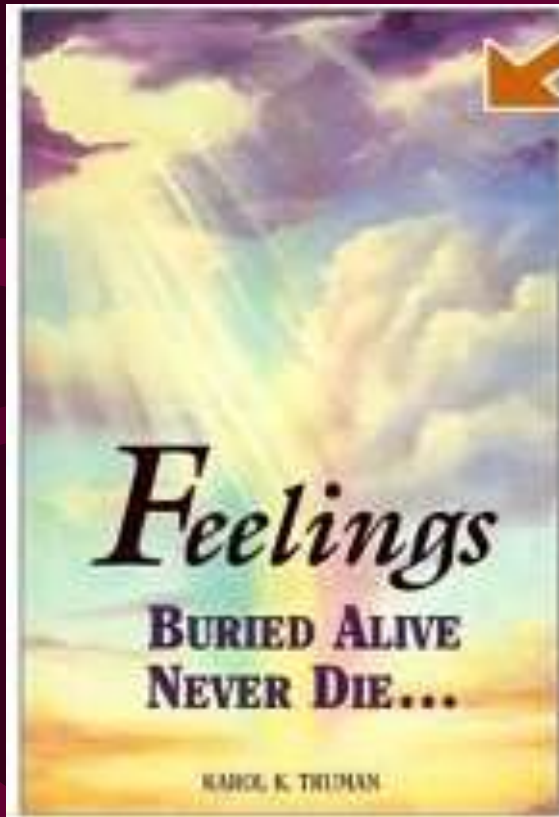


# Feelings Buried Alive Never Die

*Relief through Resolution*

# The Book



- Written by Karol K. Truman in 1991
  - Practicing therapist
  - Specializes in reaching “core” issues
  - Asked the question “Why?”
  - Nutrition and exercise did not hold all the answers for health concerns
- 297 pages
- Available on Amazon.com
- \$12.95

# Table of Contents

- The Language of Feelings
- Energy Vibrations
- Where Feelings Begin
- Becoming Single Minded
- Erasing Illusions
- The Major Feelings
- It Just “Is”
- Becoming Accountable
- Getting Along
- When Feelings Remain Unresolved
- Discharge Your Stress
- List of Feelings
- A More Harmonious Be-ing
- Freeing The Soul

# The Language of Feelings

## Chapter 1

# The Language of Feelings

- Most difficult language to speak with others and with ourselves
- Symptoms of unresolved, repressed, or suppressed negative feelings [1]
- Unresolved negative feelings remain active in your physical energy field (body)
- **FEELINGS BURIED ALIVE NEVER DIE!**

# Buried Feelings are Real

- Feelings have energy
- Feelings are alive and affecting you every day
- Buried (smoldering or fermenting) feelings *will demand* to be realized eventually
  - Become apparent in your body through dis-ease
  - Your relationships
  - Mental, emotional, or financial well-being
  - Behavior

# Influence of Emotions

- “It is estimated that 90 percent of all physical problems have psychological roots.” – Prevention Health Magazine Editor Emrika Padus
- “Every ill – from acne to arthritis, headaches to heart disease, cold sores to cancer – is influenced, for better or worse, by our emotions.”



# The Desire to Know Why



- People everywhere are questioning, seeking, and striving to understand what makes them tick.
- We want to find the cause of our suffering, pain, and problems.
- Our experiences in life are actually our own state of mind being projected outward.

# Thoughts Become Reality

- Inner peace = outer peace
- Inner turmoil = outer turmoil
- Inner fear = fearful behavior
- “Whatever we choose to focus our attention on will automatically multiply in our lives.”  
– *Bring Forth Your Light*, Frederick Babbel
- A focus on injustices of the past will become our trials of the present.

# Five Dimensional

- We are not just a piece of flesh, but have at least five dimensions.
  - Spiritual
  - Physical
  - Emotional
  - Mental
  - Social
- The dimensions serve us effectively if they are in balance and attended to equally.

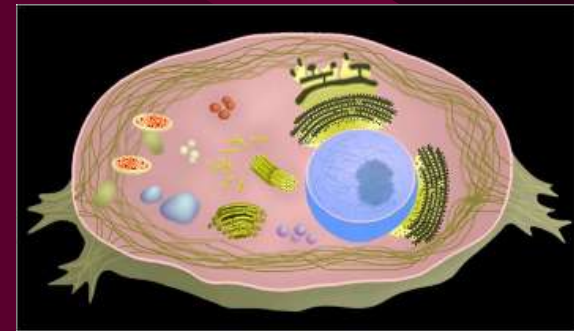
# Emotional Training



- Children are taught to shut off or close down the emotional facet of our being
- Programmed to deny feelings (bury them)
  - “Forget it.”
  - “Don’t worry about it.”
  - “Children are to be seen and not heard.”
  - “Grow up!”
  - “I’ll give you something to cry about.”
- Obedience to these directives results in buried feelings that are registered somewhere inside us.

