to me: Why did you do that, or why did you say that, I shy away within myself feeling scared that she's going to follow the question with something that will make me feel bad: criticism, telling me off, some sort of punishment. It's all unconscious reactions to how my parents treated me, the patterns heavily ingrained in me, and with my only just being able to perceive such feelings far along in my healing. Although they are very real and very severe.

I can't take an interest in the other person as I can't take an interest in myself. And I can't take it in myself as my parents didn't take it in me. Their only interest in me was because something I was doing was wrong - a negative interest, and I'm scared of what might happen.

And what I'm scared about is feeling rejected, ridiculed, chastised and humiliated in some way, all of which makes me feel unloved and unwanted. And I hate these bad feelings.

So as a part of my defensive strategy I have learnt to remain only in the superficial layers of life, never probing deeper. Being scared to go deeper as that might bring the same probing down upon myself which can only ever be a bad thing - more bad feelings.

So my relationships have remained superficial and dull, with the need to have constantly new things happening to keep them alive and interesting. But it was an interest in the things and not the person. I didn't want to fully engage and express all I thought and felt. So I wasn't interesting to be with; and likewise, I didn't invite the other person to do so either. My relationships all died and life remained boring, unless I had something new to interest myself with - a new girlfriend, just another new 'thing'.

And all I do is assume that I know what Marion is all about. And I assume she knows what I'm

about. Yet all I do is remain in my own separate bubble world, too scared to open up and expose myself, and too scared to open up allowing her in.

I want to make it clear again, that when I say in the heading: 'Don't assume', what I really mean is it's simply another thing to be aware of, something else for your consideration. It's not meant as an instruction that one needs to obey to do their healing properly or to even live truly. It's something I personally don't want to do myself, and something that is progressively becoming clear to me that I do it because of my bad parenting. So I've included it as potentially something you may also become aware of.

And I can't do anything about it. With such things, I can't simply apply my mind to it and stop doing it, and I don't want to do this. All I can and want to do is keep understanding how and why I do it, to keep becoming aware that I do do it and how it makes me and Marion feel. And then to keep speaking about all the bad feelings that come up regarding it. To keep longing to see the truth of these feelings. And I know that gradually as I see it all, as I slowly wake up to it becoming conscious of what I unconsciously do; as I understand my patterns and how and why they formed, that is my healing, because I am changing.

65. Stop and come back to yourself.

Periodically, and the more often the better, stop doing whatever you're doing and do nothing. And preferably just do nothing with your partner. Come back and feel - what are you feeling? Allow your feelings to come. It may take time, but see if you can speak about what you're feeling so as to take yourself out of your mind and whatever you were thinking about or doing.

We've all been made to put our minds on everything but ourselves. By having to go to school and being forced to think about things that ordinarily you might not have, causes a great distraction in us. We are all always so 'busy' with 'no time' - and why? Why are you always running away from your feelings using your mind to distract you from them? Our parents made us pay attention to them, they made us put our minds on them, taking them off ourselves, we had to focus on them: 'Listen to what I say will you!'. So we did, we had to, all at the expense of ourselves, all causing us to lose our true selves and lose touch with our feelings.

Even biting your nails is giving yourself something to do with your mind, it's yet another distraction because to not do it is simply too horrific to contemplate.

When I have finished my healing I imagine I will be able to do things whilst still maintaining my focus on what I'm feeling - on myself, without allowing the thing to take me over, totally distracting me. The things we do are only secondary to our real life - what we are feeling, they are only part of the prop.

66. Look the other person in their eyes when you're speaking to them.

If you don't naturally do it, then practice doing it, especially when you're speaking about your bad feelings. See if you can feel why you don't do it - what are you scared of? Can you even feel you are scared? Why aren't you open to facing the other person? What do your barriers feel like? Why do you need them - what happened to you to have to use them? Who was it in your early life that you felt scared of when they spoke to you, so much so, that you can't look at them? What do you feel will happen to you if you do look at them, if you do give over to them, if you do open up and make yourself vulnerable to them? Do you feel they will take over and control you? Do you feel they will yell at you? Do you feel they will be mean to you - will they hurt you?

I feel like darts, arrows and swords of angry energy are always coming at me if I feel the person is more superior than me and aggressive. If they make me feel inferior, dumb and stupid, and like they are going to criticise me, then it's as though they may as well be continually throwing the half-brick I got in my face when I was little at me.

I never felt like the other person in my early life was giving themselves to me, liked me, and willingly wanted to listen to all I had to say. I never felt like they were on my side, liking me and wanting to be with me, just because I am me - liking me just how I am. I felt the very opposite always suffering broadsides and verbal beatings. And so much so that how my mind thinks is the same. My resting more casual relaxed thoughts tick along, but then I fear the incoming harsher and harder to express and articulate thoughts as being intrusive and even things to fear. When Marion asks me to speak more about something and I have to work hard moving into new ground, then I have to look away from her, staring into blank space or out the window whilst I concentrate hard on trying to get my meaning across. She can easily do it all whilst still looking at me. And then I feel that the new thought, the harder part, is an intrusion on my normal 'peace' and I even resent it, fear it. So I don't get any pleasure out of really stretching my mind, and so speaking about all my buried hard stuff is like getting that half-brick in my face again.

67. Admit you have the problem.

When you become aware of a problem you have: something that makes you not feel good about yourself, something you might say or do, then it's time to come clean, to fully own up to it and admit it. Speak about it all, and how having the problem or bad aspect about yourself makes you feel.

It's very important to allow yourself to - even make yourself - feel stupid, humiliated, useless, pathetic, dumb - whatever the bad feeling is. It's a real ego-cruncher and that's what needs to happen. So much of what we do is to protect our fragile ego, and as the ego is all formed on falseness, it has to all come down.

By admitting you have the problem is taking a huge step in allowing yourself to feel powerless. And by allowing yourself to feel powerless rather than doing all you can to prevent yourself from feel this way, is how you give over to your feelings.

We have to be shown up for the bullshit we are. For the wrongness, falseness - pretence. And we have to allow ourselves to feel this way, knowing that they whole world thinks we're the idiot, stupid,

fuck-wit, and that the whole world has always known it whilst we've deluded ourselves that we're the great one.

68. Be in charge of your own words.

Too much of what a lot of us say, we say because it's what we believe we should say, it's what is expected of us. And yet it's all learnt behaviour and it isn't us truly and freely expressing ourselves. It's not ourselves speaking the actual words we feel to say in each moment.

All too often we say what we think the other person wants to hear. We do it for all sorts of reasons: so as to not be scared of them, as defensive measures, because we want to make them - often pretend - we are their friend. We want them to think well of us, so they will favour us, or we don't want them to go around telling the whole world what a bad, yuk person we are.

It's all what we've done to placate our parents, to get them off our backs, to stop them being so scary. It's what they've demanded of us, all so we can fit into their world, all so they can be happy. But it's not ourselves truly expressing all we think and feel. A lot of which, if we could be brave enough to, would probably very quickly end the relationship showing it up for what it is.

But if you want to live true, then no more playing such games. You have to come out of hiding, stand up for what you truly think and feel and to hell with the consequences, dealing with them when they arise. And surprisingly, often they aren't as bad as we've been made to believe they will be.

But to do these sorts of things all takes time. You'll have masses of wrong beliefs and behaviours all underpinning such ways to being, all of which have to come to light and the truth revealed as to why you are as you are.

So I write these things as things you might relate to and identify with and so can aim for. They will happen, you will be made to live them if you truly want to live true to your feelings, yet they will happen naturally and all in their own good time. So there's no need to force yourself to be something you are not. This is going against yourself only cementing in your negative state and doing more damage to yourself than what your parents did to you.

69. Analyse your thoughts.

As you move along in your healing, there will be times when you can focus on and analyse your thoughts. It won't be so much the subject matter of your thoughts, although this will be looked into at other times, but it will be more about how your thoughts affect each other, which needs to be understood and the truth seen.

For example, I have this thing whereby when I'm speaking in my mind to one of my spirit friends, if they say something that makes me feel good, and particularly if it's a future thing, then suddenly my

mind jumps to questioning them about other future things: will such and such happen? - all hoping they will tell me other good things. And the new thing I'm asking them about will have nothing to do with the train of thought I was just on. And I feel like an excited child, that suddenly it's all too much. I have got one good thing, so suddenly I want lots of other good things. And good things were always going to happen in the future, so I was told by my parents, so I rush to wanting to know if other good future things will also happen.

But when I do this, and it happens unconsciously in my mind, I feel angry. I can't just have a normal conversation feeling good or bad. I don't want to suddenly jump away onto another topic and one that usually I will get a negative response to - again another pattern that regularly happened to me as a young child. One good thing was enough: 'Now we can't get you too excited James can we!'

Whenever I've caught myself doing something like this in my mind and it's made me feel bad, and I've focused on it, spoken about it, brought it all out in the open and uncovered the reasons why I do it, then it goes, the pattern is broken, and what a relief it is.

These mind patterns are of course also reflected on the larger level in life, we behave the same way. And so when you are able to rectify one of them within the functioning of your mind, it feels really good knowing it will also take care of related outside behaviour.

It's always astounding to find myself suddenly focusing on how my mind actually behaves, how my thoughts relate to each, why one follows the other in the sequence it does. It's as if some other inner part of me (which is my Indwelling Spirit of God) is saying to me: Now look at this what your mind does James, isn't that a weird thing? Why do you think you do it like that? And how does it make you feel doing it? And it's always good to find out.

No part of us that's wrong and out of balance with Creation is allowed to exist, so it all comes to light one way or another.

70. What's the true purpose of your life?

To live true to your feelings. I can't repeat this often enough as it's what it's all about and what everything hinges around.

We are to become, and so live, being self-revealing of truth, this being all done through our feelings. If you want to uncover the true purpose and point of your life then you need to have a true relationship with yourself. It's not about anybody else. It's about being able to truly express all you think and feel. And then to be able to do it with another person in a close and intimate way; and then with all people. And when you are able to do this then your personality will be fully and freely expressing every aspect of yourself; and then, and only then, will you feel truly happy and loved. It's how we're designed - created - to work. And until you are living true to all you feel, you won't feel there is any real point, true meaning or purpose to your life. Nothing will ever fill that gap, nothing out there will ever make you feel how you long to feel inside. So when you have worked your way through doing all the things, thinking, hoping and believing they are going to relieve the pain and make you feel better, and then given them up, you will have nothing left, and then you'll see there is

only yourself - what you feel.

71. Can you actually have a friend?

Although I say you need a friend to help you, someone who is on your side and who unconditionally accepts you, and that your partner can potentially play this role, it's still worth bearing in mind that you are both fucked. And being so, how can you be a true friend to each other. You can't, so you can only do the best you can. And at times you'll fight and hate each other and be anything other than a friend. You may even have to get to the point of both feeling you are not a friend for each other before you can be that friend.

Ultimately you will feel you want to be able to be completely how you feel you want to be, and so that applies to your friend, and you allow each other to be that way. You can say and do and be exactly how you want, being totally free and accepted for being that way by your partner.

So you end up both feeling and KNOWING you have equal rights, you can both say NO. And you can stick to your no to the end of the world if that is what you feel you want to do. You never feel you have to back down or compromise, or worse, feel guilty for saying no, for going against what the other person wants. And they on their side can say you are a bastard, can jump up and down, can say no as well - no I don't want you to be this way, all so long as both of you are totally free in being how you feel to be.

Being a true friend is not simply a matter of having someone who totally agrees with you, who always says yes and allows you to be as you are, achieved by having to put some part of themselves aside. A true friend is true to themselves as you are true to yourself, and it doesn't mean that it's all hunky-dory and luvy-duvy all the way along. You can both totally disagree and do totally different things yet still be a true friend to each other. However by the time you reach this stage in your relationship you'll be far more united and harmonious together than being opposites.

72. Moods.

Marion's reading a book in which the man is having a very passionate relationship with his lady, however if he comes in from his day studying at the library and she is in one of her 'moods', then he dares not stir her up. Even to the extent of putting down his work and leaving the house. And of course this behaviour infuriates her more as she can't speak with him, he's not there for her, and when he wants to speak about his work she's not interested in that either. So their 'great passion' seems to only come about when they meet and connect, when it's smooth sailing, and there is just enough of these times to keep the relationship going. And this reminds me a lot about myself - I am like this man, and the woman is my mother.

It's very difficult when the other person seems distant, shut off or in a mood, and what needs to happen: to reach over and into them trying to bring them back out by getting them to speak, is all but impossible as you feel rejected yourself by their unfriendly behaviour.

In this case the woman feels rejected by him, she withdraws, unable to speak about all she'd like to. She probably doesn't know what she does want to speak about, it all being hidden, and where he to ask her to speak saying: what's wrong, she might say nothing closing the door on him, rejecting him, and preventing herself from having the opportunity of actually coming forward. And if this were the case, the man needs to keep going, to make her speak, to show her that he really *does* want her to come out and tell him what's wrong. And he can't let up until she does start to open up and speak about all her bad feelings, even if they are horrible things and all to do with him. But when he also feels rejected by her, the old familiar patterns formed by his mother, then for him to come up over his rejection, to actually and sincerely want to know her, is all but impossible.

It's a terrible stalemate, both making each other feel unwanted, unloved and rejected. Both are closed up feeling very bad; both desperately wanting and needing to be loved and made to feel wanted by the other. And wanting the other person to do it.

During your healing such desperate states are really bad. But all you can do is try to talk. And the more you talk about your feelings during your better times, the more it will help you break out of this double rejection pattern. The moods are to be looked at as the person in the mood being the poor one, they are feeling bad and obviously feeling rejected in some way. So to talk about the moods is to talk about such bad feelings, to try and connect with them. And it's not to run away waiting until the mood passes. It's to bumble your way along knowing you will probably end up feeling bad as well and you'll both have a ripper of an argument. But getting angry is good as it certainly can help fire you up and out of your mood, helping to bring yourself back from feeling rejected and powerless.

But as usual, there's really no point in doing all of this if it's not what you want to do, unless you are both willing to seek the underlying truth of your rejection and associated behaviour. If you don't want the truth, then you may as well keep being moody or taking long walks around the block.

73. Crying.

We cry when we are angry - frustrated to the point of having to cry because no one is paying attention us, no one is giving us what we need, no one is loving us - making us feel good, wanted and loved.

Throughout your healing you will cry at times. Sometimes you just can't help it. However you don't always need to cry to get to the bottom of your bad feeling and trauma.

You only need to be able to talk it all out, and talking about your bad feelings is at times much harder than it is to cry. Crying can be another way of avoiding talking about your bad feelings. Often when speaking about feeling bad you may feel like in a way you are also crying, it's an odd sensations, my eyes feel sort of dry and sore as if from crying, Marion feels all restricted in her chest, but we are not actually crying the words being all we need to say.

We cry when we are very little because we don't have the words to say. And as we get older, being able to express ourselves with words, we cry less. It's words first - speak, that's how we do our healing, using our words to uncover the truth of why we are feeling what we are.

74. Having your own say.

It's so important to have your own say. To feel free to. And to have your say acknowledged. To be able to disagree is vital, to be able to express all your own feelings and thoughts about things.

It's horrible not being allowed to have your own say. And worse, as to feel like you can't, you don't even try, feeling like you have to be like everyone else: saying the same things, believing the same things, and seeing it the same way.

And to feel you have to be like this in your own family, and if you don't then you're going to upset someone bringing consternation, wrath, criticism and rejection down upon you, is a terrible way to be. To feel afraid of making someone angry is no good, it's all too restrictive. You end up mindless, a clone, dead to your thoughts, imagination and feelings.

And when finally your chance comes when you are free and can have your say, do you think you can have it? You open your mouth to speak thinking there is a lot you feel like saying, and all you hear yourself saying is what they said - there is no original you. It's so disappointing. All you sound like is their broken record! - a flaming parrot (mind you when I hear myself saying what they said, I wish I were a parrot). No originality, no real connection with your feelings or your true self.

You are left hating hearing your own voice. All you want to do is express your feelings so you heal yourself, but all you can say is what they said. And you wonder: how am I ever going to be able to do it?

75. Sometimes it's hard to remember to long for the truth.

Often for both Marion and I, bad feelings come up, we acknowledge, accept and speak about them. And we go on and on speaking about them. And often there is a lot to speak about. And then we might get to a place within ourselves where it all comes to a halt, something like a dead-end. And we can't go on. We can sense there is still a lot more, and all we've spoken about so far doesn't seem to gel with anything - SO WHAT THE FUCK IS IT ALL ABOUT - WHAT ARE OUR FEELINGS TRYING TO SHOW US? And often feeling angry and exasperated we suddenly remember: TO LONG FOR THE TRUTH OF ALL WE'VE BEEN FEELING AND SPEAKING ABOUT. And so we do. Often when you're consumed by and intensely focused on your feelings it's hard to remember to long for the truth of them. During the early years of our healing we'd remind each other to long.

And then magically, only moments later or when we start speaking again, suddenly the truth starts to come, it starts to dawn on us, bringing with it understanding, and all we've been going through fits into place.

So it is VITAL that you long for the truth. I don't know exactly why, that is, how it all ties into living in a negative state in relation to one's will, but it works too many times for Marion and I to be ignored.

I think because we are self-denying, so truth-denying, we need to make an extra and very conscious and specific effort, to concentrate our whole being on what we want - the truth. And in the process of doing so, right before we long and ask for it, we are giving up. We are saying to ourselves and to our friend - to the whole world: I DON'T KNOW. We are admitting we are not the great one, we are not in control - we don't want control. And this too is very important. It's the act of letting go, of stopping the pretence of believing you do know, followed by the reaching out - the asking for help, the display of humility, that enables the blocking negative circuit of belief and behaviour to have the light of truth shone on it. Perhaps it's how we even move through it on the will level. The calling out for help to ourselves, to someone (who should have rightfully been our parents); and more importantly to God (when you are doing your soul-healing), by longing for the truth, seems to put you - your mind - into a receptive state so you can see it, so you are ready to see, whereas up until then all you were doing, all that you were, was blocking it - denying it.

Whether or not you do actually do any healing, hinges on you sincerely wanting to know, see and understand the truth of what you are feeling.

I won't go into it all, but this morning Marion and I were waiting to see if an unusual marbled coloured Australian Magpie (a female who is currently sitting on her nest), might fly down to peck around on the ground, showing us her lovely, gorgeous markings. I was feeling worse and worse about life - about everything. I was angry and generally pissed off about things, my usual stuff, and so started to try and speak about exactly all I was feeling. I tried, but as usual it was very difficult. I am fed up with speaking about the same shit bad feelings. Years and years of them. So I was going over the same old ground not feeling like I was getting anywhere. Then I'd had enough. A headache was coming on, I was feeling sicker and I just wanted to die. I wanted to get out of the suburbs and go home - anywhere, but there. The magpie had just returned to her nest so wouldn't be coming back down for some time. I wanted out. And then I remembered to long for the truth. And I did. That was all I could do. I'd had enough of speaking about all my shit feelings not getting anywhere with them. I'd had enough of everything. I felt very bad.

We then left our stake-out driving around to see if we could find any more baby Plovers that might have newly hatched. It's nearly the end of spring and there's only a few of the cute fluff-balls left. Our searching took my mind off myself for a short time. Marion kept at me to keep speaking about how bad I felt, but I couldn't say anymore. I was at the end of my line, I'd had enough. However I did long for the truth some more.

And then next thing I know we're talking about something and suddenly I start to see it all. The truth started to surface within me. And suddenly I could speak again about my bad feelings as now I had a context in which to speak about them. And steadily the whole picture unfolded. It was a huge insight, a new revelation for me, so much understanding about my early life and in particular my relationship with my father. Still, after all these years, I could see yet another huge slug of truth about my relationship with my parents that previously I had no idea about. And all I had been feeling before, all the years of similar bad feelings, now made sense. I knew why I'd had them. And I knew that finally I had cracked into a very tightly sealed-off part of myself.

And it was all because the truth came. It does come, that is what is so amazing about the whole experience. If you do want to know, nothing will stop it. It might take it's own time about coming, but I was ready for that truth today. All those years had been preparing me, this too I could see. Then

it all makes sense and it helps you to keep going. And it has to all make sense, for if it didn't they'd be no incentive to keep doing your feeling-healing.

So remember: TO LONG FOR THE TRUTH. As with everything I write, I'm telling myself as much as I'm telling you.

LONGING FOR THE TRUTH IS PARAMOUNT TO ENSURING YOU DO HEAL YOURSELF. If you don't uncover the truth then it's all a waste of time - you're just pissing in the wind.

76. And keep going right to the end.

What's the point of speaking anyway. Speaking never did me any good. No one ever listened. I'm not going to do it. Fuck speaking and trying to express my bad feelings. Fuck it all, I'll just stay in my shit state. So what, I've felt this way all my life, nothing has changed. Speaking about it all does fuck-all, nothing's going to happen, nothing's going to change. It's all fucked. I'm fucked, their fucked.

And I don't want a friend. What sort of friend are you anyway? You can't fix me, you can't help me. All you can do is listen and what good does that do - nothing. I hate you and life and I hate God - I hate everything. Nothing good has ever happened to me, and it never will. So what's the fucking point?

There is no point, and feeling pointless, so uninspired is bad, really bad. But what can you do? Nothing, always bloody nothing. So you keep just opening your mouth and blubbing away what you feel, or even what you think you feel, or even speaking about what you don't feel and wishing you could feel.

Just speak - and keep speaking. No matter how hard is it!

77. Reading out loud.

If you don't do it already, you might like to try it. It can help you with your self-expression. And if you really try to live what you're reading and if it's well written, and if it includes a lot of feelings, it can help you become more familiar with your own feelings.

Also as you read, read to your friend. Reading to your friend can really help you get the feeling of what you're reading. Read giving it to them. Keep your focus on them as you're reading. Read slow enough, loud or soft enough - animated enough. Read with feeling, even emoting theatrically if you want to. It will all help.

And if you have any fears about being embarrassed, or find it difficult saying the words, then all these bad feelings are good too, giving you yet more bad feelings to accept, express and uncover the truth of.

Reading how it's written, reading at the pace of how other people think and express themselves on paper, can help stir up stuff in you, and it helps you compare yourself with them. And if you're like me, and reading out loud at school was terrifying; and you can't read out loud because you can't even speak out loud easily what you are feeling, then the whole experience might help you freak-out and get more angry - all the good juicy stuff to make you feel really bad.

78. Ask for help.

It's great to do - if you can do it. If you can't - more bad feelings. And if you can't ask anyone, then ask God. Only you've got to be very serious and sincere in your asking. Then the asking is really a prayer, a true one, not the dogmatic mind way the churches and religions tell you to pray - a way that does no good for you other than satisfying your ego making you feel you like you're being a good little boy or girl doing as you've been told to do: saying your prayers to God.

You can only truly ask with and from your feelings, and feelings that are true and heartfelt and based on other feelings, NOT based on the mind and all its beliefs.

You ask because you want the help. When you are in the depths of your pain, slogging through your agony, drowning in your misery, trying to speak about it all, trying to express all you feel, trying to long for the truth, you may also feel to ask for help - so ask.

And when you ask, of course you want to get or have happen what you ask for, however don't expect that it will. Your asking has to be unconditional, more like a plea for help. You want it almost expecting not to get it; you ask with no hidden agenda, it's simply a true asking. Once again - a longing.

And usually you ask when you're feeling very low and at the bottom, when it's all too much. And if you are living with God as your Mother and Father, it's really good to know you can ask Them for help, which really is in a way asking your own parents for help. You are asking your parents to love you, to accept you as you are and to help you, which is really asking them to be different to how they are, how they are treating you, for if they were already loving then you wouldn't be feeling so unloved and powerless and so wouldn't need to ask.

And ask spontaneously - creatively. Don't say fixed prayers or the formal or 'right way' of asking. there is no 'right way' to ask. There is ONLY - your way. And you don't have to 'ask properly'. You simply ask with your feelings, let them ask, let them speak what you want to ask for, and then it will be with your own words, in your own way; it will be the real and true you asking - and this is all that really matters, irrespective of whether you get what you ask for or not. As always, it's simply you expressing what you feel, that is all that counts. And so asking is just another way to express yourself.

79. Love and hate.

Allow yourself to love and hate simultaneously.

‘I hate you and I love you. I like that what you do, but I hate that other part you do.’

I was taught that it has to be one or the other and you can’t have both. So I either loved them or it, or I didn’t, I hated them or it. And if I hated it then forevermore there was no room for loving it. I can’t love or like that person one day because of what they are doing or how they are, then hate them the next day because of other things they are doing or how they are being; or because I’ve changed in the meantime. I was taught I had to be decisive, and being indecisive saying I hated and loved something at the same time was wrong, even though neither really had anything to do with being decisive or not.

It’s so freeing simply being able to be as you feel. And as so many of our feelings are based on unexpressed early childhood experiences we need to bring them all up and say them. We have to be able to say ‘I hate you mummy, I love you mummy’ all in the same breath. And those of us who weren’t allowed to say it freely still have to. As you will find, it’s all still inside you waiting for you to bring it out.

And you can also love God and hate God at the same time.

80. Grump and complain.

Allow yourself to be angry with all those slight irritations. You might think they are stupid and not worth wasting time over, but they are all very important, all the tips of deep icebergs lying there waiting to be uncovered. And there are hundreds of them, and they are a right pain in the arse. Yet they ALL have to be acknowledged, they all have to be focused on, spoken about out and then discussed as to why you feel them, all whilst longing for the truth.

Marion is speaking to me and suddenly I turn on the tap and she feels a slight annoyance - he should be listening to me not making that noise with the water. I’m coming out of the bathroom and she steps in front of me through the door making me check myself - why can’t she wait until I’ve come out, it would only be a moment, why does she get in my way! What? She asks me. I feel irritated, not again, she’s always asking me what did I say - can’t she hear me or something, is she going deaf? I don’t want to be continuously repeating myself.

And on it goes, millions of little things that happen between us most of which we’ve wanted to overlook and not make a fuss about, not wanting to express our anger accusing the other person of doing something we don’t like or don’t want them to do.

But they all have to come out. And after thousands of them have, and still they keep happening - shit, when are they going to end! However it’s all those little things you felt as a child but weren’t allowed to say anything about. And now you can. They are all still in you (and isn’t that a wonderful thing to know!!!), and things in your daily life will bring them up. And so out they MUST come. And it’s surprising how such a little thing will then take hours to speak about as it leads you all over the place within yourself showing you yet more aspects about yourself, your relationship with your partner, and that with your parents.

81. Slow down.

SSSSLLLLLOOOOOOOOOWWWWWW DDDDDOOOOOOOOWWWWWNNNNNNNNNNNN.

Don't make yourself do it, it's not a commandment, but allow yourself to do it as you feel to do it. Your healing will naturally slow you down. Your body will become wracked with too much pain so you can't do anything fast, and you will simply have to slow down. But as you will see it is all good and will make you feel so much better about yourself.

It's a wonderful feeling gradually feeling better, and good, and then really good about yourself, and about how you do the things you do. And as you slow down, taking things much easier, you feel so much kinder to yourself, more appreciative, more loving. And to know you are no longer flogging yourself along doing things with you mind all at the expense of your true feelings, is wonderful. It's nice to care about yourself in the right way for a change. And it helps you to feel that you are really coming back to yourself, becoming the real and true you. And it's incredibly nice feeling your real and true self.

82. Finishing another persons sentences for them.

I have this tendency, particularly if the person seems to slow down and even stop, I jump in to finish off what they are saying. And I've found I do this for many reasons: I can't bear the empty space, it triggers my feeling lonely so I have to fill it; I hate them being slow and I want to hurry them along - just as I was always hurried along by my impatient, frantic always-in-a-rush mother; I want to hurry them along so they will finish all so I can have my turn, so I can grab the limelight and centre stage; I don't want them to sound like they are stupid, everything has to be done right, be in it's right place; to have power over the other person. And all of these things I suffer from are from my mother and grandmother.

If you are a 'finishing off-fer' try to see how you feel when you do it. What is making you do it, what are you afraid of, and do you feel angry with the other person for not doing it themselves?

Of course it's best to allow the other person to express themselves however they want to. It's very important that we all can be free to express and say exactly what we feel. And once you start changing a lot because of your healing, moving into new areas of yourself, you'll find that the unconscious patterns of how you did communicate, the words and phrases you used, will change, and at times this throws you, so you need time to gather your thoughts, to speak your new self-expression from your feelings. And it's a real pain in the arse, if in mid sentence when you are enjoying feeling yourself changing and searching for a new way to say the new feelings you are feeling, the other person steps in finishing off your sentence interfering with you. It can be very off-putting. And should make you feel angry, which is more anger to express and speak about.

It is quite an amazing feeling when in mid sentence you find that how you normally speak, what you'd normally have said, now doesn't fit what you feel. And you realise that although you thought

the feeling was one you knew, it is not quite, that it's a slight variation and it requires new words to express it. And you search within yourself, fishing around for those words, trying this and that, and they may not come for a while, but then suddenly you find the right words that do describe and express exactly how you're feeling, which opens up a whole new area of discovery within yourself. It gives you quite a thrill. And so whilst you are trying hard to find the way to truly express yourself, you need the other person, your friend, to be patient, to be understanding that you are breaking new ground within yourself. And if they do this, this too gives you good feelings knowing they are fully respectful of you.

And sometimes the words just don't come. You go this way and that, try this and that, but no, you just can't express how you feel with the words familiar to you. And you have to stop and give up. And you'll find that even speaking about this - having to stop and give up, and all it makes you feel - is very important, as often it will help to clear the block. Then the next time around as you try to express the same feeling, suddenly you find you can! It all giving you great feelings and affirming that things are happening positively within you, that you are making progress, that you are changing, and it's all for the better, all making you feel so much more positive about yourself.

83. Annoyed by the other person?

If someone does something to annoy you, then it's actually something in you that is wrong, not in them. It might also be wrong in them, but that is none of your concern, and they can be exactly how they are. It's not for you to try and change them into being how you want them to be, nor how you think or believe they should be.

If someone annoys you then they are helping you see some aspect about yourself. You're seeing it in them is as if you are doing it to yourself, so it pisses you off making you angry. Which is of course what your parents did to you, so the other person is really also your parents.

So by speaking about and expressing ALL that is annoying you, and all whilst longing to know the truth of why you're feeling such things, in time you will see that it's all within you, you're doing it all to yourself, and really the other person is not affecting you at all. And it's absolutely amazing when you see this, because then suddenly you realise that you're no longer annoyed by the other person, you can allow and accept them as they are. And what a relief that is! You don't have to go marching off to do battle with them after all, as there is nothing left to fight about.

84. Feeling misunderstood?

It's how we all feel, because how else can you feel when you're parented with only rejection. And so as we react to each other, as we feel the other person is making us angry, we are not only misunderstanding them, but also ourselves.

We're all fucked, no one is perfect. And we all need to be allowed to be in our fucked states of being. It's not for us to try and change each other.

And it's for parents to understand that their children don't need to be worked on and changed and 'brought into line'. They are right as they are, or as the most right one can be being conceived and born into a negative state of mind and will.

It's much better if you leave the other person alone (unless your feelings make you react otherwise, which you can't help), and in most instances stop, not trying to make the other person be how you think they should be. Come back to yourself, and work on trying to uncover the truth of why you are feeling bad - why they are making you feel bad.

Keep owning it - your feelings - yourself. Stay on your side. Find out your truth for yourself and don't worry about them. And even though you might worry that your powerless situation with them will never change, express such worry, understanding that you can't know what will happen in future, and that as you change within yourself then anything is possible.

So often something a person does might really piss you off, yet another person being treated that same way doesn't feel bad (angry) at all. And this shows that they obviously don't feel threatened and powerless in any way with that person (or at least in that situation with them; or else they are good at covering up and denying such anger). And you only DO feel angry because for some reason they DO make you feel powerless. And so to find out why you feel powerless - you know what to do. And when the truth comes, when you've healed that part of your relationship with your parents, then you will no longer feel powerless so neither will you feel angry. We only feel and get angry because we feel - which really is only feelings generated by the fact that we erroneously believe - we are powerless, albeit unconsciously. As adults we are not powerless with each other, however we feel we are because really we're still only the little child who is being made to feel powerless by its parents, with all other adults becoming our parents.

Really none of us have actually grown up spiritually into adults, as we're not living the truth of an adult. Our physical bodies have matured and we act in an 'adult' way, but we live with our minds telling us how we are to be, which is still really only our parents telling us how to be, we being still only the little child. Only when the truth starts to come to you through your feelings will you truly start to mature into a 'proper' mature adult.

85. Expressing.

This probably goes without saying (however for me, as with just about everything to do with feelings, it was new and a major revelation!), expressing oneself involves using all of you, not just speaking. Speaking is of course the major part, however as we speak we are animated with the feelings we are communicating and so need also to express this animation. Put life - emotion - into your words expressing the feeling fully. Move your face and body around if it's what you feel; and if you don't feel like doing it, such as when you're feeling very miserable, allow yourself to sink into your misery, to shrink in on yourself, let your whole body collapse into your feeling. If you feel like curling up in a ball on the floor whilst you talk about all you're feeling, do it. And do it even if you feel stupid and have to start by acting it out. If you hold back then it's all a part of your resistance, fighting yourself, stopping yourself from freely expressing yourself. Look how animated children are before they are forced to hide and cover up their feelings, their whole body IS THE FEELING. So see if you can be

like a little child allowing your whole being to BE THE FEELING.

When expressing yourself, walk around - pace, jump up and down, jiggle your legs when sitting, wring your hands, rub your legs, arms, let the emotion of what you're feeling move you. And be sensitive to such feelings within you, often they are subtle with you having been told not to do such things when you were a child, to: 'sit still for God's sake, will you, you're always fidgeting, stop it!.'

I was too embarrassed to express all I felt with my whole body for years. I was so stiff, so restrained, so conservative, so scared. Marion, you'd have said, was meant for the stage, with all she did being natural and nothing contrived. But gradually as I've expressed all my feelings about my embarrassment, I find I am expressing myself with more of my whole self, including my body, even putting more emotion into my words, and all just naturally. It's now what I feel to do, I don't even think about it, it just happens and I feel good being this way. But I've still got a long way to go.

And if you can't actually do it, feeling way to stupid, then speak about feeling stupid and being embarrassed, ridiculed, laughed at, humiliated, or whatever you feel. And speak about how you would like to do it.

But as always, speak, you've got to get the energy out. Even if you have to sit very stiff, poker faced or simply unable to express your feelings - still SPEAK! Speak about what you can't do.

Feeling and not speaking means you'll always stay trapped in your fear and pain.

Another point appropriate to add here, is that it's all very well saying how I'd getting better at emoting my feelings, but that is all provided I'm not put back into yet another shut-off part of myself. Periodically I feel like I've made good progress only to suddenly find I feel like I'm back at the beginning having to start all over again. Suddenly I'm all blocked up, can't express a thing, and I'm doing all my old avoidance patterns feeling like I've made no progress at all. And it's so maddening to suddenly feel so fucked all over again. And I used to wonder what's gone wrong, why am I so retarded again. And now I know what has happened is that my soul has moved me back into this other previously hidden state, and within it I feel I've completely lost touch with all reality - which I have as a consequence of how my parents treated me. So once again, painstakingly I've got to move through many of the same old patterns I've already been through, as if I'm having to re-learn how to crawl then walk all over again. And having to re-learn how to identify the relevant feelings, and speak about them. It's all very trying, but slowly Humpty Dumpty *is* coming back together again.

86. Go right to the end.

If something comes up making you feel very scared, it's obviously heavily testing your boundaries. So as hard and harrowing as it is, see if you can speak about all the worst you can imagine happening.

For example. Marion's thumb suddenly seeming for no reason started to hurt, she couldn't do anything with it without it giving her excruciating pain. (Just another of the many strange pains we've been afflicted with through our healing, all that have helped us so much to give up and let go of

yet more of our controlling ways - to give up trying to have power in some way.) So she tried to rest it and do things only with her other hand.

As the day passed fear grew in her: what was she going to do if she could never use her hand again? And this led her to consider and ask herself: what if I was partially crippled, or wholly, like a quadriplegic, or confined to bed for years unable to do anything, and being totally reliant on others to look after me; what if I had no power at all! And the fear was intense.

She expressed her fears, crying and feeling very down and sorry for herself. She allowed herself to feel as debilitated about it all as she could. And it was horrible so see her in such a state, and all stemming from her sore thumb.

Then in the morning after a night that didn't interfere with her thumb she realised that it wasn't so bad, that life can go on, and so started using her hand as she could accepting the pain. And her relationship with this aspect of herself, her fear and dread about being so incapacitated, had changed. Her self-acceptance had grown immeasurably, and to the point of accepting that, that might be how her life will go, it simply being a product of how her parents treated her. That her body might totally fail along with everything else all because they made her be such a failure.

And for my part, her painting the picture of herself being so incapacitated, with me having to look after her, having to wipe her bum for her and do all those horrible yukky things, brought up huge fears in me. And so I too, to the best that I could, put myself in such imaginary states speaking about how they might make me feel. And my big anger at it all was my inability to have a say in it, to be able to say no, I don't want to have to look after someone forever, having no say in it. She is my wife, so it's a done deal, just how I was treated by my parents; they said I had to do it, I had no say in the matter because I was their child, and that was that.

Then in the morning having expressed such fears I felt okay about it. It wasn't so scary after all. And so what, if that is where my life is to go, I would like to look after her, our life isn't about anything else, and it would only serve to help us heal ourselves more and grow in truth. And it might even make us become more loving and more self-accepting and accepting of each other.

It's all about going right to the end and opening that door and letting the scary monster out. And even though it's all just imaginary, for the child, when such things were happening, it is all too real. And once the monster is out and it hasn't eaten you; or once you find you don't actually fall down that hole never to return, things aren't as bad as you believed they were going to be. And it can even change to such an extent that the monster becomes your friend.

It's all beliefs we made up through our early childhood. And as unrealistic and unreasonable they might be, still the fear is very real. And so as always, only by expressing it, allowing yourself to be it, feel it, speak about it, and seek truth of it, can you make room for yourself to move within the confinement of such de-powering beliefs.

87. Keep going.

88. Remember: Keep expressing your bad feelings.

Marion was feeding the magpies at the front door on the decking, a place where so far the seagulls had felt too afraid to come. Suddenly there's a white flash of wings, and a seagull hops up on the rail with that smug look on its face and a bulge in its neck. What happened, what were the magpies doing, why didn't they chase it away?

I feel instantly angry that the seagull got their meat, and got into what I thought was a safe place free of seagulls. The anger burns just below my chest, I speak about it.

'I'm so angry with that seagull, what were the magpies doing, what was going on, how did it happen! I want to kill it, I want to smash it, I want to rip it apart. It's not fair, the magpies can't go anywhere safe. I'm so angry, I want to rage and rage...'

Being angry is because we feel powerless, so I put myself into feeling powerless, as that's really why I'm angry. Why do I feel powerless? I feel powerless because something is threatening me - at least that is what I believe, so what is it, what is making me feel scared?

'I feel so powerless, what can I do about it, nothing. I can't stop it coming in and taking their meat. I can't do anything. If I go out there to scare it away Perpita is going to get scared and fly off defeating the whole thing. I can't do anything, I feel so useless, so inadequate. It's not supposed to be that way, I don't want the seagull to come in and take over. I want it to be how I want it, not always taken out of my hands and I have no say in it. It's not fair, I can't have a life how I want to be, something always has to come along and ruin it, always interfering...'

As I'm saying this, longing for the truth of why I feel scared and powerless, I start to remember words Gran used to say to me, 'Now James, it's not right, you are not to take your brother and sisters food, that's for them, you are each to have your own, the same amounts - that's fair. If when they have finished they don't want it anymore, then you ask them if you can have it, but not until then. And it doesn't matter that you can see they are not going to eat it all, it's not for you to take it. You must let them have theirs and not interfere'. However that's all very well, but what really pisses me off is it's all one way, for as soon as one of them takes some of my food, they don't get told off - I do! 'James, don't hit your brother, he's younger than you.'

'But he took my chip.'

'That doesn't matter, you are not to hit your brother. He's younger than you, he's weaker than you are, you might hurt him.'

And on it goes all making me feel so angry, it all being so unfair.

As I've said all this, placing myself in my anger and feelings of powerlessness, the fear of getting reprimanded and the added anger of how unfair it all is, goes. Then a little while later more bad feelings and a deeper level of anger comes up in me all still related to the seagulls actions and how they are helping me to feel how mistreated I was when I was young.

Then finally it all comes around with me feeling so ANGRY, with every cell in my body burning with rage. And I realise that because they so heavily controlled me, they fucked me up to such an extent that I can't do anything for myself in life. I can't have my own life, I can't work for myself or

someone else to earn a reasonable living, I can't have my own house, I can't look after myself in all the usual ways; and the big one: I realised, I CAN'T HAVE CHILDREN - THEY STOPPED ME FROM HAVING CHILDREN! Their unloving treatment of me has made me so incompetent that in no way could I have had children. I wouldn't have been able to look after them. Everything I tried to do failed and so it would be the same with children. I was the eldest and most controlled, I can't do or have anything relative to most people. My brother was less controlled, but he too is still so fucked he couldn't have children. My sister - the youngest, was the least controlled and she feels very happy with herself and life, it has easily given her more than she needs, having a career she likes, a man, all the money she needs, (dad left her very well provided for), and she can have a child. My brother I and got virtually nothing compared to her, that being symbolic of his/their treatment of us.

I never felt I wanted children, however after today's insight, all thanks to the seagull - once again nature helping me - I have now shed this light on myself, and how angry I am that possibly I may have wanted to have children and had a life that would have supported them had I been treated differently - more like how my sister was treated. And it just shows how incredible the regime of our parents is, how controlling, deciding so much about what will happen for us in our adult lives. Thanks again mum and dad, you really did a great job on me!

89. And remember, there are NO rules, other than:

Rule One: Express your feelings - ALWAYS!

Rule Two: Long for the truth of what you are feeling.

90. Feeling-healing and soul-healing.

If you are doing your feeling-healing, that is without the inclusion of God's Divine Love, then when you've finished it you will have succeeded in perfecting your natural love. You will be free to live in a pure, true and good state of positive mind and will, and will be very happy and loving. However, so far as life in Creation is concerned, and so far as your spirituality will be, you'll still only be limited to a very small part of the universe.

To ascend higher in love and truth than the self-imposed limitations of natural love perfection, requires embracing life with God, and so longing for and partaking of God's Divine Love.

Longing for God's Love and setting out to live with the Mother and Father, having a relationship with Them in all it's facets, we can do at any time, however I can imagine many people and spirits will opt for completely healing their childhood repression and negative state before moving to the next stage with God. And when you do then there will seem like more to heal, however mostly this will be simply further adjustments as to how you perceive life, all so it includes God.

On a spiritual level there are six mansion worlds given to us in which we can do our feeling-healing. And then a further one world if you choose to embrace the Divine Love before qualifying in truth to live in higher or deeper levels of the universe, in the Celestial spheres. And you can do all of that

whilst on Earth, you don't have to wait until you die and awake as a spirit.

To do only your feeling-healing means you are still in many ways of Earth, and in spirit will live in the upper levels of the sixth world forevermore. That is until you include God's Divine Love, after which you can move into the seventh world and beyond into the Celestial realms. And when you become Celestial you leave Earth and all to do with it, stepping out into the great universe on your ascension to Paradise.

This might all sound somewhat confusing, however it won't when you begin your soul-healing as then other things will start to make sense as your spiritual or soul perceptions start to awaken within you.

For those people like Marion and myself who for one reason or another were guided to find the Divine Love and include that as part of our feeling-healing, thereby doing our soul-healing, we have had to express our feelings about God and understand other spiritual truths that ordinarily one wouldn't come across if one was only doing their feeling-healing. So perhaps when I say our healing has taken so far up to fourteen years that is to include many aspects of ourselves with God, and so our soul-healing. Doing only your feeling-healing may not take as long, however I can't be sure on this, really it's only my conjecture. And it doesn't matter anyway, for it will take as long as you need it to take.

If you are interested in the spiritual side of it, in doing your soul-healing, I speak more about it on my web site Divine Love Spirituality.

91. More on asking - prayer.

Ask for help. Ask wanting to know the truth of your feeling through your feelings. Who you ask, if you are not asking God, I don't quite know - perhaps yourself?

And if you can ask God:

Ask - pray (they amount to about the same thing) - God personally and directly for help in seeing the truth THROUGH YOUR FEELINGS and not just with your mind. Pray to the Mother and Father to help you uncover the truth of yourself, of yourself through and with your feelings. Keep it all on the feelings level, this is vital and why I stress and repeat it so many times. It's absolutely necessary to ask, long and pray for the truth to come through your feelings and then wait for it and expect - but without expectation; desire and want it, but don't demand it to happen - that it will come. And don't put any time constraints on it. Just give over to the process, allowing the Mother and Father - God - to help you in answer to your plea for help.

And if you can't directly relate to God personally as your Mother and Father, if you can only relate to God being something impersonal and airy-fairy such as the Divine Universal Source, All That Is, Source, Divine, Universal Conscious, Spirit, or something like that, then that is all you can do, however I don't know what it will do for you. If your longing is true then I guess it doesn't matter what or how you relate to God, but if you want to make it as personal as you can, then it's God as your Heavenly or Soul, Mother and Father that will help you the most. But it's no good taking this on

using only your mind, you have to FEEL that God IS your Heavenly Mother and Father.

You couldn't go to your mother and father and ask them for this sort of help, they didn't allow you to nor want you to fully express yourself, they living in their negative self-rejecting states, and so rejecting you. But you can go to your real and true Mother and Father for help as They are not rejecting you, and as you will see, help will come, the truth will come through your feelings in answer to your sincere and earnest prayers. And when it does, then you do feel like you do really have a loving Mother and Father, someone who does really care about you.

92. Don't do what makes you feel bad.

Seriously - don't! Look more closely at all you do, and see if anything makes you feel bad. Why do something if it makes you feel bad - do you want to feel bad? And you may be surprised that many of the so-called good things, things you do that are supposed to make you feel good - don't.

As children we're forced to do countless things we don't want to do. And why don't we want to do them - because they make us feel bad. But we have to do them, and we are told that doing them will make us feel good. So we have to believe they are making us feel good. But they aren't. So then we're in a really bad confused state doing all sorts of things that are actually meant to make us feel bad yet don't - all because we ONLY believe they don't. You go religiously twice a week to the gym, all in the belief that it's good for you and makes you feel good. And everyone says exercise is good for you - even the DOCTOR! But is it? How do you really know? And what if it's not actually good for you, especially as you're only doing it to run away from bad feelings - only doing it as yet another means of staying untrue to your real feelings, allowing your mind to keep its control over you. Is doing something that helps keep your self-denial and negative state in place, really good for you? And does it really make you feel good?

So what do you do then? Just keep slogging on? Or give up. But what happens when you start to give up and stop doing these things? And what happens when you stop doing things that you realise do actually make you feel bad and not good, and yet such actions start to make other people in your life feel bad? What happens when you start living against the flow?

Yet what do you want - to live honouring yourself or not? And who's life is it - yours or the other persons?

And so the same applies when you put yourself in another person or creatures place. Imagine being them, seeing that what you are doing to them, would make you as them, feel bad. Then ask yourself: why do you still want to do what's making them (you) feel bad?

The aim is that we all should be able to live together fully allowing the other person to be absolutely as they want to be - beginning with children. And so, fully allowing yourself to be absolutely as you FEEL to be. So, if you feel you want to go to the gym - go. And if you feel you want to know the TRUTH of why you feel you want to go to the gym - do your feeling-healing.

93. You've got to look for the lost you.

Focus on yourself, it's easier said than done when all you were made to focus on, and so keep yourself focused on, was the other person, other people, the whole world. Mum was always focused on her future, it was always going to be better, the perfect man was going to come - one day. I was in the way, an annoyance, a bother, I stopped her from dreaming about her future by demanding she focused on me. I wanted her attention, yet all I got was: 'Oh don't bother me, go away, go and do something will you - leave me alone!'

So I look out there and not at myself. I don't keep my focus on myself looking for the lost me. She didn't focus on me, so I can't focus on myself. Myself is always giving me clues as to where to look to find myself - clues through my feelings; and paths I can go down a little way should I choose to, paths and feelings that will all lead me eventually to my real and true self. However my difficulty is: where is 'myself' as I can't feel it!

If you suddenly develop a rash, or your finger starts hurting; or you feel fat, too hot; or your jumper suddenly doesn't feel right on you, or your pants, or dress; or your hair makes you feel bad - it's just not right for some reason, then you focus on these aspects of yourself with the intention of wanting to know why these things are making you feel bad, and you speak about them.

You keep the focus on yourself always asking yourself: what am I feeling; why am I moving my hands this way - how does it make me feel; why did I say that - what do I feel about that; why did I just think that - have these thoughts changed the way I feel; what about that, what's this, how is this now affecting me, is it preventing me from feeling good in some way - why. And you can apply the same self-focus to good feelings. (Ha! It's so easy to write this, but shit if I can do it all the time myself. And I sure don't expect you to be able to.)

You use every little sign, everything that makes you feel slightly bad as a way into finding your lost self. It all has to come out - you have to come out, you have to get to know yourself. Every little sign is a new path, or a continuation of an old one. You follow it as far as you can.

And you don't do what I do. I see that my goal is my being perfect, that is where I want to go, that is my path, so I wish all those little annoyances would go away and leave me alone to get on with getting there. But I'm missing the point. The getting there *IS* focusing on and wanting to know why I have all the little annoyances, using them to help me get to the future. I complain (and mostly ignore) my finger suddenly becoming sore, a new rash on the back of my thigh, the music that person suddenly starts playing next door that I don't like, the fact that my t-shirt really is a bit small for me. I just wish all those annoying things would go away, I am my mother to them as she was to me - I was annoying and she wished I'd just go away. I want the good future, the life in which I don't have to consider or be bothered by such things, it being just magically perfect. So I want to brush myself aside, as she did me, jump over all of that annoyance and inconvenience, get rid of the child in me that is still wanting to be heard, accepted and loved. I don't want to know about myself. And if I don't want to know about all of myself, every little part, all that annoys me, then I don't want to know about anyone else. I don't want to know about Marion, the creatures, other people and God. I don't want to have a life.

If I could maintain my focus truly on myself with the intention of knowing and being all the yuk that I am, then I'd be able to focus on Marion being interested in all the little things she affects me with - good or bad. And I would express all I felt about them and our relationship would be so much more fulfilling, real and true.

94. Being pseudo parents for each other.

Really that's what you do for each other in your intimate relationship with your partner when you're doing your healing. You can do it a little with a friend that you're not intimate with and your therapist, however with your partner, living together, allows you to be with your 'parents' all over again, 24 hours a day, expressing and saying to them all you should have said back then.

It's hard work, and living a entirely different way of life, however it's very fulfilling, very interesting, and amazing. You can bring it all out with your partner, all your stuff, all that stuff you should have brought out with your parents but which they didn't want to know about. So a lot of the time it's very humiliating realising that you feel and act like you're about three, four or five years only and in a very retarded and restricted way. That, on the one hand you're demanding your partner treat you as your parents did, yet on the other, not wanting the same old terrible life-destroying patterns to keep going.

We have to bring out all that we should have done as a child, and that had we, we'd have grown into a perfect self-expressing person, the full expression of our soul and personality.

95. Try not to be the other person.

When your friend is telling you their bad feelings, certainly sympathise with them, you feel how you imagine they feel, however show that sympathy by expressing yourself, by remaining objective. Don't put yourself in them and then respond as if you are them and what they are feeling bad about is happening to you. It's not happening to you, it's happening to them. Don't empathise too closely with them losing yourself and becoming them. Because in doing this you cease to be their friend, it's then like there are two of them, that doing neither of you any good. You want the other person to be your friend, to respond to you from their side, so you get an indication of what they are feeling - how it's making them feel - as you express your bad feelings. Also by 'losing' yourself to them, by putting yourself in them and 'becoming' them, you are in fact seeking to take them over, to block them out, all so only you exist having the power. And you run the risk of sounding too patronising, having to agree with them giving your nod of approval as to what they are saying. They exist but only with your say so, which makes them feel like they don't exist, with you taking them over.

Marion says something like: 'I feel bad because of how that person was treating its child...', and I would reply, 'Yes', as in: Yes I understand what you are saying as I too feel bad - I feel bad, having put myself in her imagining and pretending to be her. So I am agreeing with her and in a way giving her my consenting approval that how she is feeling is right. Yet I am not her. And as I pretend to be her, I disappear, it's only her, she feels alone, and she doesn't want that, she wants to be with me, interacting with her, she doesn't want to be just with herself. So had I responded something like: 'Oh

yeah, me too, I can't bear it either.' Then I'm sympathising with her in my agreement with her but saying it from myself - what I feel about it. Then there is another person in her life, and she gets my feedback from what she is saying.

And more:

I find it too hard having to be the other person all the time. When Marion feels bad I have to feel bad. But it's too hard having to keep up with her bad feelings. I am not separate from her, I don't look objectively at what she's saying feeling what I would feel. I have to loose myself even more, now being how she feels. And after a time, when it has got all too much, then I get angry, then I don't want to listen to her anymore, then I don't want to be her friend, and I don't want her to keep saying how bad she's feeling. I want to yell at her, hit her on the head, make her go away - shut her up, just as my parents did to me. I want her to leave me alone and to stop making me feeling bad. I want to control and have power over her. And yet she's not doing anything to me.

96. Make sure you express the deeper feelings.

My grandmother told me the same stories over and over - shit she was boring! Her stories included what she felt, but she never went deeper with such feelings, she was always just a kettle letting off steam.

Most people don't go deeper into their feelings, expressing what they truly feel whilst wanting to uncover the truth of such feelings. They can socialise all day long, chatting away, about bad and good things that have happened to them, feelings, feelings and more feelings, but still all confining themselves to the surface lawyers. If you want to do your feeling-healing you've got to go deeper.

And once you do then you no longer need to socialise in such a unfulfilling way. You'll be able to connect with the deeper aspects of yourself this bringing its own fulfilment, with the need to endlessly repeat your experiences ceasing to be an unloving need you must satisfy.

Many people feel they need a lot of friends entertaining them with all their life's exploits, but it's all meaningless, all bad feeling avoidance, it's not expressing, bringing out, that which one is truly feeling.

It's irrelevant how many friends you may or may not have, it's how you treat yourself that matters. And if you are seeking to live true, then with only one true friend you can express ALL you feel, and that might be all you need to feel completely happy and fulfilled.

So in wanting to tell a story, ask yourself - why do I want to tell it, and see if you can feel the feelings driving your desire to tell someone. It's those feelings that are more important than the actual story, the story only being the catalyst to bring up your feelings. So tell your story but make sure you also tell your feelings as to why you want to tell it. What is the truth of why you are feeling these feelings, this is what you have got to find out. This is helping to liberate yourself from the confines of your childhood repression.

97. Why do you?

Clear your throat, jig your legs, hum, sing, scratch, look away when someone is speaking to you? Why do you do all your nervous habits? What bad feelings are you hiding by doing them? There is always more to express and long for the truth of.

98. All those odd things.

Speak up to your partner or friend about all those odd things they do and say. All that you feel is odd you need to be able to express even if it leads to their feeling hurt. And if they do feel bad then these feelings MUST also be spoken about, brought out and the truth found as to why they feel hurt.

A part of questioning your partner about their behaviour is also to help you to get to know them. And as they seek to work out why they do or say the things, it will help them to get to know themselves.

Marion is very quick, she's always on the case looking at my actions and the words I say particularly in response to what she has said, yet not in a critical judgemental way, all so she can understand where I'm coming from. And if I don't seem true to her, all based on her feelings, then she questions me with it always leading to my uncovering more of my self-denial and relationship problems.

I don't look at her in the same way, my parents weren't like hers always scrutinising everything I did and said, they mostly didn't want to know about me, so long as they made me do what they wanted - and I did it - they were happy and it didn't matter how that came about. They didn't want to have a true relationship with me, so much of my behaviour is rejection based. I am shutting Marion out, pushing her away, rejecting her, not wanting to connect and 'join up' with her.

When she points out such strange behaviour it hurts as I don't want to do such rejection things to her. I don't want to make her feel bad, blocking her out. So when she shows me that I am, all based on her feelings, I feel very bad, I hate myself for being such an unkind, inconsiderate arse-hole. And always as I express these bad feelings they lead me to seeing more truth about how my parents unlovingly treated me.

Marion's focus is on the personal immediate relationship interactions, whereas I'm focused on everything else other than this. I'd much prefer to be left alone, free to dream about things, to think about world things than worry and concern myself with why I said what I did in response to what she just said. And yet with my mind being the controller and always off thinking about something unrelated to my real life, she is always catching me out and pulling me up, always helping me to come back to myself, to focus on myself and being with her.

And none of what Marion says to me about myself is mind driven, it's all based on her feelings and this is very important. She is not pulling me up and picking me apart based on her beliefs, on how she believes I should be all so I will be under her control, that being how my mother and grandmother

treated me. She is on my side and keeps her mind and it's erroneous beliefs out of it, something I find very hard to do.

As with all these 'handy-hints', whether you'll be able to relate to them will be determined by your parenting, how it was for you and the patterns you have built. So if some of what I say you can't relate to, or can but just can't do, then it's just that your patterns are different from mine. The bad parenting Marion suffered, kept her highly focused on the personal and on herself, her own person, right down to her physical body. Mine was the exact opposite, impersonal as can be. And from my limited observations of people this seems to be a common man and woman thing. The woman always wanting the man to be more personal and to take an interest in and take seriously all those little intra-day things, with the man wanting to have nothing or little to do with what he believes to be woman's stuff, all of which will bind him up restricting his great vision and drive to achieve it.

However if you want to live true, and you want to heal all of your childhood repression, then it's into all those minute personal details and feelings within the relationship you will have to go. To be off in your head somewhere not attending personally to yourself - to all you feel and to your partner, is not going to help you at all. And the difficulty we all face is that we are all born into an impersonal, male-dominated world, with all of our society being about rejection of the individual, the actual person - you; and rejection by yourself, with the erroneous belief that our happiness is out there somewhere, awaiting us, waiting for us to discover it, to find that thing (or fantasy person) we can finally do that will bring all the love we so long for. But that thing is yourself and it's not out there, it's within your feelings, hence the importance and continual focus on what you are feeling. Which to achieve when all your patterns are focused on keeping you away from what you feel, is very difficult, and won't fully come to fruition until you've healed all of yourself.

99. Think it loudly.

Lately, particularly at work, I've been appreciating the value in thinking my feelings as loud as I can in my head, when I'm not in a position to speak to Marion about them.

When I feel bad, if I feel angry for example, because of something people who come to the Fishing Park are doing, and as I can't yell at them expressing my anger, and without Marion to speak about it all seeking the truth of why I'm feeling that way, I try to allow my feelings to freely express themselves in my mind. I try not to shut them out by getting on with the work moving onto the next thing. I try instead to say what I feel and as loudly in my mind as I can, really allowing myself to get into it. And it's quite amazing at how false I can be with people. I can show my anger a little bit, just so they know I'm not feeling right with them; I can even smile and carry on as if nothing at all is wrong and I'm having a great time with them, all because I'm meant to as it's how the boss wants me to be and what I'm getting paid to do, yet all the while I'm raging and fuming and yelling at them in my mind. And currently this has helped me a lot as often the truth of why I'm feeling angry with them comes to me. I move back into my repressed child state and I can see how they are mum or dad or Gran and what they did and how they were with me back then that made me as angry as I'm now feeling. And also when I do come to speak to Marion about it all, it's easier to recall the bad feelings having worked them so much in my mind at the time.

I also find this helps when I'm bed, as often Marion is asleep and I'll wake up becoming aware that I'm feeling bad. And as I don't want to wake her - I would if I felt I had to, if I did have to speak about my bad feelings - NOW!, which we used to do to each other in the early years of our healing - I try and express all I feel as loudly in my mind as I can. And this too brings to light truth and understanding, whereas during the early years it didn't as I was never very committed to doing it in my mind, nor was I much good at it anyway, as my healing hadn't progressed far enough for me to be so familiar about my bad feelings.