# Cellular Memory

- Feelings are registered at the cellular level
- Cells store the unresolved feeling's energy as information
- Stored information does not dissipate
  - Govern thought patterns, beliefs, attitudes, reactions, and experiences
  - Unconscious, hidden, and denied
  - Yet a part of our inter-cellular and subconscious programming



# Definitions

- Define the following terms:
  - Thoughts
  - Feelings
  - Emotions
  - Beliefs

“Emotions are the outward expression of feelings.”

“Emotion is the result of a thought and an intense feeling coming together.”

# Energy Vibrations

## Chapter 2

# Energy Vibrations



- Everything in the universe has an energy vibration
- Energy is an unknown force, even though we use it every day
- Energy manifests in many different forms

# The Nature of Energy



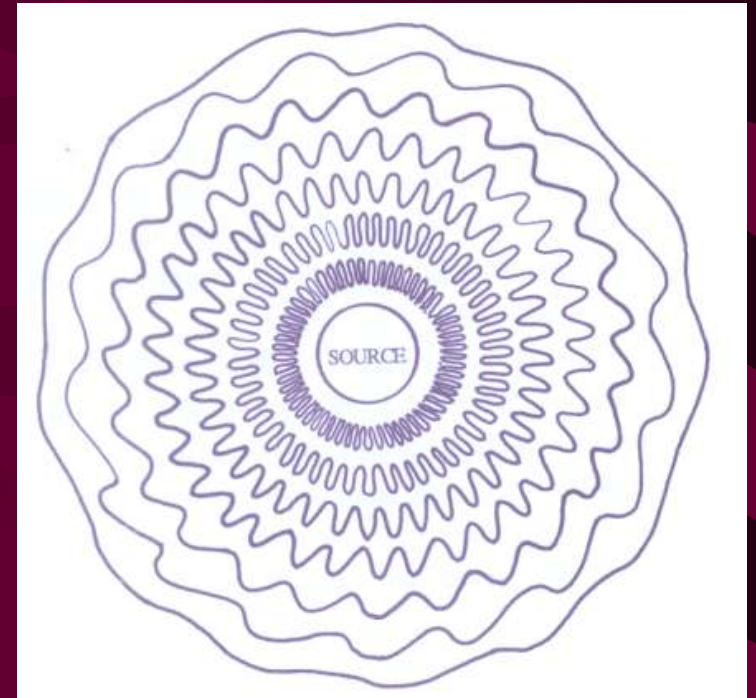
- Energy moves in pulses, like waves
- The **crest** is the pulse of the energy
- The **trough** is the pause
- How close the waves are together is the frequency
- All elements have frequencies
- The range of frequencies is called the electro-magnetic spectrum
- The largest part of the spectrum is undetectable by us
  - Gravity
  - Magnetism
  - Thought

# A Matter of Matter

- Your body is energetic
- Thoughts and feelings are also energy
  - The energy of thoughts has been measured scientifically
- Energy is matter
- Matter cannot be destroyed, but it can be *altered*
- The energy of feelings can be changed

# Nearing the Source

- The closer together the frequencies, the higher the vibration and the closer the matter is to its energy Source.
- Lower frequencies are further from their Source.



[Read pages 12-14: a story of two deaths]

# What Is Your Source?

- Who you consider to be your Source
  - God, Jesus
  - Universal Intelligence, Infinite Source
  - Buddha, Mohammed
  - Whomever or whatever you look to as a higher power or Supreme Being
- The closer you are to your Source, the higher your frequency (and sense of well-being)

# The Law of Control

- We feel good about ourselves to the exact degree to which we feel we are in control of our own life.
- We feel bad about ourselves to the exact degree to which we feel we are controlled by outer circumstances, by other people – by things beyond our control.
- **ALL CONTROL BEGINS WITH TAKING CONTROL OF THE FEELINGS WE HOLD IN OUR HEARTS**
  - Feelings determine thoughts that lead to actions

# The Law of Cause and Effect

- The basic Law of the Universe:
- For every effect, there is a specific cause
  - If we do not like the effects in our life, it is up to us to identify the causes and change them.
- People who live happy, fully functioning, harmonious lives are people who live by the Law of Control and understand the Law of Cause and Effect in their lives.