And when, if this appeals to you, you speak your feelings in your mind (and when you do at any time) try to focus on them articulating them clearly and all the parts relating to them. Instead of just saying I hate you, to the person in your mind whilst you're getting on with the business of doing what you're doing together, try to go into it all: I hate you, the sound of your voice, your tone, the words you use, you make me feel powerless, scared, how you treat your son, that's really bad I hate that, how you grab his arm and stop him playing with the fish in the bucket, you've got no respect for him, you're a shit parent - I hate you!, and so on. Try to say all the specific parts.

Also, something that you might not be aware of, which I'll add here as it's just occurred to me, we all have within our mind what is called an Indwelling Spirit of God. I won't go into all the details as to what this 'inner God-spirit' is and how it works with us and why we have it within our mind, only to say that it exists and it's the inner still quiet voice of God that people say they can hear at times. However, it's not to be confused with inner quiet voices that come from spirits, it has nothing to do with them. Anyway, it will help you express your bad feelings and see the truth. It is always helping you, so to be aware that you have this inner help and it is always with you (in a way an inner 'friend'), having been sent specifically to you by God, might help you feel not so alone when you can't speak openly to your real person friend. And if you want to speak to your 'higher self' or even to God, or to some 'higher power', then really it's to your Indwelling Spirit you are addressing such inner longings and feeling expression. And as you speak with your Indwelling Spirit, it, for all intents and purposes, is the same as speaking directly to God.

I find it helps me to personalise my Indwelling Spirit by giving it a name: Bob, the name being something of a laugh between Bob, Marion and myself; and sometimes I find it helpful to express my feelings to Bob, it being something of a stand-in physical friend.

And then at other times, I just yell and scream my feelings in my mind, to no one in particular, just to vent them as best I can when I can't speak out loud.

100. Why do you make all those odd noises and do all those odd things?

Why do you bite your nails, cough and clear your throat, swallow strangely, stutter, rub your nose funnily, blink in that odd way, twitch, crack your knuckles, drum your fingers, pick your nose, eat your ear wax, continually run your hand through your hair, do those smelly loud farts, spit, snort, jig your legs when you answer a question that's difficult, look away at certain times, lean back raising your arms in the air and yawn when you feel pressured, make your exclamations, have to light a

cigarette, get a cup of tea or coffee when you do, and so on. Why do you do all those sorts of things, all that show some level of nervousness and irritation, something not being quite right in you.

And to find out why you do them is to try and speak about what you feel when you're doing them. Marion and I get each other to point out to each other when we're doing them, so we can stop and focus on what's happening, what's being said, and how we're feeling. It's amazing what comes to light. And also so horribly embarrassing.

And another amazing thing that has happened to us as we've progressed in our healing is no sooner have we uncovered the truth of one of these idiosyncrasies, and they have gone (incredibly, once the whole truth of them has been revealed, you stop doing them) and we suddenly start doing another one we may never have done, or remember doing years ago. It's as if through our early years we did such things for a time, then they were covered over by other layers in which we did other things, then more layers and more of these things and so on, and your healing as it strips back the layers brings to light systematically all the things again. Which you can see with little children, how they stick on something for a time, doing some odd behaviour then 'grow out of it' as we wise adults say, but we're still actually doing the things in our subconscious, and their causes are still 'alive' with us. So through our healing that can all re-surface for us to do again and find the truth of. Oh it's such great fun doing your healing and being put back in these things, it's such a wonderfully humiliating, shameful, embarrassing experience.

101. Let go.

Let go, let go, let go, you can't be anything else other than what you are. Accept, accept, accept - accept all that you, you are as you are, accept yourself as you are.

We all have been parented to believe that we need to cut out our little part of the world and be the master controllers of it. But do we? God is the Master Controller - so what really are we? And as you do your healing giving up all your need for false power, setting yourself free of this diabolical position to be in, then you can start living with your real and natural God-given power. Something that will make you feel truly happy, and not the false happiness your struggling to achieve now. Then you can enjoy being the true child of God that you are.

102. Hate it and love it, expressing yourself either way all the time.

I grew up with the erroneous belief that if you didn't like something then get rid of it. So with our cat, if there were things about her I didn't like then I should get rid of her. In no way could I just accept there are some things I like others I don't. Everything had to be 'perfect'!

And as I was meant to love her - another belief, I had to make it so that I did. So I had to try and make her be how I wanted her to be so I didn't have to hate her and not like those aspects of her behaviour. However I didn't want to try and control her as my parents did me. So I was always caught in the middle and angry that I wasn't able to make my life be how I believed it should be.

Now I'm trying to accept that I eat too much some days. Okay, I like eating, but I hate eating too much. I get up in the morning making a plan: today I won't eat the extras, and as I'm not hungry or feeling bad, I believe I will not 'weaken' going back on my decision. However, some hours later, I feel fucked around again as yet more repressed yuk surfaces in me, and suddenly I want to eat as a part of consoling myself, trying to make myself feel better, giving myself a treat. Then I'm angry fighting myself because I'd going against my plan. The two me's always wrestling for control.

Yet if I can get up and not make any plans, it's a hell of a lot easier. I can just go with my feelings, and if I feel beaten up and need to eat, then eat. And all the while speaking about feeling beaten up yet again, and how powerless I feel yet again not being able to stop myself from eating when I've already had lunch and don't need the extra food. And then I need to express my anger at feeling so powerless, and that I have no say in my life as the 'other' me steps in taking over. And I also have to speak about just how much I love to eat the extras when that feeling and need are up in me. How it's the only thing I want to do in my life, to stuff in some more bread, peanut butter and Promite or jam. And then I have to keep speaking about how angry I am having these two opposing elements within me. And speak about how bad I feel after I have stuffed myself, and that the good feeling I had whilst eating has gone.

It's so hard for me to just accept this is how I am. That one moment I feel good and the last thing I feel like doing is eating more. Then suddenly I feel really bad and all I want to do is eat more and I can't stop myself, I just have to do it and fuck the consequences.

Always the speaking about it, wanting to know why I have these two conflicting parts in me is what I need to do. Speak and speak about it as much as I can without trying to do one thing or the other. And one day when I've expressed all I need to that's associated with it, I will change, no longer needing to eat the extras. One day - I hope!

103. It's always my fault.

This being a result of my parenting: whenever I feel bad I believe that I've done something wrong, that I am bad, when mostly it was the other person that made me feel bad and treated me badly.

Blaming myself presents a huge block in me. I don't want to be bad, so don't want to feel bad, so block out my bad feelings. And I don't feel I have the right to speak up and say, hey, what you did or said makes me feel bad.

And when I feel bad I feel it as a shock, which also throws me, as if suddenly I've been hit and I don't know why, which also happened to me when I was little. And I feel rejected and pull in, I can't fight back and push out with anger. All of which adds to my feeling that I have done the bad thing, that I'm the bad person, that it's all my fault.

104. If you or your partner have a bad feeling.

Stop! Stop what you're doing and give your full attention to the person with the bad feeling.

And listen to them. And encourage them to keep speaking... and... and... and...

And ask them questions if you feel to, such as, why... why... why...

And don't interfere with their bad feeling expression. Don't try to make them stop by solving their problem or by taking over yourself with your bad feelings.

As I've said before, these are the principles for your consideration. However they are not as easy to carry out when you're in the thick of it. Good luck!

105. Be straight forward.

It's something I find hard to be and do, having been trained during my early years not to be.

Marion asks me: 'Has she gone?', meaning, has the magpie flown off yet, it having come to our balcony for some mince meat. And I reply: 'It flew off that way', pointing. However I've done too much, I haven't been straight forward with her. I haven't simply answered her question. I haven't said, 'Yes'.

What I did, instead of staying true to the reality between us, was take matters into my own mind and assume she wanted to know also in which direction it flew off in if it has gone. I left our present 'now' reality together and went into fantasy. I imagined she wanted to know, not only has the magpie left, but more importantly, where did it go to. When all she wanted to know was if it had gone.

And in doing this I have removed myself from being 'joined-up' and at-one with her, separating into making her be in my mind someone that she is not - my mother. And I have ruined some of what our relationship might have been together in that interaction. I've taken over, taken it all into my hands, stopping her from leading as it was her wanting to know, and so stopping our relationship naturally unfolding together as it would have.

It seems like a small thing on the outside, but it represents a huge thing showing a great rift in our relationship: that I am not wanting to be with her, not in her present reality, and that I'm wanting to stay confined to my own reality of make-believe.

I wrongly assumed that I knew what Marion was really asking me, that really she wanted to know where the magpie had gone to, that was what was important, not so much that it had gone. So I took the liberty of assuming she wanted to know this, but in fact she didn't want to know where it had gone at all, she only wanted to know if it had gone. And she wanted to know this so she could look out the window without disturbing it. And then had she wanted to know more she could have asked me a further question - where did it go to, or, did I see where it flew to, something like that.

And had I been straightforward with her answering yes it had gone, then she would have been able to

do what she wanted to do, I wouldn't have distracted her by having to make her include thinking about where it had gone to, she would have been able to stay uninterfered with and true to herself, as too would have I. She would have got what she wanted from me and not any of the extra stuff which she didn't want, and was only stuff she now had to bother with. And as she said, because I'd answered her next question about where did it go to, then I cut short our interaction. She wasn't able to express another part of herself by asking me the next question about where did it go, and so we both missed out on joining up and connecting in the next moment as well.

And, as I haven't been true and straightforward giving her the truth she needs from me so she can freely move onto the next part of her life, because I've stepped in trying to take over, she then feels bad and has all right to tell me to shut up and stop it. And we both feel bad because I've jeopardised our relationship this way and that doesn't make either of us feel good. And that's not how we want to live together. And then it goes deeper...

So why did I say what I did? And as I expressed my bad feelings about it as she pointed out how and why she was feeling bad, so I heard mums words in my mind and I could see how I have become as I am. An example might have gone like this. I'm walking down the corridor and happen to notice my younger brother in his room sitting on the floor playing with his toys. When I come out into the kitchen mum asks me, 'Where's your brother?', and instead of answering, 'he's in his room', I say, 'he's in his room playing with his toys'. And in the instant I hear these words in my mind, vaguely remembering such a scenario, I also know that her next question is going to be: what's he doing, so I take the liberty of answering it before she asks it. And I can also see some of the reasons why I do this. I hate her asking me about him, where he is and what's he doing. She is always asking me these questions. She is the bloody mother, it's her job not mine to know where her children are and what they are doing. And I'm also pissed off because it's always all about him, and not about me. She's more interested in him than she is in me. She's not asking anyone where I am and what I am doing. And I don't want to have to keep my mind focused on him, I want to be living my life totally absorbed in it. And I also remember that if I don't answer her questions all at once, the more questions she has to ask me, the more irritated and angry she gets, and this makes me feel bad.

So through my bad feelings I come to understand that really I hate her asking me any questions about my brother and I want to just shut her up. And I feel that if I tell her every time I see her where he is and what's he's doing even before she asks then I have the power and can keep her at arms length. However this only serves to make me feel a little better for some time because still I'm having to keep tabs on him and having to always be quick and keep my mind attuned to her to answer her questions before she asks them. And mostly to make it easier on myself, I start to make things up, I lie, I pretend I know where he is and what's he's doing. And she doesn't check up, she being not really interested in him, she just wanting to placate her own fears and happy to take whatever I say. So I develop such patterns all of which screw up my ability to relate to Marion truly.

And often I do this to Marion. I'll preempt her questions giving false answers. I'll tell her the magpie flew off, when I didn't even see it do so, just a blatant lie that I'm not even conscious of doing, as I continue to do my writing. So Marion is mum, she is going to disturb me any moment asking me where the magpie (my bother) went, so I just make up something to tell her. 'It just flew off to the right.' And so often she can feel that I'm not being true and so questions me and then I'm caught out. And slowly the truth has been revealed that I don't want to actually have a true relationship with her, that I believe unconsciously I am still with mum and I hate being with her. So as I project all that shit

onto Marion I have to come around to admit that I don't want to have a relationship with her, I hate being with her, as that is what my behaviour is showing, and yet that's not true either as I do want to have a relationship with her and I do like being her. So as usual it's all one big fuck up, and I'm the one doing it all.

It would all be so easy if I could just stay true to the moment and simply answer her question - Yes, the magpie has gone. But I can't, my patterns don't allow me to, and it's so bloody frustrating. And over the years we've both come to see just how untrue I am in all these small every day interactions. How really I live completely disconnected with the real reality living in my own fantasy one. And all because that was how my parents were with me, they related to me from within their fantasy reality, so I learnt to do it too. Marion's parents on the other hand were very strict about her absolutely staying true to the moment, if she didn't answer their specific question there was hell to pay. She wasn't allowed to float off believing she was gaining power over them in her imagination, like I was. So now she can be much more straightforward and keeping to the point in our interactions, than I can. I waft off not really having or wanting to have a relationship with anyone other than fantasy people in my fantasy life. Marion is not a real person only a part of my fantasy life. And it's all very disheartening, as I really don't want to be alone. I want to feel real and like I'm with and relating to another real person. I want to live true, but I can't as I'm so filled up with such interfering negative patterns of belief and behaviour. Argh! - it's all so maddening.

106. Admit how bad you are.

Your healing will show you how bad you are. And admitting to such things, admitting to being that way is hard and hurts but it's absolutely crucial that you do. And once done, you feel so much better about having it all out in the open.

And all you are, is all your parents have made you believe you are, and how they've made you be. So when you fully accept that you are the rotten shit of a person doing and saying and being how you are; and when the truth comes and shows you why you are as you are - how you've been made to be that way; and how really you're not that bad a person as it's only that you've been forced to believe that you are, you feel such relief, and then things can change within you so you can let go of and stop being how you are. And you do change.

In the beginning of your healing if you're like me you'll fight and resist admitting you're the bad one. However, as you get better at accepting yourself and your bad feelings, and admitting you feel bad and speaking about them, then it becomes easier to say what a shit you are, and you can feel all those resistance's giving way as you accept and admit that you really are a bad person.

And as you will see, it's incredible how bad you are. And you have to be a bad person no matter what you might believe about yourself because you exist in the negative. However, to see just how BAD you really are, is shocking, it's so bad, and you feel so awful, so, so, bloody bad. And all these bad feelings you feel about yourself need to be expressed as well. It's as usual just a matter of bringing it all up and out, owning up to it all, admitting and accepting all your yukness.

107. Be as negative as you can.

Allow yourself to look on the bad side, that the worst is always going to happen, and allow yourself to feel and express all the bad feelings you feel about such things. Speak about the potential disasters you're worried about. Speak about and fully allow yourself to feel and have all your worries. Worry! Shit yourself! Be as anxious and as nervous as you can. It's good for you to feel such bad things. If you're stressed allow yourself to feel freaked out, and speak about all you are feeling. It's okay, you're not going to get some crippling or life threatening disease by being so negative, you stand more of a chance getting it and having a nervous breakdown because you AREN'T accepting your bad feelings and negative state of being.

Positive thinking and saying positive affirmations you are only doing to cover up and deny your bad feelings - the fact that you *DO* feel very negative.

And accept that you're going to feel very negative and bad because there's a lot of repressed bad feelings within you that are going to come up. But one day they will all go and you won't feel bad.

It's very hard to keep focusing on the negative when all you've been programmed to do is block it out and always feel good. But try, and more importantly, just keep wanting to. It's your intent that is always what is most important. You can't change yourself through your feelings, nor with your mind, and you're not meant to, you can only change yourself with the truth, by living a new truth, and so you have to allow yourself to uncover and reveal to yourself your new truth through your feeling-expression. When the truth comes it will change you. You won't be able to see or understand how, but it does, and it will change you into becoming more of your true self, more true to yourself - the true you. And this will make you feel happy.

108. Go deeper than the standard feeling response.

I might say as I'm looking at some pictures of birds that make me feel really good: They're such beautiful pictures, aren't they?, wanting Marion to agree with me, and believing I'm adequately expressing my good feelings, however really it's still just a learned mind response, it's still not me expressing what my feelings are really wanting me to say - what I'm really feeling.

I feel the good feeling welling up in me in response to how looking at the bird pictures makes me feel. But I don't know how to articulate it, having never been encouraged or allowed to when young. I don't know what I *TRULY FEEL* about it all, and if I wait and hold onto the feeling allowing it to well up with the intensity I'm feeling, and then try to put into words all that I'm feeling, it might go something like this: I feel so good looking at those pictures, I feel like I can touch them, feeling all warm and like they are my friends and I want to be with them, be in all their beauty with them, all snuggled up in it, feeling all safe and warm in all those lovely feathers. And I'm saying all this to Marion wanting to tell her something about myself knowing that she is taking what I'm saying and getting the feeling and pictures I want to give her so she can feel her feelings responding to me. I want to reach out and include her in my feeling. I want to pull her into me and be with her. I want to express myself as I really feel my feelings, not just with a learned phrase that I use each time I feel a

good feeling looking at the birds. All which falls dead eliciting nothing more than a yes of agreement from Marion.

And I want to express my bad feelings in the same way. So each time I feel a good or bad feeling my expression of it is new, original, and it's ME - truly me. So we can get to know each other as we get to know ourselves with our feeling expression continually evolving, being spontaneous and not just another pat boring answer and response to everything, exactly how our parents treated us.

109. Making a feeling statement.

I do this all the time as I wasn't allowed to express such things with feelings when little. God knows why, but my grandmother in particular said it wasn't how you were supposed to be.

I hate that noise.

That's a horrible noise.

That noise scares me.

I like that tree.

I wish I lived surrounded only by trees.

I love that bird.

I say such things but don't go any further with them saying why I hate or like... I don't share any of my feeling self, my real self. I'm only making statements with my mind. And so what, what do such statements do for anyone, even for myself. Who am I talking too? I'm not reaching out wanting to share myself with Marion.

It's much better for me and our relationship if I say more, if I express all I feel about such a statement:

God I hate that noise. Every time I hear it I feel scared. It's so sharp and piercing, I feel like it's attacking me, and I can't do anything about it. I feel so powerless, just having to be subjected to it...

I like that tree, it's so pretty, the shape of it's trunk, the colour of it's leaves, it gives me good warm feelings, like I can put myself in it and be all snuggled up and loved by it.

All so I'm expressing more of myself so I can get to know myself better through what I'm feeling, and all so can Marion get to know me too. I'm reaching up and wanting to include her in my life, as I carry on making her feel apart of what I'm saying, so we feel together in it as I know she too loves the tree or hates the noise. And if she doesn't feel as I do, then she can say what she feels.

If I make one of these statements without expressing my feelings about it she always ask me why: Why do you hate that noise; why do you like the tree. She wants to know me more, as she also wants to help me express my feelings.

110. Want to share yourself with the world.

In this I have been very confused. What is my world?

Slowly I've come to understand that it's my world inside me and with Marion, nothing else. So I want, as I can't do it naturally yet, to share all I am with Marion - my world. Even all the little things:

Marion had left a piece of toilet paper on top of the roll, which fell to the ground when I moved the roll - I hadn't seen it. I made a little grunt noise I was hardly aware of at my surprise that suddenly paper was falling to the ground and at the effort required to bend over and pick it up as my legs currently are very stiff and sore, all thanks to all the repressed anger coming up in me and out through them.

Marion picked me up on the grunt and asked me what I was making that for. And in speaking about it it led to yet more bad feelings I hadn't expressed, that I hadn't even really been aware of that I was feeling.

Then having worked through that, I was clearing my throat as it seemed suddenly a bit gummed up. And she asked what I was doing that for. Yet more bad feelings surfaced.

In both of these cases she had to ask me what was going on in me to make me do what I was doing. I wasn't willingly opening up and telling her all I was feelings, sharing my grunt and throat clearing with her. I was doing it all with myself, all secretly, all so as not to disturb anyone else (mum) - as I saw by expressing my bad feelings about it all.

In the beginning of our lives our world is our parents and we naturally want to share ALL of ourselves with them, to tell the whole world (them) everything, every thought and feelings. Little children don't naturally hold anything back or in, they want to naturally express ALL of themselves. And yet we adults don't want to know them, we don't want to do this and we stop them in all sorts of ways. The millions of ways you've been stopped you will uncover through your healing.

So we learn the world doesn't like us, and we start to keep secrets not even being aware of what we are doing and why. And then others of us think the world, the whole adult world, want to see and hear all of us, or selected parts of us having to always put on the show. And all such things have to be healed and the truth understood of why you are that way. So your true world becomes the one ONLY with your partner (ultimately your soul-mate) in which you can express ALL of yourself.

111. You don't have to be nice to everyone.

You don't have to be like Jesus is said to have been, or how an angel is said to be. You only have to be true to how you feel, expressing all your feel to your friend.

And what a pleasure it is when you stop having to be nice - when you can be just how you feel.

112. And keep going.

113. If you do it - you meant it.

I do things saying I didn't mean to do them, even to the point of denying that I did them in the light which Marion is saying I did them in.

However the truth is I did it, so deep in me somewhere, some part of me means to do it, and I'm only unconscious about it - that I did mean it, that I was being a horrible shit and did mean to do it all the time.

I squashed the little spider that was living on the side of our small kitchen bin. I wanted to change the bag as it was full and starting to smell, so I pulled it out, sort of gave it a flick to get the spider off, and in the process killed it. I didn't *mean* to kill it.

However the reality is I did kill it - so why? And as I did kill it, I did mean to kill it. Somewhere in side me, buried deeply, is my wanting to kill it. As I speak about it all, all I was truly feeling as I went to replace the bin bag, the truth comes up:

As I go back over all those little feelings I wasn't really aware of, that I pushed aside, I came see that yes, I was angry, I didn't want to replace the bag, I was angry as unconsciously I felt (from my early childhood) that I was being made to do it, mum or dad were telling me to do it, and I didn't want to do it. So I was rough, I yanked the bag out harder than I needed to, and even though I saw the spider there and didn't really want to kill it, well, fuck it too, I am not in a right state to care about it. No one is caring about me, they are making me do what I don't want to do, so fuck the spider making it even harder for me, for being in the way, so I kill it on the way through, and too bad. And this helps me see that in fact I am the spider. I was treated by them as if I was a nuisance and in the way, and they just flicked me aside, and in a way even killed me - killed a part of my self-expression. So now I'm able to have the power being in the controllers seat, now I can be my uncaring, unloving parents, and kill the spider. I can fuck it off because it's in the way when I want to replace the bin bag. And it's a *stupid* spider anyway because it shouldn't have been there, it should have known the bags get replaced, and it shouldn't have even been inside! Just as my parents told me that I was stupid for being in the way and that I should have known to get out of the way or to not even be inside when they were doing whatever it was and hurt me.

All our actions in life are true, that is, based on truth, if we want to uncover and see it. Which if we want to heal all our unlovingness, we have to see. And so in the above example my actions showed me the truth. I didn't *mean* to kill the spider, but I did. So I have to admit that I did mean to kill it, and I got great joy from the power and satisfaction it gave me, just as my parents got such joy and satisfaction having a little person they could boss around and control. As they will have to admit when they come to do their feeling-healing.

So I have to own up to being the uncaring, unloving arse-hole I am, just taking another creatures life because I felt like it, because it was in my way; because I was angry and pissed off with my parents. And because it was small and I was big, and so what anyway, everyone hates spiders, they are mean

and nasty and can kill you, so they MUST DIE! So I can justify my unloving actions, just as my parents did by believing and saying how they parented me was for my own good - it was all to help me!

When I'm not in such a state being unconsciously controlled by my anger and unloving childhood patterns, I feel very fondly about all the creatures, even spiders, and try to do all I can not to hurt or kill them if I can help it. And it only would have taken an extra moment to take the bin outside and help it crawl off onto a leaf. And increasingly this is making me feel really good - that I do care and that I am a caring person - and that I even feel I do want to care. But in my shit state I don't have such extra moments, I am all full up inside with anger and my hatred of having to do something I don't want to do. It's all too much, and as no one is caring about or considering my feelings, so I can't care about or consider anyone else's.

114. And as a reminder, also express all your GOOD feelings too.

Many of us have great difficulty expressing good feelings, I certainly do. And although for a lot of my healing I haven't felt good anyway, still at times I am surprised by feeling good.

And on understanding the truth of why it's been so hard for me to express my good feelings, I have felt bad again. It's simply too much to deal with knowing that my parents didn't even allow me to feel good!

But when you can freely and fully express all good and bad feelings, then you feel so free, so uninhibited. You feel really good. And happy. And isn't that what it's all about!

115 And another: ask WHY.

Remember to ask, when appropriate, why... why do you hate....? Why do you feel...? You being the friend wanting to know why, more about how your partner and friend is feeling when they tell you they feel bad. And even if you know why, it doesn't matter, it's for them to speak, to help them express their bad feelings so they can bring up more of their yuk uncovering more understanding about themselves.

Marion says: I hate having this pain in my arm, and although she's said it a million times and spoken about it until we're both bored to tears with it, still it's making her feel bad so still there is more stuff in her that needs to come out about it. So still it helps her if I ask her why does she hate having the pain, as she can speak yet again about her pain and what she feels about it. And although I've heard it all before, still at some point it will lead her into speaking about some aspect of herself that she's never spoken about. And if I'm bored with her speaking about it all again, then that's my bad feeling I can express - yet again.

In her family she was never able to complain and speak about how bad she felt, now she can. In my family my mother was always complaining about being bored and how things - me - were so boring,

so now I can bring all of that out being her by telling Marion how she's so boring, just as my mother told me.

So it's not about finding the answers with your mind, it's always only about saying all you're feeling so you find out through your feelings what is really going on within you.

116. Don't leave anything unsorted - sort it all out.

Sort it all out through your feelings. Demand it as a priority in your relationship. Don't let things go, don't let them slip past you, and don't purposefully push them aside.

Talk about it all - make sure you do. And if you don't have time, make it. What do you want: to live true or keep being false and untrue. If you have to give up your whole life so you can sort it all out then that is what you must do.

Make sure you talk about all the bad stuff, every little bit. And if you push it aside, remember that it will come back, it's not going to leave you alone until you've dealt with it all, until you've uncovered the truth of it all.

So make your stand and try and stick to it. Of course you won't be able to at times, but at least want to - that's where you start.

117. Talk, talk and more talk.

I've written it before, but it's crucial, as Marion's and my healing continually shows us. You might even come to understand things about yourself as they are happening, knowing why they are happening, but still don't just keep them in your mind. Speak about them. And as always, speak about it all wanting to see the truth of it all. If you want to know the truth, if that is your overall primary goal - the truth of yourself, of why you feel and think what you do, then the speaking about such things allows you to move on from them, so the next thing can come up as you progress in life growing in truth. If you don't want to know the truth, then you're, as I've said, just letting off steam as you speak about your feelings. You'll speak and speak about the same things never getting anywhere, which is okay, and is still better than not speaking.

Our soul is always bringing more of us into being. And if we don't express our feelings whilst longing for the truth, we stop the process. We stagnate, never moving on and wondering why we never feel satisfied and fulfilled. And being conceived into a negative state of mind and will, we'll stay forever trapped within it never knowing why life is the yuk way it is for us.

118. Expressing your feelings is all you need to do.

It doesn't matter if you do get your way or not, or if you can do what you want or not, ALL SO LONG AS you are free to express all you feel.

Marion walked past me wanting to pick up my empty cup, yet I gave her the empty plates. She paused saying, no I wanted your cup, saying it with the bad feeling she felt not being able to do what she wanted to do. But then having expressed her bad feeling, she was okay about the plates, coming back for the cup. And as she returned she said, 'Still I'm realising more and more that it's only about expressing your feelings. I felt okay about not getting the cup because I spoke about it with my feelings. And had I not, forevermore I would have had the slight annoyance and anger in me. But I don't as I could feel it going as I expressed it.

119. Self love: speaking about all you feel.

Speaking your feelings out is sympathising with yourself, it's an act of self-love. It's loving yourself, being kind and caring about yourself and not hating and being unloving to yourself by denying and pushing your feelings away. It's doing to yourself the opposite to what your parents did to you making you feel unloved and so teaching you how to be unloving to yourself. It's a nice thing to do, and if you do it whilst longing for the truth, with the intention of uncovering the truth of what you are feeling, you'll find speaking about your feelings often makes you feel loved almost immediately. It's about making yourself be the important one, not your parents. You, your feelings are important and need to be heard. YOU NEED TO BE HEARD! So the more you can hear yourself speaking about all you feel the better you'll feel about yourself.

120. Tackling the whole problem.

My approach is to tackle the whole problem - my whole negative condition, and set about healing it ALL. And to not stop until it's all gone, until I'm completely self-accepting, completely self-loving - all POSITIVE. And this is not to be confused with just having a positive mental attitude or thinking positively. It's to have every part of my being, physically, emotionally, mentally and spiritually literally CHANGED from existing in the negative to the positive. From changing living in an unloving self- and feeling-denying way of life to one of complete loving self- and feeling-acceptance. And to do this is huge change. And it is taking me years.

During any 'feeling' type healing, you might actually heal some of your negative state, but it won't be all of it. During your bad feeling acceptance and expression, during your act of self-love, you might naturally see some truth about yourself. It may naturally come to light why you feel bad, even right down to dealing with and confronting aspects of your unloving relationship with your parents. But it will still all be within your negative state. And even though it might feel like you're healing is very profound having a huge effect upon your life and all for the better, 'and you couldn't be happier', still it will all be confined to the negative, so still there will be other aspects of yourself that will also need your acceptance and self-love.

However, irrespective of the outcome, whether you want to just heal a certain problem or your whole

negative condition, it's all still the same basic process, you are 'going into' your bad feelings allowing yourself to feel them. And in feeling them you are allowing yourself to speak them. And in expressing them you are coming out telling the whole world how you feel, giving yourself complete acknowledgement effectively telling yourself: 'I'm okay for feeling this way. It is me. I feel this way. And I am good and right and should feel this way because I do - IT'S ME. And me is ALL RIGHT! This being self-loving, giving yourself the very much needed love through unconditional SELF-ACCEPTANCE that you have deprived yourself of, that was denied you by your parents. And this is the first part of your healing. This is what makes you feel better - better about yourself and your life.

121. Other therapies.

I read where some therapies using feeling-acceptance and feeling-expression can take around a year and half of one or two days a week with your therapist showing fantastic results. And no doubt this is true. Even intense two day workshops all feeling based, designed to blast you down into your repressed and buried bad feelings allowing them to rush up and out of you, helping you see blocks and impasses, helping you to see bad aspects about your relationships with your parents, can have a huge and wonderful liberating impact on you. Even speaking to a friend about how bad you feel can make you feel so much better about yourself and life, just by 'getting it off your chest'. However, be aware this is still all happening confined within your negative system. You're shifting bits around, rejigging the pieces, and sure you might even succeed in changing your whole life with it finally 'working' for you and not against you, but it will still be life within the negative.

Only by completely healing all your childhood repression and negative state will you finally be released from it. And only you will know when you have reached this point. And only by your continual longing for the truth and deep desire to live true to your feelings will you ensure that you push on deeper into yourself past all your false healing-finishes.

122. Dedication to healing yourself.

To heal ALL of your negative state of being is going to require your complete and utter dedication to doing it. To keep wanting to push on with it until it's all done. And if you do seriously commit yourself to it, then it's going to BE your life. It will be ALL THAT MATTERS IN YOUR LIFE. And it will take years to complete. It took years to all come about, all of your early forming years, then all of your years up to sexual maturity, then all of your years up until you finally stepped out into the world as a full adult, and during that time you have literally built yourself up on the negative. It is you; you are it. The real and true positive you is still there too, but hidden away, mostly waiting as a potential to be realised or brought into being when you allow it to come out - when you start work on healing your self-imposed negative condition.

And what drives your complete healing, what keeps you going, what makes you allow yourself to keep feeling as bad as you possibly can, all so you can keep accepting and expressing all your bad feelings, is your determination and commitment to uncovering the truth of yourself. So it's back to the TRUTH.

To uncover the whole truth of your negative condition is how you do actually HEAL IT ALL. It is the TRUTH THAT WILL SET YOU FREE. Free of your negative state, the wrong you - all that's wrong within you.

123. True healing and false healing.

True healing involves the uncovering, and so seeing, the truth of why you're feeling bad. And it's achieved through self-acceptance, real self-love. And this happens ONLY through the ongoing acceptance and expression of your feelings.

False healing involves changing things around in your mind with your mind. Mostly adding new beliefs on top of the untold numbers of erroneous ones you developed through your forming years. 'Mind over matter', positive thinking, and all that sort of thing is using your mind to have even greater control over yourself all in the mistaken belief that it's making you feel better and helping you. And it's all designed to help you further deny your bad feelings. The self-denying mind control we have over ourselves is all bad feeling denying. And if this makes you feel better, good in any way, then it's only buying into your already existing self-denying mind patterns.

And often it's very hard to see if something that purports to be using feelings to help you heal yourself is actually still only using the mind, using it to control feelings. And it's equally difficult to stay with your feelings and not allow your existing mind controlling patterns to influence you or take you over as you're trying to acknowledge, accept and express your bad feelings.

To heal our negative condition we need to completely accept it, which means, we need to allow ourselves to TO COMPLETELY BE IT. And to allow yourself to be it, to feel truly as bad as you feel, is extremely difficult. To let yourself breakdown, to feel as powerless as you do feel, to feel all your misery, pain, despair, guilt, all the rotten yuk bad stuff, is so trying. And yet it's what needs to happen. All so by feeling it, you can speak about it, thereby uncovering the truth of it. YOU HAVE TO FEEL IT TO SEE IT - to know you are it. And once you see it and know and feel it's real - the real you, then you can see from where it all comes and why you are feeling that way. And this leads you ultimately into your relationships with your early carers, and mostly your parents. Into seeing the truth of them.

124. And what is the truth?

And this is what none of us want to face: that we don't feel loved. That we didn't feel as loved as we needed to feel during our forming years, and we still don't feel loved. And why we didn't was because of how our parents were - how they treated us. Yet we can see the truth of our relationship with them if we sincerely want to. And there is a lot to see. And it all leads you around to understanding that life is really only about personality interaction - relationships. And because the first vitally important interactions with other people did not make you feel good, you have suffered and are still suffering.

To squarely face, and accept, that your parents didn't love you as you needed to be loved; and even if they did love you, it still wasn't enough or how you truly needed to be loved, is where all the pain comes from. And it's because of this pain that we do all we do to keep our bad feelings away. And healing all of your negative state involves feeling a huge amount of pain. There is always so much pain - endless pain.

The truth is you are suffering and have been right from your first moment of conception. And as to why, is what you need to find out. And this is what our feeling-healing is all about. Which in turn leads us to one day understand why we've been born into a negative unloving situation in the first place.

125. When your friend's not available.

My healing has all been done with Marion. At times I've tried to do it by myself but it's been very difficult. However, it has got easier the further I've progressed. Often now I only need to express my bad feelings in my mind if Marion is not available, and truth comes, however it's still nothing like what comes when I speak to her and listen to what she has to say. Our interaction always brings up more feelings and so more to speak about and more to see. It's very satisfying and fulfilling.

When I'm at the Fishing Park for example, I try to allow myself to feel the ups and downs of my feelings, and express all I can in my mind as it's not appropriate to speak about loud with my work mates as I do with Marion. So I save speaking about all my feelings until I get home. I work only one or two days a week and often it takes me the next day or two to work through it all from my day at work, discussing it all with her and feeling the impact of what I'm to see and understand from the experiences. And it's incredible what comes, how there always seems to be a central theme around which all the experiences I had during my work day, help me to uncover the specific truth I need to see about myself and my relationships with my parents. It's incredible to go to work knowing I'm really going to have a bunch of experiences all so I can shed more light on my relationship with mum, dad, Gran and the rest of my family.

126. With or without a friend?

If you are without a partner or friend who wants to also do their feeling-healing, I'm afraid I can't be of much help to you, not having experienced that. However I do believe (and it waits to be shown), that you can do a lot of work on yourself developing your feeling acceptance, longing for the truth, and gaining insights into yourself.

Ultimately it's our true soul-mate who is our true friend. However, I don't see any reason why you couldn't use a friend of the same sex to help you, to be your healing friend. Women helping women to express feelings, seems logical, both being more true and close to their feelings. Men helping men might be more difficult unless the men (or at least one of them) are more feeling expressive - which some men must be as I can't judge all men by my background in which no man spoke about his feelings. And of course you may be able to help each other being of the opposite sex yet in a platonic

relationship.

Also, as to whether or not you can do your feeling-healing if you have children, I don't know. I don't see why not. Only remember not to dump all your bad feeling expression on your children, to perhaps keep your expressing of your bad feelings to when you are alone with your partner. And, as your children will help push all your hidden buttons, you will be provided with ample opportunities to feel bad, express such feelings, and find the truth of them. And anything is possible if we want to do it; that is, anything in regards to what we need and what is right for our soul development and personality expression. And it's probably obvious, that any part of your negative state you do heal will positively affect your relationship with your young children.

127. It's all already within you.

No matter what happens to you to make you feel good or bad, it's only happening to help you feel how you already feel - that which you've blocked out for various reasons. It all happened during your forming years, and so it's *still* happening - it's what you are, you can't be anything else. Life goes on with changing environments, circumstances and situations and it seems to be different, but it's not. The same underlying patterns are driving you. The surface looks different as you get older but the base causes within you remain the same. So when your leg seemingly for no reason suddenly starts hurting and you can hardly walk, or when a car backs into your car making you feel angry, or when your friend says something to you that makes you feel bad, rejected and unwanted, your feelings are really nothing new - it's how you ARE feeling, how you've ALWAYS felt, only you've forgotten and hidden such feelings. And these things happen to you to help you remember. It's all your great 'unconscious', it's all 'alive' and well, swirling around within you, so you need these things to happen to make you feel bad so you 'remember' that you were always - that you ARE - feeling this way. And then by accepting and expressing these bad feelings you can seek the truth of how you are feeling, thereby effectively bringing your forgotten past back into your current awareness.

Life isn't a bastard, doing bad things out of the blue to you. The bloody drought comes just before harvest - again, but it's not the drought to blame making you feel bad. You already feel this way, your parents made you feel this way, nature is only helping you become more aware of yourself. And you're farming now, being subjected to the drought, because you need to feel this way, as you are ALREADY feeling this way, simply endlessly repeating the same patterns formed during your early years.

So equally you can endlessly try to fight nature, to safeguard against droughts, or you can express all the bad feelings the drought is making you feel, understanding that you're doing so to re-connect with your past, to bring past and present together now as an adult, all so you understand what happened to you when you were forming, what your relationship with your parents really did consist of.

We can blame the world, life, God, everything and everyone else - we can even blame ourselves - for making us feel bad, but that's still all bad-feeling avoidance. It's not doing anything about digging deep to uncover the truth of your patterns, to see why these things are happening to you in your life, to see how they are helping you to feel - how you've always felt. And when you do see the causes, the patterns, what's really going on - the truth, then you can change, and then those bad things need not happen to you anymore. And if you are still wanting to be a farmer, having expressed your bad feelings there may never be another bad drought; or, you'll never feel those bad feelings again when

there is a drought; or, you will feel bad but such bad feelings won't cripple you making you feel utterly powerless and devastated. You'll be able to have a true straightforward relationship with your feelings - with yourself, all whilst maintaining your own power. And all because you are no longer your parents child in the sense of having to keep being how they wanted and made you be.

128. And again, ask, Why?

Keep asking for more, for your friend to talk more about all they are feeling, encouraging them to come out. The more they can bring out about themselves, the better will life be for them.

Me: 'I hate feeling like my pooh won't come.'

Marion: 'Why?'

Me: '...

Later, I still feel like I need to go to the toilet, a pooh is pressing, but it's not yet strong enough a feeling to know it's ready to come. I feel blocked up.

Me: 'Shit I hate it when my shit won't come.' - the story of my healing life!

Marion: 'Why?'

Me: '...

She keeps asking me WHY, which put me back into myself to explain why. And it is incredible how the more I talk about why I'm feeling bad, something further comes regarding my early childhood. It's so good to have a friend who can encourage you to say more - who wants to hear all you have to say, who is interested in you. It really is, especially when your parents weren't.

129. A final thought just to put you off doing your healing once and for all.

This might not happen to you, however it's what's happening to us. We sit most days at home, we feel bad, there is little we want to do having over the years realised the world holds little for us as we don't want to do things trying to stop ourselves feeling bad. So all we do is talk about our bad feelings. There seems little point in doing anything else. We go out to buy food and look at nature on the way. We have to buy food. If we didn't, we wouldn't even do that.

Exciting life - eh! And yet it's all we can and want to do because we've got to the point that there isn't anything else we can do. And if it wasn't for our feeling acceptance, expression and the truth that keeps coming up within us helping us to understand it all, we wouldn't do it either.

And the more we do nothing but feel bad, the more we see that this IS the truth of our lives, it was all we had during our childhood, we are the result of our parenting.

Yet strangely overall, we keep feeling better and better within ourselves the worse we feel in the moment. And there is nothing we can do but keep going - that is all we've got to do.

130. And, keep Going.

131. Identity crisis - who am I?

This is something that's been a huge struggle for me, both in understanding what's really going on, and in all the bad feelings it's given rise to as I hate being this way. It's also hard to explain, but I'll try with my limited understanding as I feel it's relevant to these healing points as another thing that might afflict you and so might be of some help.

My parents, without knowing what they were doing, made me in a sense 'be' them. It's hard to describe what it's like 'being them', but shit it has screwed me up in my personal relationships with everyone and everything.

In each situation, let's say I'm in a shop and I meet someone I know as an acquaintance, or if a stranger speaks to me, I go into a state of panic as to what to say, how to respond and what to do. It's taken me years of slowly uncovering this state of panic, which really I feel even with Marion in every interaction I have, but now I'm finally getting into it becoming more aware of just what is going on to make me feel so anxious.

And it's simply this: If the situation is similar to how it was being in a shop with mum or Gran when we met someone we knew, then I unconsciously become them, and I believe and think I should be able to be with the person how they were. I think I should say what they would say, behave how they would, but my difficulty is - I'm not them.

Lately I've even become aware of the words in my mind that they would say to the person in such situations, and my confusion and state of panic comes when I think I should say those words because I can't connect properly with them, as the truth is, I'm not them. And when I go to say the words that instantly come into my mind, I think that I should really somehow turn into mum or Gran, I should be wearing a dress, be a woman, have their hair, their looks, be feminine all so I can carry off the act, making it seem like mum or Gran is actually interacting with them and not me. All because there never was me, I never got a go at it, I never was allowed to be myself forming my own way of saying and being with people. They did it all, and when I was with them, they took over so conclusively that I may as well have been them. They told me what to say, when to say it and how to say it. 'Go on, tell Mrs... that it's a lovely day and how much you like being out in it', all that sort of thing. And then I would splutter away trying to say it how they would say it, that which I'd heard a million times.

I see parents doing the same things to their children all the time, which helps me understand what a complete job my parents did on me, as I don't feel like I have any real or true identity at all, that I'm just a mixed up compilation of trying to be mum, dad and Gran in each situation. But it doesn't work, I'm too confused and believe that if I don't get it right I'll get into trouble, and I'll look stupid making a fool of myself, and the person I'm speaking to will think I'm an idiot or dopey with 'that stupid look on my face'.

I was never able to form and so carry off my false act with a false front I was happy with - unlike my parents. I remained too in-drawn, introverted, shy and scared. I did manage to carry on as I reached my twenties with my friends, in situations that I felt more secure in, but I always have felt strange when out of my familiar territory. I've never just felt confident in all situations at being myself, or even at being my false unreal self.

Marion was made to perfect her false exterior and was brilliant with other people, she'd make them feel very good and was someone other people loved to meet and bump into. Only her trouble was she couldn't keep up the effort required to maintain her falseness, she could only deal with one person at a time and then about one a day. So to have to go to work mixing with so many people nearly killed her depleting her energy until she had to run away and start over somewhere else. Now with me she's been able to hide, to stop doing it altogether, slowly understanding her falseness, giving it up, and coming back to being her true self.

To some extent we're all false, and for many of us our falseness is extreme. Some people are obviously much happier within themselves than Marion and I as we have no confidence pulling off the charade. It's been something of a shock to slowly realise that I'm living life vicariously through my parents, and to come to understand how being this way doesn't work, causing me great stress. I'm trying to be a way that I can't possibly be, so I feel demented. And when I'm in my hole that is how I feel, so demented that I can't even think straight. I feel like it's all too much, and I'm just hanging on by a thread and not freaking out, riddled with anxiety and fear. I can't do it, I can't make it work, I can't be like them and go out seemingly confident into life. I feel too exposed, too vulnerable, too afraid of all sorts of things, most of which I don't understand or even know I'm scared of.

So my relationship with Marion, as you can imagine, has stuffed most of the time as really she's having a relationship with my parents as I try to be them, which of course she doesn't want to have. Yet so much of how I try to relate and do relate to her is really how I think I should have watched mum, dad and Gran behave... argh! it's very disconcerting to say the least.

And it's all so heavily ingrained in me that it's taken years of my healing to bring it all down to being able to see who I'm trying to be in each situation and then how I feel about that. Marion has been like a detective trying to unravel it all for me (for both of us as she's had to work out how she feels about it all first, all so she can detect that something is not right within me, in what I said or how I'm behaving) as I'm all but useless having no objectivity about myself being trapped in my patterns.

Another part to this is that in each individual feeling I'm not myself as I'm them as well. If I'm feeling good, then Marion says she feels bad, I believe that I have to stop feeling good and feel bad too. I have to be her, which really is that I have to be mum. And mum used to say things like: 'Stop looking so down, you're making me feel like it too'. So my parents gave me the idea that the other person is the leader and that I have to be like them. Mum is the leader and I have to be how she wants to be or how she is, I can't be how I am leaving her to be how she is. So I have to stop myself feeling down so as not to make her feel bad, which means I have to keep denying my bad feelings.

I can't stay fully on my side being true to how I feel. I have to mirror and be the same as Marion, as them. And it goes so far as, if I'm feeling bad showing that on my face, but suddenly she smiles

because she sees a nice bird out the window, then I have to automatically smile too and brighten up, even change my bad feeling into feeling good. And as I've got better at not changing by bad feeling into a good one I can still feel bad with the bizarre experience of speaking about my bad feeling with a big smile on my face, matching Marion's. And I do the same if I'm feeling good but she doesn't smile or suddenly stops her smile, I have to wipe the smile and happy expression of my face and stop feeling good. And this annoys her as she feels that my copying her is disrespectful of her because I no longer exist, and she feels she may as well be living alone with just her own self-expression instead of with a pathetic clone of her. I can't honour and accept her by leaving her be and being true to myself, I have to instantly leave myself to wrongly and falsely join up with her, become her, and disappear, which of course neither of us want in our relationship. The true 'joining up' with someone comes naturally if you're both freely expressing all you feel, so all I'm capable of having is negative relationships and believing they are good and loving.

And to see all of this, we've had to painstakingly go through all the little bits to do with it, slowly step by step we've had to bring to light the countless numbers of ways I'm not being true to myself in our interactions and how my being this way makes her feel. And shit it is one big pain in the arse for us both. I can't tell you how tedious it is, so slowly a bit is revealed here and bit there, days, weeks, months and years have passed as we've worked our way into seeing it all. And only today have I managed to finally see myself as trying to be dad. He has always remained more elusive, but now I can see after this mornings shopping just how much I'm trying to be him as well, adding even more confusion to all I've seen about myself trying to be mum and Gran. Talk about a mess - hah! Identity crisis? I am one big crisis, my whole life has been a crisis, and yet I used to think that I was mostly okay.

Having covered most of the types of healing things I've experienced during the past six months, I thought I'd include a little of how my healing as been for me.

How my healing has progressed.

This is a little of what it's been like for me.

Hard, painful, very hard, very painful, a million times harder that I expected when I began to understand something of what I might have been getting myself into. More pain that I thought I was capable of experiencing; going beyond anything I could have conceived of or thought possible.

On a good day: great, fantastic, incredible, even dare I say - enjoyable. Enlightening, amazing, totally eye-opening. On a bad day, the worst thing I could have wanted to do. I must be mad subjecting myself to such agony. So much misery, despair, depression. So much pain.

Physically it's been one long painful disintegration of being able to do anything with my body. I'm forty-eight, but feel a hundred and forty-eight. I can barely walk at times, let alone lift anything or bend to do the simplest tasks. Marion is ten years older than me and all but totally physically fucked, she can hardly stand up for the pain. We can both just do what needs to be done. Aches and pains

have come and gone, some more or less debilitating. We've expressed and are still expressing our way along in them.

Overall the pain has been a great help to us, slowing us down, stopping us doing so many bad feeling avoidance things. The brakes are being constantly applied to our false states. We hope that when the pain finally goes, when we've healed all within us that's causing it, then we may regain some strength and use of our bodies.

I grew up gaining what I now know to be a false front that I believed was the real and true me. And it contained some good feelings about myself together with a reasonable level of self-confidence and self-esteem. I believed I could get what I wanted if I put my mind to it. And mostly I did until my late twenties. Then it all started to go downhill. Life didn't go as I wanted it to. Doors started closing in my face and I had to start to accept that I couldn't make it how I wanted it all to be. And since then my false facade has slowly been broken down and discarded, bringing me to a point of seeing the truth of how I was parented - to have no self-confidence or self-esteem.

During the worst of my healing, when I felt the most miserable and depressed, I felt like I'd been cut down to nothing - a nothing person with no self-identity. I felt very bad, very weird as all my usual ways I defined myself no longer existed they having all been shown up to be wrong. I felt in one moment I was still in my nappy's, then toddling around, then about three, then... back in my nappies, and it went on like that for years. Trying to keep going as an adult, speaking to other people like an older man who knew what he was doing when all I felt like was I wished they would wipe my snotty nose for me, was very disheartening. I often felt like I was in crisis within myself, with the question - who am I, never to be answered. I was miles away from it feeling ever more demented.

And yet within feeling less and less of a real person, feeling more and more like I don't know what, I was also, just to confuse everything even more, feeling better and better about myself. And I couldn't even say how I was feeling better, I just was. And lately I have felt myself growing in self-esteem and self-confidence, I don't feel like I'm the scum worthless slime that I did. And these good feelings about myself are real because I can compare them to the false ones I used to feel. And it's only because of these good feelings overall that seem to in some way be rising up inside me that I keep going. And I know I've written this before, but still I'm trying to write about it again as I don't feel I've explained it well enough. I don't think I can write about it because I can't convey all my feelings to give you the picture. And it's all so difficult to understand when it all seems to be happening backwards. The worse I feel the better I feel. It doesn't make sense with anything that I believed was logical. I was taught the worse I feel the worse I feel. And the better I feel the better I feel. However as my healing has shown me, the 'better' I felt back then before I started it, actually was not better and I was really feeling even worse. And the worse was better, as it was trying to show me that it was wrong how I was living. So with it all around the wrong way my mind has felt (I have felt) very screwed up adding pain and torment to the whole lot. And all I end up saying is, it's hard, it's very difficult - because it is and I don't know what else to say.

The other pleasing part that is very obvious to me is my amount of fear about everything has substantially diminished. And it feels so good not to be plagued with such overwhelming fear. And to know that even if I do feel scared about something that it doesn't have to take me over because I can speak about it. And that takes most of the fear away and shows me why I am scared.

I only wish now that I could feel truly happy and loved. So I keep going hoping that one day when all my yuk is out of me, such good feelings might come.

My relationships with everything have changed so much. Over the years I've had to wake up to and accept that all I thought relationships consisted of and how I conducted them was wrong. I was all too impersonal, all based on my still being the little child me and desperate for love. So I was trying to get love from others, nature and God in the hope that I'd feel better. I didn't have relationships so as to get to truly know the other person or myself. It wasn't about the other person for themselves, it was all only about what I could get for myself. Really I didn't give a shit about the other person, as my parents didn't give a shit about me, using me as I used everyone all for my own gain.

I feel particularly bad about the pets I had, using them for my own selfish reasons. I didn't care about them as being something having equal rights as me, something that had their own life. I never gave them a thought, I never put myself in them, in their place, considering what life might have been like for them - the life I was giving them. And they gave all they had to me completely selflessly and unconditionally. I was totally selfish and conditional, they were merely something I could have easy power over.

I also feel very bad about my relationships with my girlfriends. The 'love' I felt for them was a farce, it was nothing more than a desperation to be with them because they seemed to accept me. I used and abused them without any understanding of what I was doing. I wasn't true, I didn't give and share my true self, and although we had good times together my motives in most of what we did and my reasons for even being together and wanting to be with them were not good.

And then I came across longing for God's Divine Love. Jesus tells us in the Padgett Messages that we can long for the Divine Love suggesting that it would be in our best interests to do so. And not having taken any interest in God up until I read Jesus' messages, I longed. And I received the Divine Love into my soul and it felt very good and I started my relationship with the Mother and Father. However some time into my healing I came to understand how I was also using Them as I used everyone else, that my relationship with Them was a fantasy and untrue. And it's not that I believe They are simply a fantasy of my own mind and don't exist in reality, it's just that my relationship with them was all in my own mind based entirely on my own self-deluded beliefs from my early childhood.

When I came to understand that all my relationships were - and could only be - exactly as my early childhood relationships were; and the more I progressed in uncovering the truth to how unloving these were, then it all made sense - my whole life, and how I related to everyone and everything in it, was bullshit. Even with Marion. But at least with Marion I've been able to keep bringing up all my falseness, highlighting the bullshit all of which she very readily sees and picks me up on.

To wake up to the truth that you are merely crap, just a pathetic nothing a person who isn't even original in their nothingness, someone who is simply a part clone of other nothing people called your parents, doesn't do much for the old ego. You feel slaughtered and like you may as well cease to exist. Yesterday I felt clearly that if I could I would give my life to Potsy. She could come back to

life and I would die. She could live on with my life energy just being herself and herself is all she needs to be because that is perfect, true and so full of worth - worthy of existence; whereas I am worthless. I am all wrong, untrue and evil. I contribute nothing of any value. I am not my natural pure self as she is. And were I to go, to cease to exist, so what, no one would miss me, no one would be missing out on anything, Creation if anything would be better off without me and all my crap, and I certainly wouldn't feel like I'd be missing out on life because life doesn't hold anything for me anymore. And the only reason why I don't kill myself is because I know I won't die, not as conclusively as Potsy did. I will wake up in spirit, the same evil good-for-nothing useless waste of space and have to keep going. So there is nothing to be gained by taking my own life.

My relationships are untrue - and in that one word it says it all. But as to how I feel by being untrue is what all these years of pain and yuk bad feelings have helped me understand. And I so long to be true, to end all my suffering, to be good and not bad.

My relationship with nature, how much I love it, has only got stronger and strengthened more with greater appreciation of it throughout my healing. It's pure and perfect and so a study in sheer joy giving only delight and filling me with it's wonder and amazement. And to think that we are meant to exist harmoniously with it, not hacking it all down, killing it all off, using it to make money and whatever we think we can gain from it. And not simply ignoring it without giving it any regard or respect, simply running it over because it's in the way and shouldn't be there - 'get off the road you stupid bloody bird!'

My relationship with people impersonally has always been one of seeing humanity (myself) as a blight on Earth and I'd wish we'd all die. I wish everyone would die and leave me alone; or, we'd all die and be done with it, leaving the world to the creatures. Of course this is my attitude to my parents, that which I've uncovered during my healing, and as to other people I just wish there wasn't so many of us so the damage we're inflicting on nature would be less; or, that we'd be more nature conscious and caring.

I have liked personally some people I've had closer relationships with, however all those people from my past as I've shown myself up for being the fraud and false person I was, have faded away, with no desire to continue them. And now it's only with Marion that I want to be and we both want to go somewhere and live as far away from other people and man-made life as we can. However this can only remain a wish as we don't have the resources to do so. And it's still only our wanting to run away from our parents - families, hiding in a secluded bushy area surrounded by all the trees, birds and other creatures. And then one day our relationship will most likely fail - along with everything else in our lives that have failed, all so we'll be back to being how it truly was for us when we started out: alone and unloved.

And my relationship with God is somewhat on hold. I speak to the Mother and Father and feel good feelings about Them, and They tell me bits and pieces helping me to see more truth about myself and everything, but still I feel it's all on hold with Them until my healing has finished. And this is really how I feel about everything, even having any sort of good and happy life. Until I've got all the yuk out of me that's preventing it from happening, it won't happen, it can't happen, so my relationships will continue to be wrong.

About the only thing I do currently like in my life is my growing in truth. Every day I do see more

about myself and my shit life and that makes me feel good. And I can feel myself growing spiritually. I can feel myself living up through the mansion worlds, those of natural love before I found the Divine Love and now up through the Divine Love worlds. So I feel myself withdrawing from my false relationship with humanity and the world, pulling further and further away. My writings reflect this as what I write and post I think fewer and fewer people would be able to understand. It's ironic, but a true reflection of my relationships. I set out on my spiritual path and wanted to write about the healing and Divine Love so I could be praised as the great one, all so I could gain love and use other people to make me feel better - the same old story. I thought people would flock to the new revelations of truth, the truths being the answer to all ones problems, and people would want me to teach them all I know, with me being the centre of a whole new religion and way of life. And yet the more I've gone the more I've felt and had to admit that I'm pulling further and further away from people, not actually going out to and being with them. I am going so far out on the limb that mainstream would at best call me a cult if they were to even bother with me and what I say. So my reasons to keep writing have changed, hopefully becoming truer. And now I don't care how far away I go because I don't expect anyone to come and be with me. My brother and I set out in the spiritual stuff together but long ago before the healing even started we parted ways he wanting to do things his way, which was fair enough, but not how I wanted to do them. However to my mind he simply couldn't go on, he didn't want to face the cold hard truth as I have done, and so I left him behind and had to go it alone. Which of course has been the best thing I could have done for myself and for him. He didn't want me telling him what he should do, just as I don't want anyone telling me what to do either. And so I look at our relationship and how it ended and I see that is how it is with people in general and my spiritual work. And so I accept that if anyone will ever understand my work, it will be for people that are of the future, people who are further progressed in truth, and that is fine by me now too. I can't expect people now to do and live as Marion and I are. Who'd want to live our nothing lives. And even if what Marion and I are doing in our healing turns out to be the only way one can fully heal themselves, still, who will want to put themselves back through all that they are so desperately trying to run away from.

So my motives and intentions in life have extremely changed. And really I no longer know what they are. I thought I knew what they were and why I did what I did, but now I don't know. Now I don't know anything. And there is still a huge part of my spiritual revelation that I have not written fully about or published. And the reason why is because I don't know yet if it's true, and won't until my healing is finished. So most of me feels in some way like I'm on hold, in a sort of limbo state whilst I set about trying to become true, trying to perfect my relationship with Marion and myself. And if that happens then I might find I no longer have the need or feel the desire to write. My writing being only a record of my negative condition and a way to help me heal it; or, to continue helping me to deny my bad feelings - or possibly even a bit of both.

But what I do know is that so far as Marion and I are concerned, from all we've read or ever heard about life, we're cutting out on our own. And as to where it will lead us or end up we have no idea. We may even get to some place within ourselves where we feel all we've done this far is crap, that all the healing, all the spiritual stuff, even the Mother and Father, are crap and nothing more than figments of our imagination, or nothing more than just another untrue, manifestation of our negative state. And we may even find that we are so totally wrong, that everyone else in the world is right, that we are the most self-deluded and self-denying people ever to even begin to consider that there is anything wrong with normal everyday life. We don't know what is right or wrong, we only have our feelings as our guide. And perhaps they are all, as I write, contrived by our own minds. We don't

know. And it's the same as all my relationships with things. When I first started out I was definite that we were on the right path, however now having been ground down to nothing, I'm no longer sure. And yet the further I go the more I can't turn back, the old pre-healing way is over and dead to me.

It's all very confusing. And I would think I was going mad except I feel very clear headed about it all. Perhaps it is all mad, are Marion and I mad, who knows and who cares - and do we? No one is going to care about us and we don't want them to. We can only care about ourselves. We can't really even care about each other, because it might all come to the point where we can't bear each other and so separate with it all being just another phase in our lives.

And the madness of it all is that we can only know with and through our feelings in each moment. We can understand and think we know about it all with our minds, but we don't. So until we've lived it through to finishing our healing we won't be able to categorically say: we know it's true. We'll only be able to make this claim when we feel it is, and we'll only feel when it is when we've finished it.