# Feelings are Causes

- Feelings are causes and conditions (life's circumstances) are effects
- Everything we are today is the sum total of all the feelings we have had to this moment
- If we wish our lives to be different in the future, we must change our feelings, which then changes our thoughts, which then changes our actions, which then changes our lives!

# Personal Shifting

- When we raise our personal frequencies, we can experience the harmony and balance we are seeking
- OUR shift has positive and far reaching effects, not only on us, but in the lives of everyone around us
- Start the shift by becoming aware of what is going on inside your mind and your body
  - Rather than relying on someone or something else to take away the pain and hurt

# Where Feelings Begin

## Chapter 3

# Origins

- Many feelings are established before birth
  - Sensitive to feelings of parents
  - Scientific studies find an unborn child is aware, reactive, and has an active emotional life
  - The trauma of the birthing process can create a pattern of belief that permeates the person's life



# The DNA Connection

- 100 trillion cells
- Every cell contains a universal pattern of intelligence called DNA
  - Six billion DNA steps in a single cell that record one life's blueprint
- Mind-body connection to DNA
- DNA receives messages from the mind
  - You talk to your DNA
  - Without the brain cell sending out a neuro-peptide, there can be no thought

# Cellular Receptivity

- Every thought, every feeling, and every emotion we experience sends a message to each cell in our body
  - Cells are affected negatively or positively
- DNA registers the message response
  - The message is imprinted in the memory of the cell
  - This cell memory is automatically referred back to when the need arises
- The dominant pivotal feeling at birth colors all our perceptions of life from that moment on

# Interesting Quote

- “Whatever you believe, with feeling, becomes your reality. You are the sum total result of all your belief systems to this moment. Your beliefs form a screen of logic or a screen of prejudices through which you see the entire world. You never allow in any information that is inconsistent with your beliefs, even if you have beliefs that are totally inconsistent with reality. To the degree to which you believe these things to be true, they become true for you.” – Michael Wickett, *It's All Within Your Reach*

# The Major Feelings

## Chapter 8

# Top Two Feelings

- **LOVE**
  - All positive feelings are love-based
- **FEAR**
  - All negative feelings are fear-based
- **We are either coming from LOVE or from FEAR**
  - If all our feelings were love based, we wouldn't have to go through this process
  - The feelings that really wreak havoc and turmoil in our lives are fear based

# Seven Categories of Fear

- Anger
- Hate
- Guilt
- Resentment
- Rejection/Abandonment
- Need for Approval
- Overwhelmed Burden
- Most feelings that cause discomfort and uneasiness can be traced back to one or more of these seven fear categories

# Changing the Script

- Ask for help from your Source
- “Spirit, please locate the origin of my feeling for \_\_\_\_\_ (example, Need for Approval)
- “I let it go NOW, permanently.”
- “I feel approval of myself. I feel cherished. I feel loved. I feel valued.”

[Handout copy of full script – read story on page 106]