So if you're reading my work please understand that really you're on your own in it too. It matters not what I might say, for it won't really do you any good until you live the truth for yourself understanding for yourself what it's all about. And understanding through your own feelings.

To keep going every day finding out more about how fucked you are is an incredible experience. The only thing that could equate to it is living every day in your fucked state totally unconscious that you are.

Life is nothing as I was told or imagined it might be. Nothing. It's gone so far beyond anything I could have conceived of that all I can do is keep plodding along, keep allowing myself to feel bad and see what happens.

132. And finally.

Keep going... what else can you do!

And keep struggling along trying to speak about EVERYTHING. Keep going. And keep longing for the truth of all your feelings.

And what is a bad feeling? Any one that doesn't make you feel good, so it needs to be expressed, all so you never have anything blocking or stopping a fluid flow of feeling-expression.

133. And them some more:

This section of the book is an add-on and continuation of feeling-healings observations and experiences I had, things that have helped me so might hopefully also help you. I've written them as they came to me during the past years since writing the first part of the book. There is a lot of

repetition in some of the ideas and ways to express ones feelings and what to look for so as to help yourself doing it whilst you long to uncover the truth of them.

Question behaviour - your own behaviour and your partners.

As with all such things, if it wasn't part of your early life, then it will be very hard to do, however being made aware of it, can at least help inspire your longing to be able to do it.

In being a friend to yourself and your partner, question ALL that they do, even if you feel you might know why they are doing or saying it. Just the act of questioning them about any part of themselves, will help them bring out and express more of who they are. It all helps with ones self-expression.

Why do you put the milk back in the fridge when you'll be having another cup of tea and a little while? Wouldn't it be better to have the milk not as cold? Just asking a question because it's different to what you do. Asking them to get to know them, which helps them to also get to know themselves. Marion is always asking me why I do what I do, and most of the time I think I know, but when I come to actually say and give my reasons, I go blank, having to admit that I don't know. And then trying to work out why I do - through my feelings and NOT just with my mind, always gives rise to more understanding about myself and my early life programming - how it was for me with mum, dad and Gran.

And when you question their behaviour if it's making you feel bad, together with the actual way in which you might question them, will also help stir up yet more tension between you or within you - yet more bad feelings to be brought out.

I wasn't allowed to question in my family, and so I can't question Marion. And yet even though she wasn't allowed to question either she is brilliant at it. She wasn't told it was wrong to question and made to fear doing it, she just wasn't allowed to do it. So now being allowed to by me - and I believe it's right she should question me as my parents had all rights to question me, just not extending me those same rights - as she gains in self-confidence she can ask all she likes. And she has and does, daily picking me apart as we've moved along in our healing.

As I wasn't allowed to question other people and so couldn't find out from them why they did and said what they did, I made up little stories for myself to explain their actions - to explain life. And through Marion's questioning, it's become evident that my stories aren't right, as I would make them up about her, and then when she questioned me on them, she would be able to tell me how wrong I'd been about it. And it rightly infuriated her that I thought I knew why she did and said what she did. Other people in her life have also done this, making things up about her and getting it all wrong, then telling other people who have believed them, causing problems with these people for her. So she wants it all out in the open, all talked about, so we can both see where each other is coming from. This helping us to understand each other, deepening our relationship.

Many of us were stopped from asking questions, I hear it every day by 'loving' parents at the

Fishing Park. “Don’t annoy the man, stop asking those questions, will you be quiet, get out of his way, he doesn’t have time to answer every one of your questions, he’s got to do his job, not give all his time to you”, which is very unfair on us both because mostly I’d far prefer to spend my day with the little person enjoying answering his or her questions and asking lots of my own to them.

So to grow up in life, your own life, in which you have been rendered powerless to ask for yourself to find out what is happening in your own life, is very mean and very cruel. For if you are like me, you end up making up fantasies about life, how you see it and how you fit into it, which of course is all untrue severing to remove you from and shut you out of life. Let alone make it almost impossible to have any sort of decent relationship in which you can express yourself freely to the other person.

If you happen to be like me and can’t ask, then all you can do as it’s pointed out to you by your friend, is accept that you can’t, expressing how this makes you feel. You won’t be able to change yourself and instantly start asking. And like all to do with our healing, that’s not what we are meant to do anyway. That is only jumping over the problem by applying your mind, using your mind to make yourself be what you believe to be a better person. What you should do is simply own up to how not being able to ask questions about other peoples behaviour makes you feel. Concentrating on all the bad feelings, trying to bring them up and out, which of itself will be difficult enough. We are not to concern ourselves with trying to make ourselves right, as that will naturally happen through our ongoing bad feeling expression. As we get out all the blocks within us, all the bad feelings we’re repressing, our system will natural correct and rectify itself, however all in it’s own good time. So it can take years of having to admit to all the different and varying aspects of your problem, expressing all the repressed feelings associated with it, as you incrementally change yourself into becoming true.

And if you happen to be one of the more lucky people who grew up in an open and freely expressive family, then you might find yourself partnered with a unfeeling, and unexpressive person like me, all so you can be driven crazy as you react to all their unfeeling and unfeeling-expressive behaviour, all so you can see from first hand experience what you find so easy and natural to do. And then you can see who gets the more frustrated, the one who can express themselves or the one who can’t.

It’s all such fun!

Why won’t anyone listen to me!

Fall back on yourself, bring it back to ‘I’, keeping it all as personal as you can.

I think Marion makes the balls of mince meat she feeds the birds too big. I want her to make them smaller. The birds rarely eat it all. The ‘squeaks’ butcher birds keep stashing it in the forks of little branches and the mynahs find it, and the magpies hide it and often forget where they’ve hidden it, and the mynahs follow them around learning where their stash spots are and eating it. It’s so frustrating, I want her to stop doing it how she does, it makes me angry. But if I ask her, even beg her, she says no, she wants to do it her way, giving me all her reasons which most are because of her problems. I want

her to listen to me and be on my side agreeing with me, and so doing what I want. But of course I can't make her or anyone else do what I want against their will, I can only appeal to them. And why do I think and believe the whole world should do what I want? I want everyone to do so, so I don't feel bad, so nothing annoys me, so I don't feel angry and frustrated about not being able to do anything with my anger, by not being able to make them stop.

The only thing I can do is speak about all I'm feeling. And to keep it 'I' as much as I can. Usually I say things like: I hate you giving them such a big ball (this first part is okay, it's 'I'), I wish you would stop them. Don't make them so big, make them smaller, they don't eat it all, and it's such a waste, it's yet more money you're wasting, if you make it smaller it would go further. But now I've lost it, I'm telling her what she should do. I'm telling her how I want her to be, I'm trying to control her, I've crossed over the line by trying to make her be how I want her to be, how I think and believe she should be. I believe, for whatever reasons that I am right, and she should do what I say, just as my parents treated me. But unlike how they yelled at me and physically forced me to do what they wanted, I can't and don't want to go that far with Marion. I don't want to yell at her making her do what I want, or hit her; I don't want to have such power and control over her, and of course neither does she, and if I treated her that way, that would be the end of our relationship. She's done enough healing respecting herself now to tell me to get fucked and leave. And before she gets to this point she might fight me, and if I didn't back down, then leave me, or just leave as she doesn't want to be treated that way in the slightest anymore.

So as I don't want her to leave, and I don't want to try and control her, I have to come back to myself staying on my side, so keeping it 'I' and expressing my bad feelings rather than just dumping on her. Something like: I hate how you waste so much meat, I hate how you won't listen to me, and I hate how you won't take any notice of me. I feel so frustrated that you won't do what I say, and I hate you because you aren't how I want you to be. (I have to be able to say I hate you, because that is the truth of how I feel.)

And as I am saying this, if she is walking around doing things, it's not that I am just supposed to speak to the air, speaking to her telling her how much I hate her and hate how she feeds the birds feeding them too much, even knowing she is still listening to me, but it's up to me to ask her to come and sit opposite me, to listen to me, and for me to direct all my bad feelings at her. She wants to do this, to listen, but I still have to want her to, and to ask her to if she's not. And it's very hard for me to look her in the eye and tell her how mad I am with her, how much I hate her, how I hate how she won't do as I say and be how I want her to be. And to keep going with my attention on her and at the same time with my attention on my feelings so I can keep bringing them up. And if she looks away and out the window, wait until she looks back before going on, or asking her to look back and keep paying attention. And if my wanting her do this makes her feel bad, then she can speak about these bad feelings, and if she says no, I don't want to listen, then I have more to bring up and speak about. And if she won't listen sitting opposite me then I can get up and follow her making sure at least on my side I am directing my words to her wanting her to receive them.

And I have to remember, as I am inclined to forget, that she is only doing the meat feeding that way to push my buttons, all so I can feel bad and get angry and bring more of my shit up. So it's all for

me. So when I get angry at her, it's not about me trying to stop her, I want her to keep going as she is doing, all so I can keep feeling bad. All so I can keep feeling angry and can keep bringing up more of my repressed anger. And the one thing that does happen, is it does come up. Because very soon I've gone off on some tangent and the real hidden reasons as to what is making me angry start to show themselves.

I hate you feeding so much meat to the birds. Can you please come and sit and listen to me. I hate how the mynahs get so much, it's such a waste of the meat and our money. And I hate how you won't listen to me and do what I say. I hate you. I hate you for not being on my side, for not being how I want you to be. Would you stop looking out the window, I want you to listen to me...

And then I see that I am being just as mum, dad and Gran were to me, making me look at them, making me stop what I wanted to do and "LOOK AT ME! "Look at me, will you, you look at me when I'm talking to you." And I hated them treating me this way. I loathed it so much - I hate them. And the last thing I wanted to do was what they said, no way did I want to look at them, but they forced me, I had to. So then I can say to Marion that I don't want to make her pay attention to me, I hated having to pay attention, and so on it goes, with the birds meat all but forgotten merely being the catalyst.

And then after I've expressed all my anger and all that has come up, I no longer feel angry about the meat. She is still feeding them, in my opinion balls that are too big, and yet it doesn't bother me. Then some weeks later it does bother me again, and so it's back to expressing my anger once again. And on it goes, until all my anger has gone about the balls or something else happens and it's simply no longer a problem.

Talk, talk, talk.

I can't tell you how imperative and beneficial it is to talk about it ALL. Everything you think and feel, all the big and small things. To talk it all through. To not cut anything short. To bring it all out. It's a huge exercise, you're healing is about you saying all you've ever wanted to say and more. And it's about you and your partner listening to each other, and WANTING to listen to each other.

Going to a therapist has it's place, sure, but you can't talk it all out with them. It would take aeons to do your healing, to say it all. But you can with your close intimate friend. And if you are serious about doing your healing and uncovering the whole truth of yourself, then you will want to spend as much time together as possible so you can talk about it all.

We've all been made to hide and not say so much stuff. I see parents stopping their children from being how they want to be all the time at the Fishing Park. And I can see how at some point in that child's life it's going to want to be able to say it all. And say it all we must.

And the doing of your healing is more than just trying to heal your traumas, it's about rectifying every aspect of yourself that is not functioning perfectly. And every part that is not being perfectly expressed contains masses of stuff that needs to be brought out and spoken about.

Talk about everything, and if you're not very good at it, as your healing progresses you'll get better at it and have more you want to say. And if you are very good at it, then don't back down or stop yourself from speaking about anything and everything, especially all stuff that's taboo. Bring it all out, and all about your whole life. And don't worry about repeating it, you'll go back over it endlessly, seeing different aspects each time.

And if neither of you can talk about it all, then work out ways to help yourselves. It's just so important to allow yourself to say it all. To want to say it all, and to want your partner to say all their stuff.

And long for the truth when you feel you want to know the truth of any part. You will know as you'll feel when to long for the truth, and that's mostly when you're speaking about your repressed feelings - and when you're not longing, talk.

Marion and I often think about the Australian aborigines. They grew up in a small group, they all knew each other intimately. They have talked about everything together ever since they could talk. And they keep talking. And they aren't as repressed as we are, they like speaking even though mostly it seems they didn't say a lot in their communication. But as you are with everyone all day long, so you don't have use so many words to keep you all together, you know each other so well. But when you do talk it's valuable, concise and to the point, not a lot of silly false rubbish. It's all real talk and about yourself and each other, relationships, what you're feeling and thinking about yourself, each other and live, and not the latest movie or what so and so did at work.

However if you don't spend all your time with your partner, there will be a lot to talk to each other about, and include all that happened at work. But not just coming home telling each other as if you're reporting in, but really talking, telling each other about how each of the things makes you feel. Always talk including your feelings.

Talk around your feelings. Talk based on your feelings. Talk about the movie but how it make you feel, all the bits. Talk about your day if you are separated but how you felt during your day. How things that happened to you, or things you heard or said, things you saw done, or did, made you feel. Talk, and talk all based on feelings. Feelings-talk.

Speak out your fantasies.

Speak about all your fantasies, not just sexual ones. It's been good for me to speak about them all to Marion, all my dreams about fish, breeding them, being involved in aquaculture, and lately one about imaging being able to build my own huge lake, with logs and fallen dead trees as hiding places for the native fish I'd put in it. All the different water plants, all native. The native turtles and water dragons, giving them places to breed. Different native snails, native freshwater shrimp. And it's gone this way and that, getting bigger and bigger to recently being able to fence off huge tracts of bare farming land making them fox and rabbit proof. Then planting them out with indigenous natives, then introducing the creatures. Collecting spiders and beetles, worms of all sizes around this area, fungus spores that

will hopefully germinate helping the native trees grow. All the small local marsupial mice and rodents, the bigger animals, all the rare and endangered ones. Creating a sanctuary, so all the water birds can come without worrying about foxes, so all the little animals can live safely, and on it goes, with another part being added each week.

These imaginings come into my mind, suddenly I find I'm thinking about them - completely absorbed in them. I used to just think about them, keeping them all to myself, my secret little world. And it was hard to tell Marion about them because I felt foolish, and besides, who'd want to know about my dreams about creating my own little artificial world to live in, a dream that will never happen.

But as I have talked about it all to her, and as I have let go within myself, allowing that part of me that needs to make up such things have free reign, it's helped me to understand aspects about myself, and eventually it's helped me work through it all so in the end the reason why I need to have such fantasies going on has come to light, and the fantasies have ended.

And lately I've come to understand that because I had such a no life with my parents, and then a nothing life as I grew up, my fantasies have enabled me in a way, like a dream, to have something of a life that I might have wanted to live had I had the resources, support and desire to do it. So it's like I haven't missed out on life, and just because they are dreams and imaginings, they seem very real - and all too real at times making we wonder which reality is really my true one. All of which has taken me into understanding that there is far more to our lives than we can ever know and far more taking place on all levels of reality.

But I've had to talk about them all to get them really going, to allow them - and myself - to evolve. And I've loved them all. But when they end, so too am I happy they've ended. I even met a farmer at the Fishing Park some months back who had done on his property exactly what I imagined I wanted to do concerning building a lake for the native fish. It was so amazing to listen to him telling me how it was, so much of it being how I imagined it might have been.

And as I have said before, concerning all the sex stuff, you MUST bring out all the secret unsaid would-never-dare-tell-anyone, let alone my partner, stuff. The more I can talk about my sex fantasy stuff (Marion isn't afflicted with it, nor any of the imaginary stuff); the more I can tell her how much I wanted to run off into the toilets and fuck the woman I found so attractive the other day at the Fishing Park; and how I wanted her to just come and want me and take me away and want me to root her all day long, to just want me; and how desperate my need is to be wanted by someone and for them to want me to have sex with them all day long is my dream, and on and on it goes, all how fucked up and sad and perverted I am because of how fucked up my parents were about it all.

It's all got to come out. It's all got to be allowed to be there, to go wherever it wants to go, no matter how bad, perverted, wicked, evil, debauched it is; and it's all got to be said - told. It's all in you, so it's ALL A PART OF YOU - IT'S ALL YOU, and all of you has to come out to your friend. You have to tell your WHOLE story. You might not need to say it all to the world, mostly only to your friend - they representing the world for you. All the weird, ugly, really bad stuff you're really, really embarrassed about and feel so humiliated telling another person - it's all got to come out and be accepted for what it is. Along with all the bad feelings you might feel, expressing them all so as to

help you go deeper into yourself to find out why you've got all the wickedness in you. Just hold your breath, take the plunge, and then let your breath by speaking about it all. Hey... I've got some really bad, really vile stuff I have to admit to about myself - things that go on in my mind... things I have done to other people... It sure is a test of your friendship. But if it's true, then that's what you're friend is there for, to be the helping witness, to be there to hear you say it as you hear yourself. And to understand, as you do, why you are the way you are.

Facing your fear to overcome it.

To face your fear to overcome it, to put yourself into harrowing scary situations to overcome your nervousness, anxiety, dread and fear, is not 'healing' it. It's only trying to use your mind to override it. And even if you achieve 'conquering' your fear, still it is within you, still its causes are buried deep inside you.

We are taught as young children not to be scared, and yet we are scared. 'What are you scared about, there's nothing to be scared of.' We wake up out of a nightmare and we're told: 'It was only a nightmare, there's nothing to be afraid of.' And yet we are scared, we are afraid. And to be told and then made to accept, against our own feelings, that we are not feeling scared or bad, is very damaging. We should be accepted for how we are, for what we feel, and encouraged to speak about it all.

And it's very unfair being made to not be scared, when mostly it's the very person who is saying that to us - our beloved parents - who are the very ones making us scared. The evil monster is telling us it loves us and we have nothing to fear from them. All it does to us is turn us against ourselves, turning us away from ourselves, forcing us to live untrue to ourselves, and making us deny our natural self and feeling expression.

When you feel scared, you'll probably find yourself telling yourself that you've got nothing to be afraid about with such things, and that being scared is silly, and that as you are now a grown up adult, so you've got nothing to be worried about. But the truth is - you are scared, it's what you feel. So such feelings need to fully accepted and honoured.

However to do your healing you must allow yourself to be scared, and worried and nervous and all the bad feelings you feel. Go the other way, shit yourself and tell your partner and friend all about how bad it is for you, even if it sounds like you're still just a baby or little boy or girl.

Bring up all the confusion, all the contradictions, all the problems, real or imagined. Talk about what is scaring you, and go with it as far as you can, making it even more scary seeing how you feel.

The responsibility is yours.

You are responsible for how you talk, what words you choose and how you choose to express them -

how you choose to express yourself. The onus is on you to convey your message clearly to the other person, not just saying a jumble of words leaving it for them to work out what you're meaning.

I know this might sound obvious, and I thought I was clear in my communication, clear enough to get what I wanted, however as Marion keeps pointing out to me, my communication is woeful, and I guess so too my writing, so I feel sorry for you reading my work, as I feel sorry for her when yet again she is exasperated struggling to understand what I'm meaning, as I also feel sorry for myself being so fucked up.

In my family it was, so my healing is showing me, good enough to just throw words out there into the 'collective' and for those people who want to take them and make of them what they will. And somehow we got our message across. But it was all a mess, with no one really caring about themselves, having no respect for themselves as to how they did communicate; and all so long as you got what you wanted - what did it matter.

But as I'm discovering it does matter. English is the language I grew up with and if I knew how to speak it properly then I'd be able to express all my feelings and thoughts truly, provided that is, I have healed myself.

And when I do express myself truly, it feels right and good and it's a joy. Then I don't feel alone, separate, and shut off from everyone and even from myself. I am together with Marion in our life, and not treating her as if she doesn't really exist as an individual in her own right, but only as something of an extension of myself. And we get on much better, we enjoy being together and laugh; but when it's only me and mostly it's me against my invisible parents who I project onto her, it's hard work, always putting unnecessary strain on our relationship.

Yet it all has to come out, and she with a good personal command of the language and at ease in very personal communication, is helping me to see just how far away from this truth of myself I am. Just another huge problem I have to deal with and accept about my glorious negative state - oh well, back to the hard slog...

Expressing

I've said it before, but it's so important and it keeps coming up for me - yet another thing I don't do, and that is show your feelings and emotion as you're expressing yourself with all of your body, and in particular, your face. Animate yourself with what you are feeling. Don't just talk about your feelings devoid of the feeling in them, just using your mind.

It's about my coming alive, out of my feeling-deadness, allowing myself to FEEL, and to then convey these feelings with something of a passion, that I want to be in life, that I want to express myself in Creation, that which you see a little child doing if it hasn't been controlled too much, and that which you always see nature doing, brimming over with vitality and the spirit of being alive.

And often by using your body (body language) and sound inflection in your voice, you might not even have to say the words that your feeling is. You might not have to say you are angry, you can just

sound angry - be the angry you feel. You might not have to say the word miserable, for you might be able to convey and express your misery in the tone of your voice and in your body language.

It's just for us to do what we want - what we feel. And the more feeling we can express and convey the better, for them we are being truer to ourself - truer to our feelings, and that's what it's all about.

And you can feel this, you can feel yourself coming back to yourself or being closer to your true and real self, and that feels really good.

An invitation to talk

Being friends for each other that's what we're offering to each other - an invitation to talk all you think and feel. We're saying, yes I want you to talk to me and I want to listen to all you're saying. I want to get to know ALL of you, and all the time - ongoing. And your friend feels good knowing the door is open. However once you withdraw the offer the door closes and your friend feels alienated, unwelcome, unwanted, shut out, rejected - unloved. And you close the door the moment any of your buttons are pushed and when you try to do anything to stop your friend from talking.

One of my problems is that I was trained to see that if the other person did something that made them feel bad, and I could see a solution to their problem but they weren't wanting to do what I said, then they were an idiot - stupid, and I rejected them. If I didn't do what my mother said, she'd rage at me how stupid I was, rejecting me saying something like: 'You stupid boy, if you don't do as I say then I won't have anything more to do with you. You can do to your grandmothers, she'll know what to do with you.' And, 'If you don't do what I say then that's it, I'm not staying here, I'm going - see how you like it without me doing everything for you.'

So as soon as Marion does something that I feel is stupid then I close the door on her, reacting to her as my mother reacted to me. Only it's taken me years to see this is the motivation of my actions because along the way I covered this way of being up, as I didn't like it and Gran disapproved of it, telling mum, 'Oh Rosemary, don't be so stupid, if you're going to behave like that, I'm leaving, it's appalling how you behave at times, really it is, you no better than a child...' So we're all calling each other stupid as I probably would have done had I had children, but instead I call Marion stupid.

So at best I'm a conditional listener, only sympathising with Marion if she's not pushing my buttons. And it's all because I'm not sympathetic to myself, I can't be because I'm always angry and frustrated with that part of me that is stupid, so I want to banish it, to leave it, to do something other than be sympathetic to it, listening and accepting all the bad feelings it brings up in me.

So the more I can move along in accepting that I believe I am stupid because my mother told me so, then the more kind and considerate of myself I can be. And as I can sympathise with myself more, so I can sympathise more with Marion. I can't force myself to be sympathetic and a good listener, to 'be there for her' when really deep within me I feel the very opposite. I hate her going on about her bad feelings and I wish she'd stop, and I hate myself having them and I wish they would just go away, all so mum will want and like and love me.

I like the idea of listening, giving Marion the chance to speak up and encouraging her to do so, but the reality is, I don't want to listen because I don't even want to listen to myself - to what my bad feelings are trying to say. I have been at best a reluctant yet mentally willing listener, which has nonetheless served the purpose of allowing Marion to slowly express herself, and each time I have resisted and then stopped her from going on, we've worked more on me, gradually bringing to light why I am refusing to listen. And once I've seen a bit more truth about this, then I can listen a bit more and on it goes as we inch our way along, she all but having to drag me. And slowly I am able to admit that I'm only doing my healing because it sounded like a good idea, yet in fact I hate it, don't want to do it, hate all my feelings, and at the same time as I'm being more able to do this for myself, then Marion is able to stand up to me honouring and respecting herself by seeing that she doesn't want to live for me or anyone else, always helping and giving credit to someone else other than herself. Slowly as she is made to come up to fight me on my resistance she is able to stand up for herself, looking after and being more kind, loving and caring about herself. So in a way as I can give myself more sympathy so too can she give herself more; and as she can give herself more sympathy, so too can I give myself more.

Express that rash

As you are expressing all your rash is making you feel, you will find you are able to see that it's being caused by something deeper going on within you, it's merely the outer most expression of something internal, some aspect of your relationship with yourself and so too your relationship with your parents.

As you say the words of how your rash is making you feel, such as: it's on me all over me, bearing down on me, it's smothering me, it's overwhelming me, it's irritating me, it's making me angry, it's hot, it's sore, it's so annoying, it's so frustrating having it always there itching... you are saying the feelings of how they made you feel being with them, and of how you feel about yourself because of how they made you feel.

My parents made me feel all those things I've written above, over and over; every day with them I felt those things, and so many of those things they accused me of making them feel. So my rashes help me to see the truth of my relationship with myself and with them, yet only as I keep on talking about how they make me feel.

Compare yourself to a child, a child that is free

A free, uncontrolled child is brimming over with joy, happiness, exuberance, fun, you can see it bursting out of them. Are you like that?

So why aren't you feeling like that every day in life? And it's not 'because you've got adult responsibilities' that you're no longer a child and so unable to as free as a child. That's only the crap you've been told, surely we can still have adult responsibilities and still feel happy, exuberant and brimming over with the joy of life.

And we would be had we not had all the joy, all those good feelings that would have been generated had we been allowed to be truly free, crushed out of us.

Free to argue

It's vital, especially when arguing, that you allow each other to be free to say ALL you want to say and not close the door on the other person. If you try to shut them up, then you're defeating the very purpose of expressing ALL you feel. And yet when you're in the raging depths of your anger furiously fighting for your survival; and if it was part of what happened to you when you were young - your parents shut you up, then it might be difficult not to do the same thing. Slamming the door and walking out, flinging all the vile curses you can blocking out the other person, hitting, e.t.c. anything that actually stops yourself or the other person venting all their yuk is being too controlling.

We've all got to be free to be as we please, so free to express all we want to. In our evil anti-love and anti-person society we can't always be as free as we'd like to be, however there should be no restrictions on saying what you feel, at least to your intimate partner with whom you have agreed to help work with each other doing your feeling-healing.

So if you want to and do slam the door and walk out putting an end to it, fine, you have to do what you feel to do, and it's not as if you can do anything other than what you do when you are in a raging state having lost yourself, but when you are ready, come back in and open the door to resume where you left off, and allowing the other person to continue. No doubt during the break other things will have come up in you to say, so go for it again if you have to. All so long as you keep allowing each other to express ALL you want to, one way or another.

It's all the yuk trapped within you that you weren't allowed to vent and express and rage at your parents about, and it all has to come out. So say all your threats about ending the relationship, tell the other person how selfish and unloving and uncaring they are, and how they are certainly NOT your friend. And if you have to scream over the top of each other, do so, but keep going, even if the other person not listening to you infuriates you, making you scream and rage all the louder.

You may feel as you are raging that your intent is to shut down the other person, to beat them into a pulp, to kill them, to shut them up once and for all, to make them back down, to overpower them, to win, to have them give up and do what you want or see and do things how you think they should be seen and done, and that is okay, it's what is within you, however just try not to cross that line and actually make the other person stop expressing their feelings.

And often once it's all out and you have declared how much you hate each other and how it's about time you split up, then you can be together more easily, and more as real friends.

‘Trained feelings’

We believe - because we’ve been trained to - it’s supposed to happen a specific way, and when it doesn’t we get angry. And yet such feelings are ‘false’, all being derived conditional upon what we have been made to do with our minds. The anger is certainly not false, but why you’re actually angry is, that being, because you believe things are meant to happen in a certain way when they are not as there is no such certain way.

All sorts of beliefs and their associated behaviour have been encoded in our brain, we’ve become them, they form the basis of our life foundation, and so we **MUST** act upon them and upon the feelings they generate. However such patterns are wrong, false, all based on evil, all that which our parents made us do against our wills. Had we been left to it, left to live life how we truly felt we wanted to, we wouldn’t have developed such erroneous beliefs nor their anti love and disrespect-of-the-person behaviours. Nor would we then be living according to a continual stream of ‘false feelings’

The feelings themselves are very real, and within the context of what they are doing they are good, doing what feelings do. But they screw us up, and yet we must not dismiss them even when we detect their ‘falseness’. We still have to honour them, all so we can use them to look into why we are feeling them, what is deriving them, all helping us uncover the wrong beliefs and behaviour we’ve been forced to live.

So always it’s the same: be true to your feelings, even if such feelings you can feel are coming about as a result of you being trained to feel them. We are all Pavlov’s Dogs, needing to heal such wrongness through seeing the truth of why we have it.

No, no - BRING THEM OUT!

No, no, you **MUST** not stop yourself from feeling ANY bad feeling, no matter what it is. You **MUST** not dismiss it, **NOT** push it aside, **YOU MUST BRING IT OUT**. You must bring it all out, all that is you, because you are **ALL** your feelings, good and bad. And the bringing them out will help you understand who you are, what you are all about - the truth of you.

Some of us have been stopped from expressing every little bad feeling, other’s of us are not so controlled. And if you are one of the very controlled, then you must be very vigilant on trying to catch yourself when you stop yourself from feeling bad.

This morning as I woke up I felt bad. But I didn’t act on it, I didn’t express it. I didn’t want to know about it, about waking up, about getting up. I didn’t want to do anything. But it was time, Marion was having her shower and I needed a pee, I couldn’t hold on and go back to sleep until she

was finished. So I got up.

But it wasn't right, our relationship was off kilter, I was off kilter - I was untrue, which she immediately pulled me up about. And she was right, as I traced my mornings actions and their feelings back, I realised that I had yet again stopped myself from feeling angry about being disturbed, about not being allowed to keep sleeping. I wasn't allowed to block out my shit life with sleep, having been made to come back into it by needing a pee for yet another shit bad-feeling day, another day back with my mother and father.

Facing the truth of yourself.

Look it's horrendous and I don't blame you if you don't want to do it, if it's too hard. It is too hard and none of us should be made to do it, and yet we're stuffed: we either continue on deluding ourselves that we are all right, when we're not, all we face the music.

And to face that truth means your whole life, all of you, all how you are, all how you do and say and be, all how you believe and behave, all of every tiny little part of you is going to come under the microscope mostly to be shown up for being wrong. And fuck that, who wants to be wrong, and who wants to be totally wrong and wrong all the fucking time.

It's a shit of a thing to do - your feeling-healing, it really is. Every part of it is miserable making you only feel more and more true to how you really feel: unwanted, alone, unloved - fucked. I wouldn't recommend it to anyone.

So don't do it!

Me.

They made me so afraid of voicing my bad feelings, I was too scared of what might happen to me, that they'd reject and punish me for doing so. My bad feelings weren't wanted. I wasn't wanted, as I am my feelings. (And I am feelings first - and not as so many believe we are, being our mind first.)

They made me believe the being compliant and never complaining, never objecting, to always do what the other person wanted was the right and loving way to have a relationship. Never to object, never to say no, never to ask anything of the other person in case it might put them out.

I was never to put myself forward, to stand up and be counted, to be an active contributing member of the relationship. I was to always follow the leader yet secretly believe I was the one doing the leading.

I wasn't allowed to see that if I vented my anger it wasn't the end of the world, that the other person didn't leave me, that I wasn't rejected or loved any less. And that to do so, to bring myself with all my feelings, good and bad into the relationship was indeed the way to have a good and loving

relationship. And that two people could argue, you could work through it all and sort it out; that both could be equal - equally free to express all they felt. And that the other person not only wanted and enjoyed my self-expression, but even demanded that I do it, all as I too demanded they did it.

Say with all your feelings.

I feel so desperately unloved. I feel so, so bad, so alone, so unloved. I feel so hurt, in so much pain. I want to feel good, loved, but all I feel is pain, hurt, misery - so unloved. I feel so alone, nobody loves me, so bad. I wish I would die - end it all. I don't want to go on like this. I want it all to be over. I can't take it anymore, I really can't. It's too unbearable. I don't want it. I don't want to feel this way. I don't want to feel so unloved. I feel unloved to the core of my being, I ache all over with feeling unloved. All I know is feeling unloved. I feel so terrible, so utterly bad, and all so alone in it all. No one is with me, no one is wanting to be with me, to share it all with me - all the pain. I feel so alone, so unloved, so unwanted by life, by everyone, even by God. So unloved - always unloved, so miserable feeling so unloved.

Being talked out of your feelings.

Don't allow yourself to be talked out of them. Don't talk yourself out of them. It's what my mother and grandmother did to me all the time, and it caused so much damage within me. All my healing has been about seeing how they did it and the effects it's had on me.

We see a bird lying dead on the road, a little white throat honeyeater - a peeper as we call them, the sound of their warning call being a high pitched ongoing peep, peep, peep. It has only just been hit as its two friends are standing each side of it, looking at it, one of them touching it with its beak.

I could feel the sadness cutting through me, and my mind following my feelings as I allowed myself to feel them brought up pictures of them being a family, one of the parents or babies being killed. Their pain of their loss, what has gone wrong, why won't our loved one fly? Why does it lie there and what's that red stuff around it? Why won't it move? Why won't it be how it's always been?

I feel more bad feelings, sadder, as I speak what I'm feeling to Marion. We both feel very bad. And yet also my mind is trying to stop me feeling bad. Trying to wipe away the bad feelings, telling me, birds don't have feelings like we do, you can't put human emotions to such things. But now my feelings have too much power and they lead, and I can and do and want and will put human emotions to such things whilst my feelings lead me to. I am now strong enough to hold out the feeling-denying influences of my mother and grandmother. I can allow myself to feel as sad as I feel, to even cry if I go that far. And I can push them away and not allow them to talk me out of feeling bad.

Fuck them, I want to feel bad, it is a bad thing, a very bad thing. I hate seeing any creature get

killed by a car, and for no good reason, and I want to feel sad. I don't want to deny and stop myself feeling such bad feelings; I want them to be as painful as they can be. And I can speak to Marion about them and I know she feels the same as I do. She tells me how she's feeling and together we feel a little better knowing we sympathise with each other.

My parents superimposed a false untrue reality over me, making me live it at the detriment to my true self. I wasn't allowed to feel my own feelings, I had to live the life they told me to live and the corresponding feelings that went with it, none of which made sense or could I relate to. But I had to do as I was told, and I lost myself and all those feelings that were truly me.

Now I can feel the shock, the sudden pain and I can allow it to be. I no longer block it out, sweeping it away all so I don't feel sad. No longer do I think feeling bad is a bad unacceptable thing, and I feel so much better for it. I feel so sad for the little peeper, but so good for myself. Finally I am able to relate to my own feelings.

Countering a bad with a good, a negative with a positive.

If you're conditioned to counter someone's negative remark, something that might or does cause a bad feeling, with a positive, all to keep everyone feeling good, then stop it, don't do it.

However having said that, it's not that you should make yourself stop it, but want to, and try and express all your hidden bad feelings about why you hate people who say negative things, why it makes you feel bad, how it scares you, all so you have to counter them with a positive.

It's a whole different life if you've been programmed to only ever say good things and to only try and make yourself and everyone else feel good, to stop doing that and encourage your friend and yourself to do the opposite.

If your partner can't say no.

Then encourage them. Help them to say no when you feel they should be saying no. Get them to practice saying it out loud. Explain to them how you in their situation would say no based on what you feel, all so they can try it by putting themselves in your shoes and so see how they feel about it themselves.

Help each other be as negative as you can.

Try to be as negative and down on yourself as you can. Encourage each other. When the other person is, then support them, don't tell them not to be that way, let them talk, keep them talking, and if your buttons are pressed, try and hold onto your feelings until they are finished.

Marion's parents only crushed her telling her always how bad she was. So that's all she says when she speaks about herself, being very negative and putting herself down. I've found it very hard to just

allow her to be as negative as she wants to be, very negative indeed - intensely negative. However slowly by following her example, I've been able to allow myself to feel and express all my negativity, and there's been so much of it. And amazingly, over the years I've come to feel much better about myself, and I haven't been overwhelmed and swamped by it all, dooming me to an eternity of darkness and pain.

No one cares about me.

If this is a big one for you, it's very important to bring it up, to speak about all you feel about it. If you feel uncared about, unloved, then you're going to feel very bad if you don't already. And if you don't feel that bad about yourself, be aware that you might be shut off to such feelings, so if they come as you progress through your healing, don't take them lightly.

And: I feel hated by everyone - mum and dad. I hate everyone - mum and dad. Nothing's for me. Another of our big ones we've had to fully accept.

And: No one loves me. You don't love me. I don't feel loved. No one has ever loved me. I've never felt loved.

And: I'm a poor thing - accepting that I feel very poor, sad and sorry for myself. And through such self-acceptance I am sympathising with myself, giving myself love, that which my parents didn't give me.

Let your fantasies run, good and bad.

If you are inclined to fantasise, and that's not just sexual, let them run when you feel they want to. Allow yourself to have them if you feel they are bad in that they are keeping you distracted from yourself, by taking up too much time in your mind.

I'd find myself, particularly when trying to go to sleep, start up in my head and go on and on. Sexual, business, ones to do with living in nature, surviving when the end of the world comes at 2012, the End Times, WWII, having loving parents, the spiritual stuff, being an aboriginal living with the land and without being so controlled as I was by my parents, and so on.

It took years for me to allow them to run, to just go with them even if they kept me awake half the night, then continued on when I woke up running on for half the day. And it took me a long time to feel that it was okay to speak about them, indeed to speak about them as soon as they began. I'd feel stupid speaking about them, like I was still just a little boy dreaming of such things - which I am; and I wanted to keep them secret, they were mine, my special creations and I didn't want to tell anyone about them, give them away, for fear they'd be taken from me, like everything was, and for fear that I'd be told to grow up and get over them.

I have spent most of my life away inside my mind somewhere. Marion is the exact opposite to me, not being allowed by her parents to escape into her mind. My fantasies as I've opened myself up, as I've removed so much controlling restrictions in the form of beliefs imposed on them by myself, have flourished. I've loved them all, even through they are so unreal. And in the end once I've spoken about them all: why I want to have them, why I need to have; and have uncovered the truth, they have gone. They have certainly helped me feel feelings, lots of bad ones as well as good, and even feeling bad about the fact of having them, all needing to be worked on and the truth seen.

Loving and hating getting your bad feelings out.

Marion loves getting them out, I hate it.

Marion can't wait to start expressing her bad feelings, they are all she has, and she has long since realised that they are what is keeping her from having a happy and loving life. So she's always on their case, as soon as there's a whiff of one she starts telling me how bad she feels, and with all the feeling it's making her feel.

Marion always felt bad during her early life, I believed I felt good. I was taught and made to pretend I didn't feel bad. She was left to feel bad. So I resist feeling bad, it's not what I was allowed to do, she just accepts it, it was all she was allowed to do.

Don't force yourself to try and overcome your fear.

Own up to feeling scared. It's really okay, nothing bad is going to happen to you if you do it. All that gung-ho stuff about facing and forcing yourself through your fear and pain barriers is fine if you want to add yet more layers of feeling- and self-denial to yourself. If you want to do your feeling-healing, you've got to go the other way. And even if you do end up doing the scary thing, you do it expressing all your bad feelings and shitting yourself every step of the way.

It's a fallacy believing that you've overcome and conquered your fear by forcing yourself to grab the bull by its horns. You might feel and believe you've overcome it, but you've only succeeded in suppressing and burying all those bad feelings deeper within you. And they are still all there festering away inside you, so one day they'll break out. And by then your fear will be immensely greater.

Don't put the other persons feelings first.

We're not meant to put the other persons feelings first. Certainly we can consider their feelings but

all so long as we don't compromise our own.

If you don't put your feelings first then you're putting yourself aside and this is going to hurt you, cause great resentment and anger in you - yet more bad feelings you'll have to deny. (Unless you want to heal yourself of their causes.)

A lot of us have been forced to replace ourselves by effectively becoming the other person. We have been made to give ourselves away. I was made to become them, so it was as if I no longer existed, they only existed, which explains why I can't express myself truly, as I'm always trying to be them and never myself.

Another way I show this in my behaviour is when I want to show Marion something, say a bird in a tree. I don't describe its location suitably taking into account that she is not me, that she doesn't see things the same way I do. I just point and say in that tree over there, and because I assume she's me, as I am her, I'm everyone other than myself, then she's just supposed to see what I see without me having to describe or explain anything to her. This being yet another of my million different odd behaviours she has helped me understand about myself.

And: I want Perpeeta (the mother magpie who got mysteriously very hurt one morning just before she started nesting) to not get hurt. She's me. I want to control her, to make her not feel bad so I don't feel bad. This being what I tried to do with mum. Gran and dad always said don't upset your mother, as no one liked it when she was upset and angry. So I try to be her, or I want her to be me, all so I can control her and stop her getting upset, as I hate it when she's angry with me.

Mum and dad are the controllers. I feel controlled and powerless. So, being in that hopeless position I want power, so if I can somehow control them by stopping them being angry with me, by pretending even that I am them, so doing all they are doing and being all how they are being, then they'll have no reason to get angry with, so won't make me feel bad.

Stop!

If what you're doing is slowly killing yourself, or if you feel you can't go on, then stop. If you don't stop and start honouring your self by honouring your bad feelings, you'll never help yourself.

Speak about your nightmare.

Don't say: 'it's all right, nothing to worry about, it's only a nightmare. If it's made you feel bad, then there are bad feelings to speak about. Such dreams that give you any feelings are very beneficial, so speak about them all - all the feelings you felt in them, and all the feelings you feel about having it. And always long for the truth of such feelings, the truth of why you are feeling them - what are they to show you - what are they showing you now about yourself that you're missing and refusing to see.

Feel unloved? Bring it up.

Even if your friend loves you very much, even if you have people currently in your life you love and feel loved by, if you still feel unloved, if feelings of feeling unloved surface, make sure you don't dismiss them. Don't trade off the love you feel to help you deny feeling unloved. It's crucial and vital to your well-being to bring up bad feelings.

And if you feel you have to accuse the very person who does love you, telling them you feel unloved by them, then you have to go with these bad feelings. And if they feel hurt and upset, then they have to go with their bad feelings.

You can even speak in the present that no one loves you and everyone hates you; you can say to your partner's face 'I don't feel you love me, I don't feel loved by you, you hate me', yet still with both of you knowing that really you are saying such things to your parents, and in fact it has nothing to do with your partner.

That one took me a long time to come to accept. Marion would go on and on about how much she felt she hated by me, and all my buttons would be slammed down making me very angry with her, for I didn't feel that way. But with time and acceptance, I've come to see that when she accuses me she's not speaking to me, but to her parents. (I've also at other times come to see and accept that she is speaking to me and that I do hate her and make her feel unloved.) I can sit there taking all the worst from her knowing it has nothing to do with me, that she's only using me to help her stay focused in the moment with her bad feeling. And then she'll shift it to her parents as the truth starts to come and we'll both see that all she was saying to me, she was really saying to her parents. And as she couldn't say such things to her parents, now she can by using me this way. And I accept her using me this way as I too use her as my parents. We don't have our parents with us (and we wouldn't want to in a million years anyway), we only have each other, so we have to use each other this way.

Another of my strange behaviours.

I answer what I believe is the expected answer - not truly answering the question being asked. I always have to keep alert, always ahead, always be ready, always so that I know the answer. I had to have it ready for mum and school. And it causes me so much stress. I can't just have my own answer. I put myself in them, unconsciously pretending I'm them so I know why they are asking the question, so I can have the appropriate answer. Mum and Gran were always so predictable, I could get away with it, but it doesn't work with Marion. My answer rarely adds up, as she's not mum or Gran. Yet I still have to do it, as my patterns are set.

Talking about yourself.

The more you talk about yourself from the feeling side of things, the more you get to know yourself. And so also the more you can listen and accept and sympathise with others. What you can do for yourself, what you do to yourself, is only what you can do with others.

And it's all to be done through talking - the expressing of ourselves. It's why God gave us voices so as to maximise our experience, thereby being able to keep bringing our soul into Creation as we express our whole personality, as we strive to live true to ourselves - true to all our feelings.

Shut up! Go away you moron! Fuck off, stop making that horrible noise!

Let it out, as loud and assertive and expressively as you can.

The man's hammering away next door. It gives me the shits. And why is because I'm feeling overpowered by it. I'm being crushed out of existence. It's really my parents hitting into me with their words, overpowering me. And instead of taking it, trying to block it out, I can use my will to come back up expressing my anger. I can make a greater noise, this making me feel good. And to keep expressing my bad feelings, telling the man to shut up, saying out loud to Marion all I need to all to keep myself up and present without allowing myself to be beaten off and fade away.

Moving from one level to another.

This is not so much a healing point but what happens during your healing. We're not aware that we feel so bad, we have utterly no idea. Even if we feel very bad, still we have no idea as to how very bad our state is. So throughout our healing we progressively move into that state, into seeing it, understanding it, becoming it as it were, as we become more aware and feeling of it. And so as we're already it, only stopping ourselves from fully being and feeling it, that's what we do through our healing - allow ourselves to be our feelings. So you feel scared, so very scared, alone and unsafe and you work through all the bad feelings that come up about it, and you see lots of truth about it. Then sometime later you feel very scared again, and over and over as you move deeper into each level within yourself. So the more true to that scared state you are, the more able you are to see the next scared level, and so on down into and through all the different levels, and there seems to be an endless number of them. So you go through this pattern of feeling very bad, then feeling better because you've uncovered the truth, you being far more true to your self-denying state. Then being truer you're more able to truly see the scared state you're always in, so you move to the next level feeling

very scared again. It's like a series of steps, descending into your darkness, shedding light on your pain and suffering as you go; and with that light, helping you to see yet more pain and suffering. And we have to see it all. We have to see it all to the point of knowing we are it all, it is us - how we are and how we've always been. And why we are that way. And as you go deeper the bad feelings becomes more intense, but also can you work through and express them quicker to find their truth, then they go more quickly. But all the way along there is no escape until it's all over. And as to when that will be...

Freely expressive.

Some people are very expressive, having no trouble expressing all they feel. Other people find it all very difficult.

However it doesn't matter which way you are if you're not sincerely wanting to grow in truth - the truth of yourself. It won't do you any good being either way. You may be very outwardly expressive, you may never shut up, but it's all only what's going on in your surface layers and nothing to do with what's going on deeper, much deeper within you. In your repressed childhood layers.

Getting a fright or shock.

If you do, then it's more about the feelings you feel afterwards, these are the important ones to express to uncover the truth of.

Of course it's important to express your shock or fright if you can, and then after express what you feel? Anger, fear, rejection, crunched, crushed, exhilarated, down, bashed... And if you feel such feelings then why has the fright or shock brought them up in you. So there's lots to speak about and express to try and find the truth of.

And it may take a lot of time, many shocking experiences for you to become familiar with your shocked state - how you are in it, what you feel if you do feel anything. To become aware when you're feeling stunned, shut down, unable to be your normal self, unable to express anything. And you might even go madly on expressing lots but still being in shock and so not really connecting with the bad feelings, not working them as you express them to uncover their truth.

And it's very hard to remain self-aware, enough to know you are back in your usual state of shock, when you are in that shocked state. But with time and more experiences of being put in it, you will become more familiar and able to know you are in your shocked state; and even when in it, being able to ask for help from your friend, asking them to ask you questions, to pay closer attention to you because you've gone, disappeared into your darkness and you need them to help draw and bring and encourage you out.

Needing the other person to be sympathetic to your feelings.

We need to feel wanted, needed and so loved. We naturally look to the other person to show us they like being with us, they like us, they want us to speak to them, they want us to enjoy being ourselves, they love us. We want them to continually show us such things in what they say - how they respond to us, how they react to us, what we do and say, and in their body language, those postures and smiles and frowns and all the other little confirmatory noises that they are with us, on our side - that they are our friend.

But when you've grown up in a family where such things didn't occur, when you've been subjected to only the language, spoken and unspoken, that's based around fear, then you don't feel the other person is on your side, they are not sympathetic to you. They are the very opposite being hostile and unloving to you; and more than likely if this is all you've been exposed to, you will have had to accept that it is love and had to pretend that you did grow up in a friendly sympathetic environment. So to unwind such conditioning is very hard, when all you believe to be making and showing signs of being a friend are really all rejecting signs, and all you say is not loving and caring, being destructive and derisive and rejecting.

If you have grown up in a naturally expressive family being sympathetic to each other you'll of course naturally continue to do such things, but don't be surprised if you happen to find yourself with a partner is the very opposite to you, all so you can both push each others buttons and learn from each other as you uncover the truth about yourselves. You might naturally do what you do being so self-expressive, but still we're meant to understand it all the same, so we need the opposite to come to us to help us question and so see that which we take for granted. It's all about bringing all you are out, so no matter which way you are, you've still got to call come out so you can fully understand the whole truth of yourself: of why you are the way you are, and how you came to be that way.

Whilst you're doing your healing, even though naturally you'd long to be with a partner who is like you so you can get on well being similar to each other, growing in truth and doing your healing - ridding yourself of your self-denying and evil way, is not so much about getting along very well, but helping each other to see where you're not right. So your relationship might be very rocky at times as you battle against each other, struggling to assert your way, whilst at the same time being shown just what your way is and why it is that way. And how wrong it is for you.

If you are setting out to do your healing by uncovering the truth of yourself through your ongoing feeling expression, then it's a working relationship you'll be in, and not one where you'll both sit or lie around exclaiming to each other how in love you are with each other, how you are true soul-mates and everything couldn't be better. You'll be entering into having a relationship in which you basically rip each other apart or assist each other in dismantling ones falseness. Love will be there because of your full and true and real unconditional acceptance of each other, but it might take right to the end of your healing for you to really feel it for each other. It's hard to feel love for, and loved by, the other

person, by anyone, when the whole point is for you to feel how unloved you feel, how unloved you felt as a young child, all whilst you long for the truth of such bad feelings.

Knowing about yourself.

We are to know about ourself - why we are the way we are. We are to want to know about ourself. And we are to want to know about ourself before we know about the other person. We are not meant to put the other person first, even though for many of us that's how our parents made us be. We had to put them first, to get to know what they wanted first, all before ourselves. They prevented us from getting to know ourselves, stopping our natural desire to know ourselves. It was all focused on them and not on yourself. They said, we are the important ones, not you.

To grow in truth, to heal our negative state and childhood repression we need to reverse this focus, bringing out attention back to ourselves, this being done by pay attention to all we feel. And then speaking about all our feelings with the intention and desire to understand why we are feeling this way - the truth of ourself.

And if we can do this then naturally we'll also want to know the truth of the other person, we won't have to focus on them at the detriment of focusing on ourselves, we'll naturally be interested in them as we're naturally interested in ourself, but with ourself being put first.

My parents made things the important things and not the self. They made me focus on them listening to the things they did or wanted to do, and made me tell them the things I did and wanted to do. It was all about things, nothing about self. So now I think the basis of any relationship is focusing on the other person being interested in the things they are doing or have been doing or want to do. I ask them questions about themselves in this regard, adding my little bits of what I have and wanted to do, but nothing about feelings, all about things. And if they happen to speak about their feelings, I don't know what to do, what to say, how to behave, it's foreign to me, and I just want them to get back on safe ground speaking about things - and mostly, doing things.

My parents never wanted to know me, what I felt about things, what I was feeling and why, they only related to me as just another thing, and what was I doing now, and what was I about to do; and if I didn't know they would quickly tell or suggest what I should do. There was no element of self in it, only things, so I look to doing things as my sole source of enjoyment; and if I'm not doing anything, I get so bored, I can't stand not doing anything, so have to always be doing something, even if it's just thinking about what to do and imaging doing things in my mind. And the whole universe of my feelings goes on ignored, I'm totally switched off to it. And Marion brings me back to it, saying don't tell me about the things and what you've done or are going to do, tell me how you feel, what feelings are in you driving you to do such things, because there has to be feelings somewhere inside you. But it's so hard to come back to my feeling self and express what I'm feeling, it's like trying to learn to

Speak for the first time, it just doesn't compute, but at least as a young child I had the will and drive to want to speak and so learn how to do it, now I have no such will to break my way through all the rigid patterns that are set up in blocking my feeling-expression.

And still, even after all these years of my healing, it's so hard to believe that in my family we didn't speak about feelings. I never said I feel unhappy, miserable or scared, or even happy. I only said that was good doing that thing, I loved doing that thing, that thing was great, that was about the extent of getting near a feeling. And it was the same with my parents, even though my mother had explosive outbursts venting her emotions and feelings, still really when I look back on it, such feelings and emotions were just more things, they weren't taken seriously; and no one, especially her, wanted to do deeper or further with such feelings to see the truth of why they were feeling them.

So I have to keep reminding myself: Speak about my feelings, what do I feel, and not about things - what I saw, what I did, what happened to me. I can speak about such things as well but all so long as I include speaking also and primarily about my feelings. Feelings - always my feelings. But it doesn't matter how much I tell myself, as it not being part of my early pattern it just doesn't compute. So on I go blundering along thinking I'm speaking about feelings when all I'm doing again is speaking about things. That tree with all its orange flowers looks good. Yes, but how does it make me feel, how does it make me feel seeing all those lovely orange flowers? And why do I feel that way... I don't think I'll ever be able to do it.

Your intimate relationship.

The deepest most precious part of your intimate relationships is sharing your bad feelings. They contain a treasure trove of goodies just waiting for you to see about yourselves.

Feelings were...?

Feeling for me were more something that I felt to do, an intuitive feeling perhaps. I would say I want to do that because I feel like doing it, or feel to do it. And that was about all they were. Feelings weren't that: I feel ANGRY!, or miserable, or sad, or scared etc. Of course I did feel such things, but I hated feeling them and wanted to dismiss them, telling myself mostly I was all right and that I felt... good. But to actually focus on my feelings, to allow myself to feel bad, and then to speak about how I was feeling to someone, that's been a whole new experience.

I have a bad feeling, my cold feet are giving it to me.

My feet are cold, my feet are cold, my feet are cold. I say it as if I'm saying it to someone who cares that I have cold feet and will be sympathetic to me - ideally this having been my parents. I say it now to Marion who says, yes it's horrible having them, you poor thing. She doesn't do what my parents did by trying to solve my problem, not being sympathetic saying well go and put on more socks or something like that to try and make them warmer. All of which is just dismissing me, making it seem like they are being caring, when really they're only annoyed with me and just want the problem - me - to go away. They don't want anything to bother them.

It's crucial to speak up about what's making you feel bad, to SPEAK, but to speak about yourself, not just about things. To speak with and from your feelings, particularly when you feel like you've been lost, you've retreated into yourself, you're silent, no one wants to hear you, you feel you're not allowed to speak, you're not wanted, and not wanted as your true self.

I feel good about... because... Or, I feel bad because... I've got a headache because...

Forget the explanation, drop it, it only gets in the way. It's unnecessary if you want to stay true your feelings. It's only learned behaviour allowing your mind to stay in control. You simply feel bad and it doesn't matter why. The real truth of why will come up of its own accord, the mental why you don't need. And if you do, it too can come when you've found the truth through your feelings.

Don't make yourself be sympathetic and caring (not that you actually can) by using your mind.

You might believe that to be a good and nice and loving and better person you should be sympathetic and caring, however don't try to be using your mind - because you believe you should be, or nicer people are. If you feel like you're an unloving shit that's what you are and so don't deny it, keep speaking about yourself and all you feel you are. In time when you've healed all that is making you be such a horrible person, your sympathetic feelings will come naturally, you won't have to force them or try to be loving. And it's so much easier, and so much better because you know you're being real and true and not false, and you feel so much better about yourself. It all comes naturally from you and it all makes you feel good.

Genuinely give up, admit defeat and you are failure; speak about all your bad feelings. When you do, then you can change. But if you keep resisting and not fully accepting yourself as you truly are, then you'll never change.

‘You’ve only got yourself to blame...’

You’re doing it to yourself. But why? Why are you doing it to yourself? Do you want to know? Mostly we don’t want to know, we just get angry with ourselves, telling ourself off. So why are you doing it to yourself? That’s the truth we have to find out. That’s what your feeling-healing is all about.

Express your feelings to get it off your chest...

We’re told that and encouraged to do it. And usually if we do we feel a lot better. But then what happens? We’re told in many instances, and we might even feel it, and at least we believe it to be the right thing to do - we forgive. We no longer feel angry, we’ve got it off our chest, and so we can forgive... and forget. So we’re also encouraged to forget. To let bygones be bygones.

So what do we do, we feel very bad, we finally are able to talk about it, we bring out all our bad feelings and we feel better. Then we forgive the person who’s made us feel bad. Then we forget all about it. So back it all goes, back into our depths, we bury it all, it’s all over, there’s nothing more to it.

What we don’t do is keep it up and out. We don’t hold onto it allowing it to be. And really the forgiveness is false, it’s just another tool we use as a patch up job, to yet again repress our bad feelings, all because we’re told and taught and so believe, it’s the right, loving thing to do. We are to be the great one and rise above it all, get over it - forgive. We’re supposed to be so magnanimous that we no longer feel hurt. But under the superficial layers we’ve expressed and so felt better by doing so - so we believe, we still feel hurt - deeply hurt.

And it’s this hurt, the hurt that keys into our childhood repression that we have to go into; that is, if we want to uncover the whole truth. If we don’t, then we can hang onto our false forgiveness and get on with it, putting the whole episode behind us.

If you do want to take it further, and all the way into your pain, then you won’t be putting it behind you and you won’t let it recede. It may change as you come to realise that in fact the person who you were forgiving was only the stimulus to help you see it was after all your parents that hurt you. And you may even end up feeling grateful that they helped push you deeper into yourself. It’s not a forgiveness of them, it’s merely moving past the surface to the deeper levels and what’s really going on.

And then it’s not about seeking to move deeper so as to forgive your parents when you understand what it’s all been about, understanding that your parents are fucked and couldn’t help it - it’s just about accepting all you feel. And in the end natural and true forgiveness comes with your acceptance

of it all, then good feelings, but until such time it's not about contriving it, making it up with your mind and believing you are free and you forgive your parents letting them off the hook.

No, they have to stay on the hook for as long as they are making you feel bad. And they are to suffer your suffering, you are to keep expressing all your bad feelings hating them all the way. Going with your feelings. And if your feelings keep making you feel bad about your parents, then that's how you feel. And you keep going and you never stop, allowing yourself to feel as bad as you can. You don't allow yourself to sweep it aside, to forgive and forget, to try and put it all behind you. You keep it right up in you, all the time, talking about it as often as you can and as much as you can when you feel the bad feelings. And you allow it to become a part of you, because it is already a part of you, so you're just allowing yourself to be as they have made you be, and that's the truth you are to fully accept and live.

And as I said, if in the end it all comes about that you don't feel hurt and bad anymore, then you won't be angry with your parents and your hatred will have gone. And if this is forgiveness then so be it, and if it's true, then you'll feel it as being true.

And having said all of that. Of course if on the way into your deeper feelings you do feel feelings of forgiveness, you fully accept and go with them too. However be aware that just because you feel them it might not necessarily mean that's the end of it. Accept that that's probably only one level and one near the surface. And if you can, keep going with your bad feelings or just wait until the next round, for if you do sincerely want the truth, sure enough more bad feelings will come up. And when they do, then you will be able to take it all deeper into yourself.

It's very tempting when you feel the good feelings of forgiveness for your ego and powerless feeling mind to grab hold of them and then use them to empower you. To make you feel better than, or more above the other person, particularly if this is part of your negative pattern. So if you feel that way, see if you can feel that you are using such feelings to empower yourself, and then move deeper into yourself by wanting to know why. And the 'why' will lead you closer to the truth.

Be like a young child.

Say how you feel like a young child would. And speak as if you're telling a friend who cares about you. 'I feel yuk, very yukky, down, I'm miserable...' And keep going until you can't do it anymore. And long for the truth of your bad feelings. Be the young child you still are, and express all you as that little child is still feeling. A child, if allowed, doesn't hold back saying what it feels, that's the beauty of children. Neither will a baby not show how it's feeling. It's only as we grow older we learn which feelings, and how we express them, are acceptable in our family society, and mostly that includes denying a lot of them.

Our healing is to help us become the young child we weren't allowed to be, the one that is true to its feelings.

Feeling passionate about our feelings.

We're supposed to passionately feel our feelings, nature does; and feel passionate about expressing them. And it's our feelings that make us feel passionate. I don't, I feel feeling-dead.

Feelings are energy. A volcano passionately expresses its feelings.

And that energy has to be expressed. The whole idea of them is to express them, so as to bring more of ourselves out into life. And if we don't express them, instead suppressing and even repressing them, such as we were made to do a lot through our forming years and early life, and still now doing it as adults, then that energy remains in us unexpressed. And all that pent up unexpressed energy has to find an outlet in some way and at some time. And if it can't then it adds to our inner pressure bringing about disease and illness.

So, if you want to stay healthy, it's not so much about what foods you eat and the amount of exercise you do, it's about healthily expressing all you feel. To express EVERY feeling you feel to someone who wants to know you, will keep you far healthier than anything else you can do. We only get sick because we don't express ALL our feelings. And as we've got a backlog of unexpressed feelings from our early years, then we need to consider also doing our feeling- or soul-healing that will bring up and out all that we've buried and kept repressed from our early years.

Yes... but how do you feel? Yes, I understand that, but how do you feel? How does it make you feel? Keep asking.

I'm not interested in all of that, that's only information, mind stuff, it's your feelings I'm interested in, so tell me how you feel, how's it making you feel?

Why does it make YOU angry? You, no one else as it might not make another person angry. It's about you getting to the truth of your feelings for yourself: why you feel what you do. And it's not about whether you feeling them is right or wrong, it's just WHY YOU FEEL THEM - the truth of yourself.

Right to the end.

If you can, follow your feelings right to the end. And if you can't, follow them for as long as you can.

Remember: it's all from your childhood. You're only able to act it out with your partner, but really it has nothing to do with them.

Trying to shut the other person up so you can have more of a go - controlling!

It's what I do to Marion. She starts to express some of her feelings for example, saying she's not going to feed a particular bird anymore because...

And as I think she shouldn't feed that bird either, I sort of join her, become her, saying, Yes, that's a good idea, don't feed it anymore. At which she gets angry because really - which is the feeling I give her - I'm actually saying to her, shut up, of course you shouldn't feed it, we all know that, shut up, I want to talk now, we don't want to listen to you going on yet again about your bloody bird feeding problems. The sooner you give up feeding them all the better we'll all be. Which is how my parents treated me. They just controlled me, they didn't want to listen to all I was feeling and thinking about things, they just wanted everything to run smoothly, being only focused on the things and not the person.

So I am not focused on Marion, impartial about the thing, not caring one way or another whether she feeds the birds or not, just wanting her to go on and on for as long as she likes to speak about it, all because she's feeling things about it. I am not supportive of her in her feeling expression. And as our feeling expression IS THE ONLY THING THAT IS IMPORTANT, so I make her feel bad, because that's all she wants to do. I don't make her feel loved, and like she has a friend who wants to be with her no matter what she talks about and is interested in all she says, wanting her to bring it all out so she can progress and grow, and in particular bring out any repressed feelings she might still have in her from her early life. I just want to quickly agree with her, take what she is saying for myself, yes I know what you're saying and I agree - don't feed that bird, and then we can go onto other things. Then my parents can get on with doing what they want without being interrupted, without having to constantly attend to me - to what I'm feeling.

And as they did this to me so much I have built up barriers and blockers and resistance habits to defend myself against them, and to stop myself feeling bad as they reject me and stop me expressing myself. And so unconsciously when I'm in my resistance state, or when Marion says or does something to trigger it, I go into trying to control her mode, to take over, all to shut her up and make her go away and leave me alone. I have to listen to her, to pretend that I'm paying attention, as I had to listen to them, but I can try and be as they are, jumping in agreeing, and adding my bits: yes you shouldn't feed the birds, it's not right, it would be good if you stopped feeding that one at least, and so

on. All of which she doesn't need or want to hear. Because who am I in her life, I'm not her parent controlling her telling her she's right or wrong and patting her on her head saying she's a good girl for going that way. I don't want to be condescending or patronising, and the know-it-all. I don't want to be the Great One playing god and Marion has finally come to it, finally come around to being how I am. I don't want to have any say or control in her thing. I want to express myself should what she says make me feel anything, but if I stay true to myself and with myself, than what I say will always be supportive of her, always ensuring she is leading, it being her thing and I'm not trying to get to in the way or take over.

And you can feel it when it works, when the other person is truly there for you compared to when they are there only for themselves. And it's been very hard for me to accept that I am being nasty, horrible and unloving to her by wanting it all - the attention - for myself.

We are to stay with ourselves and be true to ourselves, but that doesn't involve doing it by trying to control another person. That being with ourselves and only concerned with ourselves is selfish, the two I've been confused a lot about. But it all comes back to feelings to sort such things out. And when you allow yourself to genuinely feel, then they will quickly help you feel if the other person is trying to control you or not. And as so many of us have been so heavily controlled right from the start, we've come to accept that being controlled and being a controller is right. And having shut off our true feelings to this, it may take a long time of waking back up to the truth and being able to let go being the controller and being able to feel how much you hate being controlled. Being able to accept that it's not the right way to live, because it does make you feel very bad.

Added to this, because they controlled me so much, when they jumped in taking over what I was saying, I'd go along with them because I had nothing else. So with Marion, I don't actually so much want to take over and stop her speaking, I just want to be the same as she is - be her - and so say what she's saying, so we can both say together, yeah, that pesky bird, let's stop feeding it - YEAH! That will show it. Then we're the great ones, the all powerful ones in control, and not it. It no longer having power over us. But it's all horribly unfriendly stuff, all what my family consisted of.

Express all your bad feelings, all the time. Express your anger and fear, and if there is deeper anger and fear associated with what you repressed during your early years, then the bad feelings will persist forcing you deeper into yourself. If not, then the bad feelings will go relatively quickly, this happening more further on in your healing when you've done the bulk of your bringing your repressed childhood feelings out. But during the early stages every bad feeling will lead you deeper into all that's hidden within you.

When we're healed, the idea is we can easily and freely express all our feelings as we feel them, we don't deny anything. And then our feelings will come and go and we'll keep seeing more things about ourselves. But they will no longer be connected to all our early trauma.

Personalise it.

‘I...’ ‘I feel...’ Keep it ‘I’, especially if you tend not to. Not ‘they’ and ‘we’, but ‘I’. Of course everything is appropriate for the right time and to be used the right way, but if you are impersonal about yourself and everything, then you have to want and try to come back to yourself, hence ‘I...’.

You have to keep speaking about it all until you BOTH see it ALL.

The effort of speaking about your stuff brings it up and opens you up to seeing the truth of it. The picture might be hard to see, but as you express the feelings the picture will become clear. Always go for the feelings, don’t worry about the rest.

One feeling after another.

I used to think that one bad feeling keyed into one problem, and that I was to deal with one lot of them at a time. But now I understand that all sorts of even unrelated things can happen all stirring up different or the same feelings, and all are connected, leading to the truth one needs to see.

Marion felt bad because of something to do with the birds, she spoke about it for a while going this way and that expressing her feelings. Then in response to something I said about what she was saying she felt even worse so started speaking about those bad feelings I had made her feel. And then finally out of it all came the truth and she was able to see how the two things were the same on a feeling level. And so it’s often good being the listener to ask questions if they come to mind, even if they make the person trying to express their bad feelings feel worse, become more angry for example; even with them yelling at you because you’re interfering and taking them away from what they were concentrating on, because it’s only about bringing up the anger, the bad feelings, not even about seeing the truth or understanding what it’s all about as such when you’re in the throws of the feeling - the truth will come later of its own accord. In the moment the more to stir you up, the more to get as many bad feelings up in you, the better. The truth and understanding will come in due course.

So being the friend you’re the attentive listener, and someone who if they can and feels to, who might ask questions, but questions that are to help the person expressing their bad feelings to express more, to feel more bad feelings they can talk about.

And the focus is on them, they are bringing it all out and seeing it for themselves. It’s not about you the listener seeing it for yourself. They are not doing it for you, they are doing it for themselves,

and by being a true friend all you're doing so far as helping them goes, is to help them see it all for themselves. And when they've seen it all, then they'll be able to tell you all about it, all they see and understand - the truth, all so you can also see it and understand.

Part of my problem is to try to take over, to get the focus back to myself, to stop Marion seeing it all and doing it all for herself, as if she is somehow meant to be doing it for me, to help me see it, even though I'm not her and don't have her problems.

So when we feel bad, all sorts of things can add to our bad feelings, all things that will be helping you connect with all your yuk and truth that's to come out of it. And you might be taken this way and that by all different things triggering off your bad feelings, but that's what's meant to happen.

Expressing ones feelings is only half of it.

The other half is having a receptive person willing to listen to all you say. It's equally as vital being received lovingly, as it is speaking all you feel.

Part of our talking about all our yuk is hearing ourselves saying it, thereby loving ourselves through our self- and feeling-acceptance. But to have the other person, they being the world and really ones parents, there, always wanting to listen to what you say no matter how putrid it is, completes the picture.

No one else wants to hear all your yuk.

It might seem obvious, but it's something Marion and I in our different ways have had to come to understand, that trying to express our feelings to uncover their truth - doing our healing - is only a special thing between us. And it's not right to expect others to express their bad feelings, or to have to listen to us expressing ours when they're not wanting to do their healing - to use their feelings to help them understand the truth of themselves.

We exist in our own little 'healing-world', it's not part of the world, so we keep it private and between ourselves. Each of us at different times have tried to involve other people one way or another only to see that it doesn't work, and more than that, it's not right, it's actually wrong to do so.

So it's understanding that no one else wants to hear all your yuk, no one else wants to listen to someone who is trying to speak about all their bad feelings, especially as they are doing all they can not to speak about them, to avoid feeling them at all costs.

'How are you feeling this morning?'

‘Horrible.’

‘In what way horrible, what do you mean?’

And it doesn’t matter if it’s the same old bad feeling, feeling horrible or miserable, or angry or scared for the millionth time. If the bad feeling is there, if it’s what you’re feeling, you can talk about it and to someone who wants to know. So do so. And talk even if you don’t say anything, just the talking about your bad feelings is you accepting more of yourself, that you feel that way, going against how you were treated by parents who didn’t want to know how you were feeling, especially if it was bad, and often bad.

Mirroring each other.

We are the mirror to each other. If your partner makes you feel bad in any way then bring out those feelings. It’s for you to find out why you didn’t feel good or get the right reaction you wanted, what you thought and were expecting to get - why instead you feel bad.

We need a constant mirror, that being what life provides for us, as we can’t do it all and see it all for ourselves. And it would be a rather lonely existence if we could. And of course your soul-mate becomes the ultimate mirror, reflecting back to you all the crap that you’ve taken on from your early mirrors - your parents, the ones who gave you all the wrong feedback, stopping you being your true self.

With our parents, we looked in the mirror and what did we see? Did we see that which made us feel good about ourselves? Did we know because of what we saw that the world loved us, the world wanted us, the world made us feel welcome and at home? Did we see our parents eyes brimming over with the love they felt and had for us, so much so that we always feel loved as an adult? We have all been subjected to looking in the wrong mirror, no matter how good and loved you might feel. So then how do you find the right one, and what happens then. This being what your healing is all about.

If you can’t be bothered, don’t do it. Follow your feelings talking about all you feel. If you have to do something so be it, but if you don’t really have to do it - don’t. And speak about all you feel.

It’s about helping each other express everything. Understanding that it’s all tied up with and relates back to stuff in your early childhood. And it all has to come out. And this is how it is, and will be until you’ve finished your healing. So when your partner starts to express some feelings don’t just say, yes, I’ve got the drift, I know what you mean; listen and encourage them to bring it all out, even

if it's the same old boring stuff for the millionth time. And if you do say, yes, I know, you don't have to keep going on about the same bloody thing you feel, then say it but expressing all your bad feelings too. Why can't you listen, why do you have to dismiss the very person you want to be with and who is your one friend?

Some of how I feel things.

The easiest bad feelings I can express come from dreams. They stir me up and sort of prepare me to be able to speak about them in the morning. And as of recently, the truth always comes easily from them.

Some of my daily bad feelings I can express easily, and I'm getting better at acknowledging them quicker. Often I used to feel them but remain silent brooding on them or thinking about them, even thinking I should open my mouth and speak about them. Often I wouldn't and they'd fade away. Now I don't have to make myself speak about them, I'm more inclined to want to as soon as I feel them.

Often Marion points out some strange behaviour, something that makes her feel bad or seems odd, and as we speak about it, it becomes obvious that I am blocking my feelings to do with it, and usually it is very hard to connect with them. Mostly when I manage to it's very fruitful as to what comes, and always it's a complete surprise, something I've never thought about, never heard of, not known in myself before.

More recently as I've become more aware of my feelings, particularly the subtle ones, I might say something, or something just comes up in me like a daydream, and as I speak it, I realise there's actually a lot more attached to it. It's as if a faint leader thought moves across the window of my mind, attached to or being generated by a very faint feeling, and something in me makes me focus on it whereas ordinarily it would pass unnoticed. And when I do it always opens a window into yet another large unknown part of myself, often answering many lingering questions that I've had in the back of my mind about myself, many of which I realise as they are being answered, having themselves been very faint and on the periphery of my consciousness.

And still one of my greatest problems is staying what I'm feeling flat, as if I'm reporting about them, with no emotion and not from the personal me with my feelings driving it. Marion's always saying, yes, but what do you feel. What indeed do I feel. I fish around and might get lucky and find them, and then I realise that usually I did feel them right at the beginning but my mind cut in overriding and dismissing them.

When the bad feelings are there ready to come up, the smallest thing will set them off, and often something which ordinarily doesn't make you feel bad. And every opportunity should be taken to

express them. Not that you can do it, but you should rejoice in more bad feelings coming up and in every bad feeling you have, all because they are bringing more of your yuk out. However we can't rejoice when we're feeling bad, that's not feeling bad, and we don't want to deceive ourselves into believing a good thing is happening softening the impact of our feeling bad. We MUST ALWAYS FEEL HOW WE'RE FEELING - BAD, AND AS BAD AS WE FEEL THE FEELINGS ARE.

If you don't express your feelings you'll stay trapped in your unloving state forever.

Compare:

A statement: The front is coming in bringing a cool change;

Feeling expression: I hope that's a front coming in...

One word different 'hope' and it changes the whole feel to what's being said. Saying what you feel about it, rather than just stating a fact that you know (or think you know), is being truer to yourself, it's less of your mind, less ego, less being the great knower. It's just saying you hope this is happening, you don't know for sure. And can you feel the difference, one you're in yourself, in your feelings, connected to the real you, your heart as it's said; the other you're in your mind, disconnected, just making a weather report, like the television, impersonal, not wanting to connect and share yourself with another. It's keeping a separation between you and the other person, keeping them at arms length. It's not expressing what you're feeling, because that's what you are feeling looking at the sky hoping that line of dark clouds is the front heralding a cool change.

There is of course a place for the statement, just as there is a place for more true feeling expression, but if you're trying to express yourself to your friend and you keep making feeling-less statements, then you're like me, in that you've been trained to not express your feelings in what you say.

Keep asking why.

Keep asking yourself or have your friend ask you: WHY. Why do you think that; why do you feel that. And when you get to the feeling saying I don't know why, when you feel you're at a complete blank, a dead end and you can't possibly go on saying more about why you think or feel that, that's when your real healing starts. Because you can go on, you must go on, even if it's only to try and fail and then express your feelings of not being able to go on and say more, and how not being able to do so makes you feel. When you get all knotted up feeling very bad about it, expressing all of this, that's

when you're pushing along and pressing against your barriers. And in time you'll break through them. But first you have to want to go to them, and if you do, then your feelings will lead you into yourself. That you can be sure of.

The same old fucking problem; the same old annoying bad feelings. Oh no, not again!

The same thing a million times over has to come out, as that's how it went in. Some traumas will come out all at once, others over many years. But all so long as bad feelings are coming up and you're expressing them, then you're moving along in becoming true. It might not seem like it, as yet again you're feeling pissed off with feeling miserable again about the same old bloody thing, but talk about it, long to uncover the truth of it; and even though you might not see any truth, still more of the yuk energy of it will have left you, and because of that you will have changed in some way. And then when it comes up again next time, although it's the same old annoying thing, the same problem, and the same horrible bad feelings, as you express them you'll be doing so from a different perspective in you, because you've changed from the last time. And even though you still may not feel like you're getting anywhere with it, you're not seeing any new truth coming from your efforts, still change is going on. And because you are talking about it AGAIN, something good is happening within you.

And some of your problems, the behaviour you have that is compulsive and makes you feel so bad and that you have no say or control in your own life, will be with you right the way through your healing, or at least right to near the very end, because what caused those patterns within you - your parents and how they treated you - happened right the way through your forming years.

So such deep traumas are like a block of granite within you that you're slowly chipping away at. And every time you express more, that's another chip you've chipped off.

Accept doing your healing is a new life...

If you don't see it already, and you are fully committed to your healing, it will help you accept that you are not going to live - you are no longer living - a life like other people do. Their way is to keep progressing into their evilness; your way is to stop and go back and retrieve all those parts of yourself that never got a chance to express themselves, all those repressed bad feelings to start with. And unless other people are aware of what ones healing involves, there's really no point telling anyone because they won't understand. Of course you can try if that's what you feel to do, but you'll soon see that you're on your own so far as trying to relate to everyone else who's getting on with their lives as they were shown and taught and made to when they were young.

And also of course, to set out on your own and go in the opposite direction to the norm, means

more bad feelings will result - yet more bad feelings to express and the truth to be found.

And if you don't already, you can always bear in mind, that as you're of evil, that you're all wrong, that your life is a shit, so it will be right the way through your healing. You will feel better within yourself as you progress, but it will only be a fraction better compared with how much effort you put in, how many bad feelings you express, how much truth you see about yourself. Because the pressure has to keep being applied, and if you were to feel much better, you'd then become complacent wanting to rest in your new self and good feelings, making it harder to keep going. Our patterns are about denying our true state, denying our bad feelings, and so any chance we get to continue denying them, then that's the direction we go, without even being aware of it. So we can't feel too good or have too many good things happen to us, at least this is how it's been for Marion and I, because had we, had we even felt any real true love for each other, we'd have used those good feelings to deny what's left in ourselves of our bad feelings.

So if you feel you have met your soul-mate and it's all full on love, then possibly you might also want to consider how with this love you are denying your repressed bad feelings. If you feel so good, it's going to be hard to feel bad, so what do you want, the good or bad feelings, the denial of truth or the truth. And this applies to anything good you might feel about. It's not that you can't feel good, or even love for your partner if that's what you feel, as you've got to honour all feelings all the time, it's just that you might like to keep in mind whether you may be using such good feelings to deny other bad ones.

And as you can't do anything about it anyway, as you can only feel what you do, what you can do is keep longing to live true, and keeping wanting to more than anything else, so if you are denying feelings and do sincerely above all else want to do your healing, you'll soon know that you are refusing to accept them.

Expressing the bad feeling and the problem goes away...

So often after we've expressed all our bad feelings arising from some bad thing that's happened, the thing ceases to be a problem. Currently my Internet wireless connection keeps disconnecting, sometimes every few minutes, but no sooner have I expressed all my anger and other bad feelings about it, it seems to work okay for hours without a problem. Then the next day the problem is back, then it's not, with my expressing how angry I feel, how powerless I feel because I know that when I ring Optus (my provider) they'll mork on as if it's my fault, a problem at my end with my system - the 'device' they have given me, and there's nothing they can do. So I won't get anywhere only more frustrated which is how I always feel when I have to confront the authority; and on and on pages and pages of all my worries and fears, my patheticness, my feeling miserable about being such a fucked up person.

But what I want to say is not to look upon expressing your bad feelings and then the problem goes away as some kind of mental formula you can do to take care of problems. The fact that the problem

goes away after I've expressed my bad feeling about it, is neither here or there, it's great, but still one can't be sure if it WAS BECAUSE of my feeling expression.

Anyway, having said that, it is truly amazing how often Marion and I after we've expressed our bad feelings about the problem find it goes away or is no longer a problem.

And added to this: when should one actually act on fixing the problem, well that doesn't matter either. So long as you're expressing all you feel all the time, if acting on the problem is part of the feeling expression, you'll feel to do it, or you'll just be doing it anyway. And if it's not you won't. You might find during your bad feeling expression that you spend a lot of time speaking about what you're going to do about the problem, 'I'm so fed up with people walking around here with their dogs off the leash so they run all over our place scaring away the birds and rabbits that I'm going to write to the council, and I'm going to tell them...' and you say what you're going to write, and you write lots of letters over and over in your mind, all the time speaking about the bad feelings and how it all makes you feel, ending up never writing the letter. And so you realised that it's not about whether you do write it or not, it's all only happening to help you get more in touch with your bad feelings.

Marion and I go around and around as to what we're going to say to someone who's making us feel bad, and when it comes to the point of having to confront them, such as telling the guys at the butcher that their last couple of batches of mince for the birds has been brown and we don't want that, we never do. And whole experience serving to bring us closer together, and to sort out how we want to relate to other people, and all how we feel about it. And so we go into the experience knowing our side of it and all we feel which so much helps the whole thing.

And then of course there are those times when you're feelings take over completely and you act and the words easily come out or you splutter away feeling like a complete dick, but afterwards as we express all the feelings, good and bad from the experience, it helps us see yet more truth about ourselves. Which is what it's all for anyway: UNCOVERING THE TRUTH OF YOURSELF THROUGH OUR FEELINGS.

There are times when you feel the bad feeling and express it, and that's it, you feel nothing more, it's all been said. And that give you a nice feeling. And then there are times when you've expressed all you can yet the bad feeling still persists, but you can't go on. And that leaves you with not such a good feeling, but you know at least, that what's left will come back up at some point, you needing more experiences for you to connect with the remaining bad feelings.

If someone or something makes you angry, if you need to express your angry at it and about it, what it's done to you, fine, however as soon as possible, if not immediately, express how it's making you feel. Of course it's making you feel angry, but why is it making you feel angry. And the why should involve you feeling such feelings as feeling, powerless, useless, disrespected, unimportant, uncared

about and unloved. And then also how do these feelings make you feel; such as, miserable, sad, upset, like crying and so on. These are the more important feelings to get in touch with, each time you feel bad. They'll be there, and so connect with them by accepting them and speaking about them. And from within these feelings, by allowing yourself to feel them - to be them, and not try and hide or cover them up with your anger, is how you connect with and bring out your deeper early childhood feelings as they'll be the same as these. They'll help you connect with the truth, or, the truth will come as a result of you feeling and expressing these feelings. I doubt you'll be able to know if your feelings are to do with the present or back when you were little, but it doesn't matter, they are all the same feelings. What you will feel is your focus, your awareness and consciousness moving back to when you were young, you'll feel as if you're a young child now speaking about your bad feelings, which you are, as there's no time differential in this context, it's all now, it's all how you're feeling. Now you are feeling bad as you felt bad back then, but now you can as an adult allow yourself to be that bad feeling child and understand why it's feeling so bad. Understanding how your parents mistreated you, what you felt - how they made you feel - and how they treated those feelings.

It's all too easy to get angry and then use its power to try and have power over the thing that is making you angry. It's harder, unless it's part of what you did during your early childhood, to fall in on yourself, to go down and into the deeper underlying feelings. To allow yourself to feel the powerless one, the one who feels crushed, unconsidered, disrespected, like you don't exist, and so on. You were sacrificed in the experiences you had with your parents when they made you feel this way. We are to be as Jesus showed us, so don't resist being put on the cross. You're parents nailed you to it, you're actually still on it, which is why you feel so bad, so allow yourself to feel as bad as you do about it. Give in, give up, don't fight it - don't fight them, or yourself - your own bad feelings, by using your anger that way against yourself, against your deeper feelings of rejection. Get your anger out if you have to, but come back and allow yourself to feel what's really making you feel angry - all those terrible feelings of being powerless. And we can help each other come away from our anger if one needs such help. Marion says yes of course you're angry, but why, what are you feeling, what's making you feel angry... and how do you really feel?

Our healing is one long understanding how powerless we actually do feel. Then one long accepting how powerless we are, and seeing that it's okay to be that way. And one long ongoing expressing of all our bad feelings coming from being made to feel so powerless. And understanding our falseness, all we're doing trying not to show that we do feel so powerless. And we all do, it's how evil makes one feel, it makes you feel like your will is not your own, you've been taken over, so your will-less to live your own life how you want to live it. And although many people seem to be able to live it as they want to, even seemingly with great personal power, having a big affect in their world, still it's all a cover up whilst you're of and so in, a negative, unloving state of mind. To live with true power is the goal, that only coming when we've completed our healing. And to complete it we have to accept and uncover the whole truth of it, to know inside and out that we're it - evil.

Marion expressing her fear of ruining everything.

She's worried that if she turns our new fridge down to setting three she'll ruin everything. For me it's so easy to say you won't ruin anything; and if anything, it just won't be as cold. And for her to agree dismissing her bad feelings, or for her to tell herself the same thing dismissing her feelings, is not right. This is where it's vital not to dismiss these bad feelings. One can still say those things if one has to, but it's far better to understand that she's got this problem about ruining everything if she changes something, and so she MUST speak about it all voicing all her bad feelings, all her fear, and see where it leads her to. And when she does, she will find, as it's happened and did happen also in this case, that she suddenly is able to change the setting, does so, and we see if everything is ruined. She's unlocked her inability to change something because of her fear of ruining it, and can take another step forward in her life of increasing true freedom.

Bringing yourself out.

That's what we're trying to do. So it means expressing everything thought and feeling all with the intention of seeing why you're thinking and feeling those things at that moment. It's not just about speaking for the sake of entertaining yourself or others, or thinking your own amusing thoughts to occupy some fantasy you've got going on, it's about why you are saying what you're saying, why you're thinking what you're thinking, and speaking about the why. And as you do, how do you feel as you're talking about it, and how do you feel after. What is it you want, that you want to achieve as you're expressing yourself. It's all about getting to know yourself, and if you're truly intent on this then naturally so will you want to get to know the other person. So many of us have been made to believe we have to be interested in the world or other people getting to know them, understanding them, understanding what's going on in the outside world, yet all before we understand and get to know ourselves - what's going on in our inner world. And this only serves to keep us away from our own feelings, and it slowly kills our soul.

There was only one person in my early life who was interested in world affairs of which he spoke to me about. I could then as I grew up share such an interest with him, but that was all and nothing about myself and my feelings, so I grew up believing that was all anyone was interested in - the world, and of course everyone is interested in it. Marion is not at all interested in the world, and only wants to listen if I want to talk about it if I include what I am feeling, how it all makes me feel, and why I want to talk to her about such things that are not directly to do with me or her and our life together.

So many of us believe we have to know it all, get a handle on it and then we're right. But that's not how it's meant to be as we can't know it all, there is no handle to get, we're always meant to be discovering new things, there is not end to it. There is never: now I have the degree, now I've passed the course, there's no more to find out.

So we have to bring ourselves to get to know ourselves - FIRST. Of course this is commonly understood, but do we do it? And many people so far as I can see think they might be doing it, but are they really? Are they pushing on deeper and deeper into getting to know their whole repressed and fucked childhood, or are they only prepared to go a certain way?

I've said it before but we've all got to be able to complain and express all our bad feelings as much as we want. No one has the right to stop us. And when we're a child we should definitely never be stopped.

We should be able to accuse and curse and yell at each other is that's how we feel. We should not stop ourselves because we're worried about what we might do to the other person, how we might make them feel - that we might upset them and make them feel bad. We are not them and we can't possibly know how they feel. I hold back from letting Marion have it because I've been made to believe that it's not right to behave that way, and worse, that she'll tell me to fuck off and leave me. But so often now when I do and when she does with me, neither of us feel about it, we don't see that all the bad things we're being accused of have anything to do with us, it's all the other persons shit. We both used to feel bad as all our buttons would be pushed, and then we'd scream back, but now we can let the other person go for it and it doesn't go in. Ultimately the whole world should be able to say it hates us and we don't feel bad because we feel good about ourselves. But until such time, it's imperative that one keeps expressing all ones bad feelings if one does feel bad when someone is yelling at you. All the buried stuff has to come out, so we have to vent it all, even if we really don't think or feel we mean it. But if it's in us, circumstances will come up to make it come out. And it's best to go for it, not hold back, just say it acting spontaneously in the moment all the bad things you feel. But then to long for the truth of them afterwards when you're a bit calmer and talk as much as you can about it all so the truth comes. Of course we can all just yell and abuse each other all day long if that's how we feel, but if we're not wanting to know the deeper truth of why we're feeling so bad, then really there's no point to it.

As adults we're meant to freely express ourselves to each other but it's different with children particularly when we're fucked. The child takes it all in believing what the adult says, and that's where the damage happens. The adult doesn't have to take any of it in.

I drop my feeling, telling myself, no, that's not right, it's silly, it's not bad. I believed my parents were right, that they knew, and as they said those things when I expressed my bad feelings, then that's what I do to myself. It's so strong, now I can observe my mind taking over and dismissing my feelings. Sometimes I can say oh no you don't not this time, other times I feel completely powerless to interfere. But gradually the awareness that I'm doing it is coming in me. And it feels so good to at least be able to speak about how I'm dismissing it and then go back and express the bad feeling when

I catch myself doing it. And then express how I feel about dismissing it.

Express your feelings with feeling. With the feeling of the feeling. Don't just tell them as if they are the evening news. Emote all you feel. Say it angrily, or being as scared as you feel, put your whole self into it, if you don't naturally do so. Don't talk about being scared, angry, miserable, happy devoid of any of those emotions. It's not: I feel so happy because we got that extra money ...; it's, **YEAH WE GOT THE EXTRA MONEY!** Connect with, give it to, the other person. Unite with them, share it, bring them into your good feelings, not just telling them keeping them at arms length, being reserved and shut away from life and being unemotional. And the same applies when you feel bad. It's not: I feel so unhappy we didn't get the money. It's **FUCK, WHAT A BUMB EH, NOT GETTING THAT EXTRA MONEY!** If that's how you feel, bring it out with full feeling.

If your parents didn't pay attention to you when you felt bad, if they didn't allow you express your bad feelings, then it's going to be hard for you to do so. And you can't just magically start, you have to work your way back into the depths of what's preventing you, why, and how that all makes you feel. I learnt to say that I'm okay when I wasn't, and so much so that I even believed it myself. I still say it's all right, I'm all right and believe I am, and yet Marion can see through me; she says, no you're not, come on speak about what you're feeling. She does what my parents didn't do, she never misses anything about me, she's always paying attention to me even when she's busying doing other things. I marvel at how in tune she is with me and all that's going on, she never misses anything whereas I miss everything. Her parents never missed a thing that she was going, only their constant and vigilant attention all made her feel bad. For me it was as though they weren't there, it all had to be nice and happy and fun and that was that, nothing else mattered; I was bad for being any other way, and as I didn't want to be bad, so I made myself not be that way, yet I only overrode and hid it all from myself, which my feelings are now showing me. It's all still in me.

There's always more to be seen, so keep on speaking about it even if you've spoken about it a million times before. And you'll find there's always more to say, even if you think you have said it all; or it's a slightly new thing, or it's now linked to something else. It's never exactly the same what you say, so keep going.

Coming to a dead end.

If the person trying to express themselves comes to a dead end, unable to go any further expressing their bad feelings, say anything as something will bring about an interaction, which will affect them. The whole reason they can't express themselves is because no one interacted with them, so any interaction is a help. I've talked about asking a question; such as: why that, what's going to happen to you, tell me more about what you're scared about, and so on; even a sympathetic: well it's no wonder, you poor thing, that's horrible what you've suffered. Because if nothing else, the person feeling bad will at least feel they are not alone, that someone is listening to them and taking them seriously, that being what no one did when they were originally made to feel such bad feelings when they were young.

Marion is truly interested in the other person, I'm not; she's truly interested in herself, in knowing why she is as she is, right down to the minutest detail; I couldn't care less about why I am as I am, I don't want to know, it is all only makes me feel bad.

This is how she says she currently is with me.

Firstly if she understands what I'm saying and feels I'm expressing my feelings well enough she just listens waiting to see if I get stuck. She wants to know me and knows she can only do so by what comes out of me, out of my mouth. So her primary interest in me is as a soul, another personality - a person different from her. And my expressing all my repressed feelings is very interesting for her as it also helps her see more about herself and our problems personally and as a whole, it helps her uncover more truth about herself and all she wants to know about.

Then, if I get stuck, she asks a question, all to help me keep going. She wants me to keep going expressing myself until there is nothing more to say, that being when she feels it's ended for the time being. She might then feel she wants to express herself.

If from the beginning she doesn't understand what I'm saying, she's straight in with questions until she's clarified it enough for herself, so I can keep going. Sometimes this I find annoying, more anger to express as I feel she interferes with my flow stopping me from getting on with it; however, as I am also wanting to express myself to her so she understands me, it's not just a matter of my speaking, I have to ensure that she's with me, she gets it, I get message across, that all I am saying is understandable. And over the time together I've seen that her pulling me up so she can understand what I'm saying or trying to say does help me understand myself as well. She often points out where I think my message is clear but it's not, I'm using the wrong words and conveying the wrong impression, so my message is not getting across to her, which is defeating my purpose and helps me see that actually I'm going off track.

If she senses I'm trying to express a feeling but I'm not saying everything, she says something like: so why are you telling me that, what about your feelings, you're not telling me how you felt about it. I don't want to know about all the other stuff, only how you felt, how it relates to you through your feelings; and she keeps at me until I do. Half the time I have no idea what she's talking about and she'd give me an example, then I cotton on, and the other times I see what she's saying and can bring myself back to my feelings.

We need to get to the point of BEING in our trauma - BEING OUR TRAUMATISED SELF and expressing those feelings. It might not even involve actual words, or words that make sense, as when we were traumatised being very young words weren't the big thing, it was just feelings. It's when you feel your at your wits end, totally maddened by all the bad feelings, wanting to dash your head against the wall, beyond wanting to smash everyone and everything, just do yourself in, anything to rid yourself of those dreadful feelings. So you need to allow yourself to lose it, just be it, feel it, let the whirlwind of your state whip you up or take you down into the frenzy state; moan, yell, scream, do what you can, not that you'll be able to control yourself as it all takes you over as you're consumed by it. These are the worst and yet the best times, the times you are true to your horror, the times you can bring it up and let it be, let it out, let it have its say. It's when you do the most healing. But as always: keep longing for the truth. It's no use going into such traumatic states in 'therapy' or even if you can't help it, if life pushes you into them, without the desire of seeking the truth of all you feel, the truth of your terrible feelings. If you don't want the truth, then really you'll still only be letting off steam and no real progress will be made. And you might get stuck and trapped in your terrible emotional state regressing back to being a young child or baby. You might succeed in shifting stuff around and even feel a lot better for it, but still the root causes will be there... waiting for the truth to be seen of them.

I know you've probably got the message by now, but I can't stress enough, it's a three stage process our Feeling-Healing. Accepting we are feeling bad; expressing the bad feelings; and LONGING FOR THE TRUTH OF THEM. It's wanting to uncover the truth that will keep you sane in the whole process. When you read of regression therapy going wrong for some people, it's because they are not really wanting to uncover the truth of all they are suffering. So they are plunged down into all their repressed emotions and feelings being overwhelmed and swamped by them. Longing for the truth and sincerely desiring it; meaning, you want to uncover all the bad stuff, all the truth about your relationships with your parents and early carers, will help you keep your head above water - above all those emotions, even when you're in the thick of them. It's a soul progression of truth, our healing, there's more to it than just trying to heal yourself of some of your traumas from your early life. You are setting out to perfect yourself as a personality, to perfect all of your self-expression, to heal your whole negative state. It is in fact you growing spiritually in truth - so it's a spiritual progression, an evolution of truth.

As soon as you feel you have a bad feeling say it: I have a bad feeling, bring it out. You don't have to know why you feel bad, the truth might come, just keep saying I feel bad, it's crucial!

I can't stress this enough either, it's just so important to say it: I feel miserable... or whatever the bad or good feeling is. BRING IT OUT, it has to come out of you. If it doesn't it will only stay trapped in you, hurting you, making you feel even worse. So say the words, open your mouth and say

something that expresses the feeling. If you refuse to, you'll only remain trapped in your prison and nothing will ever change.

A young child doesn't say it's scared for example, it simply is scared expressing it so it's parents can see it, and then supposedly they will know how to react based on their feelings and in a loving way, unlike my parents that made me even more scared. As I am no longer a young child who can naturally and spontaneously express his fear or any bad feelings, having stopped myself because it didn't make me feel better only worse, particularly because of mums overreaction to everything, so I have to say I'm scared. I now have to use words to express my feelings. Occasionally I've heard people say they find another person endearing because of their childlike qualities, as if they have managed to retain some of them, such as we see with the Australian Aborigines, this being because they have remained free to fully express their feelings as young children do.

NB: These are bits and pieces that Marion talks about or that occur to me as far as my trying to gasp what we're actually doing together in what we call our healing. Marion completely understands it all as being how one expresses oneself with the focus on expressing all ones bad feelings so as to bring out all the hidden and repressed feelings so you can see what they are all about - the truth of them, which is the truth of yourself. I don't have a clue, it's all new to me, so I write it down when I feel I understand a bit more.

As soon as you feel it: I hate... say it, don't hold back.

I see my problems but can't fix them. They keep coming to light but I feel completely at a loss as to how I can change myself and fix them. And what my healing is showing me is that I'm not meant to do anything about trying to change myself as I would only be able to by applying my mind and that's the wrong way to go; and it wouldn't really fix the original deep causes within me anyway, only add another layer of behaviour over the top that I could delude myself into thinking was my new way of being.

We are only to keep expressing our feelings and uncovering the truth of them. That's all we need to do. And as we can't do anything to change our deep problems and heal our trauma, it's just as well we don't have to do anything further. But as I see the truth of my state, of my problems and how they came about, and how I've taken them on and maintain them for my own sense of power, they somehow just go away and somehow I just change. I'll have an experience in which I'll know that I've done that differently to how I would have done it - to how I've always done it; and how I now do it feels so much better, I feel more connected with myself. And then I know I have intrinsically

changed, the whole of me, not just some upper layers, but the core of me. And that feels good as I then feel I am more my true self.

So our actually healing happens naturally, we DON'T have to do anything about fixing our problem. All we need do is keep expressing all our problem makes us feel, all with the intention of wanting to understand about all the different aspects of it. It is us, so with the desire of understanding all the different parts of ourself.

So we have to avoid the temptation of using our mind to fix us, to change ourselves as we've been taught to do. Our mind must stay out of it, with only our feelings leading the way. This is crucial. So we desire to live true to ourselves and keep trying to express ALL we feel.

You can't see it until it comes out of your mouth. Then you say, oh... that's what it is... I see! Then the truth comes to light. You can think about it until the cows come home, and even think you see it by using your mind, but when it comes out of your mouth from your feelings, it will be different and you will know. We can think we know, but we can't really know until we feel we know - WE KNOW!

Don't tolerate it. Don't tolerate it and keep your feelings in. Get them out, express all your botherations whilst longing to see the truth of them. And less and less you will have to run away or die from keeping all your anger and frustration in.

Now as the adult child you can say all you couldn't when you were a child: Fuck off, I was not born to live your will, I'm to be true to myself, not untrue as you've made me. I have all the say in my life now, you don't have any anymore, so fuck off and leave me alone, I don't want to have anything to do with you. I DON'T LOVE YOU! I hate you, so go away and leave me alone.

Naturally Marion doesn't want to be with someone who's unhappy so she wants me to bring out what I'm feeling bad about, to express all my bad feelings. It's for her, unlike myself who thinks I should help her express her bad feelings because that's what being a good boy is. I don't do it for myself, because I don't want to be with someone who is feeling bad, I do it because it's what I think I should do, with my focus on her and not on myself.

We're all full of shoulds and should nots, all trying to live how we believe we should, but we shouldn't do any of it, there is no right or wrong in an untrue system, there is only more wrong. We

should always just do as we feel instead of trying to control everything with our minds. And if we were able to live true to ourselves through our feelings then we'd naturally be right anyway.

Be with the other person while they express their bad feelings. Then when they've finished, when it is obvious they can't go any further with it, then that's a good time to ask them questions about what they've said, all so they can possibly say more. Marion says she waits until it seems like I've said all I am going to, then if any of what I've said hasn't made sense to her she asks me about it, to tell her more. Asking me: why do you feel that, can you say more about that, what do you think will happen if..., those sorts of things. And if what the other person says makes you feel bad, if you can, wait until they've finished speaking about their bad feelings before you start speaking about yours. These are not rules mind you, as often you have to both go for it, and that's part of stirring each other up to bring out more. Often it's the bad arguments that help you both go deeper into yourselves.

Time.

Give yourself time to do your healing, time to allow all your bad feelings to come up. It's going to take a long time, but as you will see, time is needed for you to uncover the whole truth of your evilness. You're evolving into being fully aware of your negative state and at the same time becoming your true self. First we become true to our evilness so we can give it up and become true to ourselves. And this all takes time. And as you progress you begin to value of time - the real value of it.

Crying out for help.

There's a person in there crying out for help, and all their horrible feelings have to come out. But there needs to be someone to whom you bring it out to. And in no way are they to control it, they have to understand it's you struggling to bring yourself out, it's for you to do in your own way and time. They have to be an uninvolved listener, expressing their bad feelings if necessary, yet as long as they don't interfere or try to guide or control your feeling expression. And they (as do yourself) have to be prepared to allow and accept whatever happens, all the vile yuk that's going to come out of you and possibly be thrown at them and around the place. Your friend can ask you questions to help you being out more being involved in being with you and sympathetic to you, but it's vital they leave you in your yuk allowing you to bring it all out yourself. One might even have to be protective of their bad feelings so as to keep expressing them and not having your friend try to take them from you or

stop you speaking about them. Marion will tell me to stop interfering with her speaking about her bad feelings, that I have no right to stop her speaking about them and feeling them. They are hers - her, and they are to come out, and it's very wrong and unloving of me to try and stop her from doing so.

But we do need someone else to speak all our yuk to, someone who cares enough about us to allow us to and accept whatever comes out of our mouth. Our friend might fight us and protest as it triggers things in them, but that can be good helping you bring out more bad feelings. And all so long as in the end they do see your point, they do come around and understand and so accept how you're feeling; they do end up on your side supporting you. They opposite to how your parents treated you.

And it's the having to articulate your hidden feelings so the other person (who represents the world) and yourself can fully understand what happened to you. So you can see the whole truth of the bad state you're in, how it all came about, how it all made you feel and how you've taken it all on becoming untrue to yourself.

And in understanding that we have chosen every step of the way to be as we've become. They forced us into making such choices that have gone against us by making us be so untrue, however we've still made them. So we're now responsible for them; and by accepting them, taking responsibility for what we've done to ourselves is what we do in our feeling-healing.

What's wrong, I want to know... tell me... what's going on, what are you feeling...

I don't want to know myself or anyone else, so I'm useless as Marion's friend. When she's feel very bad and angry I want to run away, I feel scared, she's mum, and the last thing I want or can do is be sympathetic to her wanting to listen and even encouraging her to bring up all her yuk. I'm terrified she'll start yelling at me if she's not already. And anything I say will only make her angrier.

Inadvertently my fear does however help her as she has to tell me how bad I make her feel by not being there for her, not caring about her, as that's how her parents treated her. So she gets angry with me bringing out more of her rage against her parents being so unloving. So I'm sort of a friend, a fucked friend perhaps - or one by default. But one way or another she keeps being able to express her bad feelings, and that's the whole point.

And I have to keep reminding myself, it's right the she feels bad, it's right I feel bad, we all should always feel bad, because we're all living untrue to ourselves.

Marion says she wishes I was not... pointing out some of my unloving behaviour. She is not however telling me to be different to how I am, she is only wishing I was or that she had someone in her life who was how she'd like them to be, someone who loves her. She doesn't actually try to stop me being how I am, and even goes the other way to keep me on track being how I am, ensuring I am true to my not being loving, because I'm not. Any pretence I might show pretending I am loving she points out and strips away; so no, I must stay true to how I am, that being unloving, because I am, my behaviour shows it, and she's only pointing it out because it makes her feel bad. It connects with her

bad feelings, how badly she was treated and she's expressing those feelings.

My difficulty is, as it's how I was trained, when she says she wishes I was... a better and more caring and loving way, I think I'm to be that way and I should try my hardest to be it. But I never can, because I can't go against how I actually am and I was never any good at contriving being nice and caring, I just believed I was. So I get angry feeling I have to change myself to be as she wants me to be, and dearly I'd love to be that way, but I also have to accept that I'm not. I'm fucked and unloving and can't be for her the perfect man she'd love who comes and makes her feel good forevermore.

It's always just expressing exactly how you feel, and not trying to fit yourself into being some way because you think you should be it, or it sounds good. It's about just finding out the truth of how you really are now, in your evilness, and getting on with allowing yourself to be it, and feeling all the bad feelings you feel.

And Marion even says she doesn't expect me to change, and in fact she's happy how I am because were I all she wished for in another person she'd never feel bad and so never be able to bring out all her bad feelings. So she needs me to be the fucked unloving and an uncaring person I am and for me to make her keep feeling bad. It all helps her and it's also helps me.

It helps me feel how much I believe I'm supposed to take it all on as Gran and mum made me take on all how they said I was meant to be. And it helps me then see how I angry I am because I can't change myself, beating myself up trying to be the better way someone else says I should be. But I have to stay true to myself and not try and run away by pretending I am as they say, nice and caring; so as Marion says, I have to face the truth of myself, taking full responsibility so I can accept and understand how I really am. How unloving I am and how I'm full of crap thinking I am loving, caring and a nice person.

And to try to change myself is just using my mind to do so, which I no longer want to do as I know that's not the true way one changes. That only makes things worse. So I have to keep on trying to express my bad feelings and see the asshole and how full of shit I am.

Feeling unwanted and unloved goes right to the end of our healing.

We need the other person to verify our existence. We can't know ourselves by ourselves we need another person. We need to be told in various ways, so we feel it, that we're wanted, important - loved. All the creatures need it and get it from their parents or parent. When they are hungry they are fed, their parents are telling them, you are very important to me, to the world, and I am giving all I am to you. I love you, here is the food you want. The baby feels it's the most important thing in Creation as its parents whole life revolves around it.

We say to our children, you're not as important as I am, you will get fed when it suits me and not you. You will get what you want every four hours, you have to learn that's the way of it, my way, and

not your way. The creatures never treat their offspring that way.

So we don't feel wanted, loved and that we're important in the world, that we exist. And the worst part is, it's mostly our own parents that we feel the most threatened of.

So keep speaking about all you feel. It's the only way to bring yourself out into existence, out from under the denial of your parents. And as you long for the truth of your feelings, so you begin to feel wanted, important and loved by Creation - by yourself. And it no longer matters about your parents.

The Truth comes.

You know if you are doing your healing properly as the truth comes. And not through your mind, that's just at best understanding the truth; but welling up in your consciousness so you know. You feel and see the picture and understanding comes. It all comes through your feelings.

Marion had a dream and the only part she remembered was that she was yelling at a woman who was the dominate person and had been telling her and two other women something but favouring one of the women leaving her and the other one out by not looking at them or directing what she was saying to them. And this made Marion feel furious and she was telling the woman what she felt.

In the morning she didn't see how it fitted with her life, she hadn't connected with it, it was just a dream. But as she spoke about it to me, suddenly she began to see the connection and how true and right it was. The woman was her mother, the three women Marion and her two sisters. Her mother favoured one of her sisters over the other sister and Marion, leaving Marion feeling very angry about it. So now in her dream she was telling her mother what she thought of her disrespect of her and her other sister.

It's the talking about it, expressing the feelings whilst wanting to uncover the truth that does connect you with such aspects of yourself. And it's marvellous how it does.

Living untrue to yourself.

If you do things you feel you'd rather not do, but have to do them, then you're living untrue to yourself. And it's why you feel you have to those things that you need to find the truth of.

If you're doing anything against yourself, that's living untrue to yourself. I had to drive to Macedon each weekend to see Gran even though I hated doing it. I felt obliged, I felt guilty if I didn't, and I couldn't let her down. And I needed her continual praise of me, and the little bits of money and food she gave me. And I needed to do it to make mum like me, removing the responsibility of having to look after her mother from her. But my so-called 'love' for Gran was false. I got things out of the long drive: I loved talking with the spirits as I sped along the highway, I imagined them sitting in the passengers seat next to me; and I went to good walks in the country and

loved watching the trout that lived in the little creek. But had I been given the option of not doing it, I'd have gladly not gone. And when I turned my back on the family and left, I never missed her or the drives. (I did however miss seeing the trout, it was quite a big one in that little creek - and where on earth did he come from, how did he get there.) I severed all ties, I started to honour myself for once, and now I've spent all these healing years coming to understand what an unloving relationship I had with her.

We have to stop doing what we don't want to do, and then seek the truth through our feelings of why we were doing it. It's a long slow process, but if you commit to it, all the things you are doing against yourself slowly get shown to you along with all the bad feelings you feel associated with and resulting from them.

Spray painting walls.

Nobody takes any notice of him at home so he has to go out expressing his anger all over the world. It's his plea for help. But do his parents listen, no, they can't, for they would already be listening to him if they were capable of it and he'd not need to vent his anger and frustration by creating such awful pollution. He needs someone to really care about him, to allow and encourage him to express all he feels in the home, someone who really does want to listen to him, who will go with him in his self-expression participating with him, helping him to understand himself. How many times do parents complain about their child's unruly behaviour and yet never stop to ask them why they are acting as they are. They might ask, but do they really want to know, do they convey that to their child that they seriously want to know, and know because they actually care about them. It's the two-way communication we all need in every interaction, not just in doing our healing. It's what we should all be striving for in our relationships so all the areas where we can't do it will be show up. Like myself, all the million of fucking areas! We all need to talk with someone who cares.

I missed out on normal socialising. I grew up with other people called my family, but we didn't communicate. We're all still nothing more than strangers to each other.

I don't want to know the other person, because the person, my parents and family, didn't want to know me. There was none of: Why did you do that, why did you say that, what's that about, what do you mean by that, why that; are you all right, what's that look on your face mean, how was that, is that what you were expecting, is that what you wanted, what do you want, why do you want that, why do you want it that way, what's that all about, and so on. Just taking a normal interest in the other person - who are they, what are they like, what do they feel and think, what's going on inside them, why are they how they are. I lived with my family yet knew virtually nothing about what made them be the people they are. I was parented as a thing, a thing called a child. You do this and that to it and

it grows up, but nothing about getting to know that child as a person - me. So I feel they didn't care about me, they didn't love me, did they even want me. They wanted a thing called a child, but that was about all the thought they put into it. Did they ever put themselves in my place and wonder what impact and affect they were having on me? I doubt it. They were too busy with themselves, they didn't even wanted to know themselves, and had they, they'd have wanted to know me as well. Unless one wants to know what makes oneself tick, one is not going to be interested in finding out what makes another person tick, even ones children. My upbringing was all too impersonal, too superficial, really just about doing things - my parents doing all they wanted and spending most of their time stopping me from doing what I wanted.

We're supposed to tell each other about all we feel; and listen, and express any feelings if we have them, but not change ourselves to fit into what the other person says.

To begin your Feeling-Healing.

Say no to all those things you feel you have to do and can't stop doing, even if you enjoy doing them. Say no, expressing how you feel. You don't have to stop doing them, but can start expressing how saying no to them and yourself makes you feel. If you consider saying no to them, does this make you feel bad, and in what ways? And if you don't know keep expressing and talking about the fact that you don't know. Ultimately we've got to be able to say no to it all, everything that we are that's untrue, all the evil that we are, all the evil that humanity is. We've got to feel the truth of our evilness knowing it's all wrong, that we're all wrong, and that we don't want to be of it.

Indulge in your fears.

Talk endlessly about them.

Ignore all the stuff like: You're only making it harder, more difficult, worse, for yourself; you're causing your own problems; you're making yourself sick. These are all threats to stop you from feeling how you feel, all to stop your yuk from surfacing. If you weren't feeling this way you'd not be feeling such things would you?

Indulge in bad feelings, but KEEP SAYING ALL YOU FEEL, keep talking about it all, it all has to come out. And so long as you keep talking and longing for the truth, you won't drown in it all, you're be guided, you'll only have to deal with as much as you can at any one time. There's an ocean of yuk in you and it's all got to come out, gradually. There's a lot of truth about yourself you'll have to

uncover.

We're made to put up with it. We hate it, those feelings are right, yet we're told off for expressing our anger and hatred. We're told it's wrong to do so, so we're made to believe it's wrong to feel such feelings. And as children we grow up thinking we're the only one with those bad feelings so there must be something wrong with us. But you as that child was and still is right, everyone else feels them too only they've been made to do as you've been - deny them, pretend you're not feeling them. And even though there wasn't anything we can do about it at the time when we were young, our not complaining and expressing it all, only serves to keep it all going.

LOOK AT THE EVIDENCE OF YOUR BEHAVIOUR!

Did I love my dad? As soon as I'd come to terms with their divorce when I was ten I was very happy to have dad gone. And I never made an effort to see him. We had to see him to begin with, but I got older, I hardly made any effort at all. If he asked so see me I would comply, I never declined him until he was on his death bed, but by then I'd started my healing. I tried to believe that I loved him, we had a few good times together, a few good holidays, but now looking back being so much more feeling aware and able to connect with myself back then, all those parts of me I'd hidden from myself; no, there was no love, only fear, hatred and repulsion. Had I been true to my feelings I'd have had nothing further to do with him once he'd left. Just as I no longer have anything to do with any of my family. It was all there, the evidence being in my feelings, and what I felt I would have done, had I been able to be true to such feelings.

All those automatic things you do, which when asked why you do them, you don't actually know; you think you know but the words just don't come when you try and speak about them, are all things resulting from your early childhood. And you have to eventually find out why you do them. You have to move into accepting and uncovering your fears that keep you doing them, your fears of stopping doing them. And as you feel them, you'll feel that if you stop doing them nothing exists, you don't exist - you'll cease to be.

Once you get going you'll enjoy it - isn't that what parents so often say to their children? Bullshit, you shouldn't be doing it. If you have to make any effort to do it by using your mind, and without

just feeling wholeheartedly like doing it without even thinking, then there's something in there for you to bring up, express and uncover the truth of. Any resistance, even if you do end up enjoying it, or like certain parts of it, or even love it once you're back into it, means there's still something wrong. The trap is enjoying it when you get going, because you had no alternative when you were young. In your healing you can say no. Or you can even do it, but seek to understand what you really feel about doing it. And that enjoyment, you might find, might just evaporate.

Avoid the temptation of trying to work out your stuff with our mind.

Marion feels the best in black. She feels in black she can hide making her feel more secure. In colours she feels they take over blocking her out, so she thinks she looks the best in black. And in colours people can misjudge her thinking she's a happy person when she's not, as she was never allowed to be the miserable person she really was in her early life. She's quite confused about it all, her image and all she feels now and has always felt about herself. But what I want to point out is that in discussing it, it's for her to talk about it all from and with her feelings, even if they make it all the more confusing, and not to use our minds to search around for meaning and answers. One can of course say things, 'trying them on' to see how one feels about it further bringing up more feeling to express, all so long as the temptation to find a mental solution is kept out of it.

Marion is angry about having to keep straightening the couch covers. I go silent when she's angry, disappearing into my 'can I fix it to stop her being angry because she's scaring me' mode. And that's not what she wants. She wants, as we all need, a friend to come into her pain and drama with her, into her bad feelings with her, and especially when she's raging angry. Not someone who pulls away from her. She wants me to be on her side, agreeing with her, saying something like, 'Yes, I agree', making her know I'm supporting her being angry, that I feel the same way and I'm approving of her feelings, of her anger - of her. My being silent is my not approving, being as her parents were, not as her friend. I'm giving her the message that I don't like her how she is, I'm not supportive of her, I'm not with her, I hate her; instead of liking and loving her. I'm being how my parents were to me, how so many people's parents are to them, fighting their child instead of joining up with it and being on its side.

You can tell another person what to do.

It's been one of my big dilemmas, is it right to or not tell the other person what to do. But now I

understand that we are to be free to do as we please, to say whatever we like, so in that case we can tell another person what to do, all so long as, and this is the important part especially concerning children, they know and understand and feel free to say no. And you can tell and tell and they can say no and no. As long as they are totally free to say no, knowing that no is to be fully respected and they won't be forced into doing it anyway, then there's nothing wrong with it. It's the control, making someone do something against their will, that's where it's always wrong. That's how I see it at the moment anyway.

Talking about all your yuk.

As no one is allowed to talk about it all, when you begin there is an awful lot to catching up to do.

It's much better to accept the fact that you don't have clue, rather than pretending you do. And if you're like me, scared of being called stupid, as it's the worst thing in the world, then to have to admit I don't know, that I am stupid, is hard work. But of course, as I'm slowly coming to understand, as I practice saying I don't know; just because I don't know something doesn't mean I'm stupid and it's the end of the world. Just because I don't know the answer to everything there is to know, is not the worst crime I can commit. And even though this might seem obvious, when you've been conditioned to believe not knowing is the worst thing you can possible be, all that's rational doesn't apply.

Receiving the correct feedback.

The other person has to give you the right feedback, making you feel you've been properly listened to and understood. You need to feel they are on your side, they are sympathetic to you, and not like they are taking you over, dismissing you by trying to take your bad feelings and problem out of your hands telling you what to do to fix yourself and to stop feeling bad.

Your bad feelings are you, they are valuable, they are not to be interfered with by another person. You are NOT to be stopped from feeling bad by anyone else, including yourself. And if your friend truly loves you, you will feel they do want you to tell them how bad you feel, to tell them all about yourself, all about them, all about anything and everything. And being the friend you can say what you feel, even if you want to suggest things to help, but all so long as you don't cut in taking over from the person expressing themselves, all so long as you don't stop them from keeping on going speaking about how bad they feel - and FOR AS LONG AS THEY WANT.

It's about you the one who is expressing their bad (or good) feelings wanting to uncover the truth of

them, NOT the other person, so the focus has to remain on you the one expressing. Too many people, I being one of them, are very bad at this, my family always cut in shutting me up from expressing any bad feeling. Mum immediately took over if I started to tell her I felt bad, even if it was a physical pain such as a headache, quickly asking me if I wanted an aspirin or did I need to go to the doctor. Quick, do something to feel good again! Quick, do something to stop yourself feeling bad! Mum didn't want to listen to me, she didn't want to be there for me, I interrupted her life too much. And when I felt bad, she felt scared, and so bad, so had to stop me feeling bad so she'd stop feeling bad.

Why bad things happen to you.

Bad things happen to help you feel how you're already feeling yet refusing to feel. They happen to help you realise that you do feel bad - already. We live in a state of bad feeling denial, so we need something to happen to us to wake us up to this reality. So we need things to make us feel bad. And many of the things that happen that do make you feel bad, you come to see don't actually of themselves make you feel bad, it's just that you do because you're already feeling bad. And when you've expressed all those bad feelings you've been keeping repressed, then you no longer feel bad because of what happened to you. And it can even go so far as you then feel good about the thing that happened that previously made you feel bad, as it's no longer connecting with the bad feelings that are already within you. It's very important to understand that the BAD FEELINGS ARE ALREADY WITHIN YOU, they've been in you since your early childhood.

Hope: don't give up, don't give in...

Instead, go the other way and do give up and do give in, and keep expressing all your feelings.

Express it ALL!

No matter how stupid you feel, how irrelevant, insignificant, boring, confusing, frustrating, annoying, it might seem, speak about it all. Speak about EVERYTHING you think and feel. Even all those little thoughts you hardly taking any notice of - bring it all out. The more you can the better it will be for you, all whilst you're longing to uncover the truth of yourself and life true to your feelings.

We don't have to go back literally through every bad feeling. Only what we need to so as to uncover the truth of all that happened to us, all that we are.

Remember to keep looking for the bad things - the bad feelings. Don't get carried away with feeling good. Good feelings are okay, they will take care of themselves, but as you're wanting to do your healing, keep looking for the bad stuff. It will still be there inside you until it's all come out. And also be aware that some of those good feelings might only be false or pseudo good feelings, covering up the real bad feelings.