# Script Usage Example

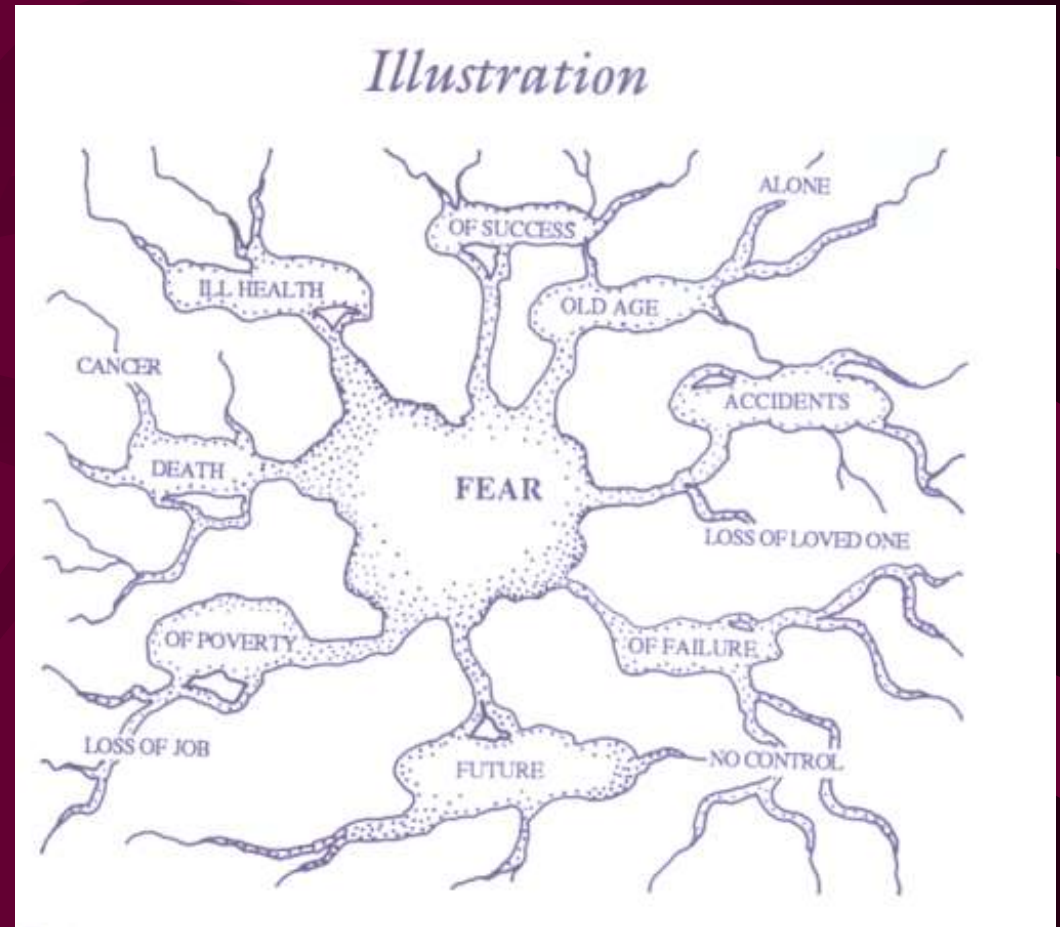
- Anger is a stumbling block for many people
- Listen to this story about a young man named Kevin and how he used the script to change his life
- [Read page 112]

# Unexpected Results

- As you process your feelings you may find the change you had hoped for is not forthcoming
- You may have unresolved generational feelings and trauma
- Just keep digging for the core causes
- The body may also be setting its own priority for the order of feelings being processed

# The Dark Room of Fear

- FEAR is the dark room where all the negatives are developed
- Process the appendages



# When Feelings Remain Unresolved

Chapter 13

# Idiosyncrasies

- Think of someone over 60
  - Consider their idiosyncrasies
    - Telling and retelling stories of the past
    - Feeling that everyone takes advantage of them
    - They can never afford anything
    - They always have to be right
- Older people have idiosyncrasies that stem from their incorrect perceptions and their inability to communicate what they are truly feeling
- Their negative feelings have been buried for years creating blocks that cloud reasoning

# Hole in the Soul

- “Underneath the mask of adult behavior there is a child who was neglected. This needy child is insatiable. What that means is that when the child becomes an adult, there is a ‘hole in his soul.’” – John Bradshaw, *Healing the Shame that Binds You*
- The hole is due to the person’s inability to resolve old negative feelings generated at birth or in childhood

# Filling the Hole

- Get in touch with your true feelings
- Take responsibility for your feelings (own them)
- Resolve and release the feelings
- Look at the past with eyes of an adult
- Eliminate the patterns that harm you
- Change your feelings about what happened

# Exercises

Chapters 17-18

# Feelings

- Write down three negative feelings you have experienced this past week
- We will look up the feelings and give you several alternate positive feelings to replace them with

# Feelings that Affect Success

- Rank your feelings in these areas and select the top three
- Write the affirmation that balances those negative feelings

# Probably Feelings Causing Illness

- List your top three health concerns
- We'll look at the list and see what negative feelings may be contributing to your dis-ease

# Self-Fulfilling Prophecies

## Chapter 19

# Power of Words

- Be aware of the words you speak because words have vibrational energy
- You are talking to your DNA
  - “My varicose veins”
  - “My cancer”
  - “My allergies”
- If you claim them, they are yours
- Be mindful of every word you speak

# A More Harmonious Be-ing

## Chapter 20

# Pain is a Messenger

- When we are in disharmony, our body will send a message of discomfort in the form of pain
- Each emotion releases a different hormonal chemical into the body (i.e. fight or flight)
- The chemical in tears is present in other parts of the body
  - If the chemical release from any emotion is prolonged, it can create a chemical imbalance in the body

# Parallel Universes

- The mind and the body are like parallel universes. Anything that happens in the mental universe must leave tracks in the physical one.
- Your body is the physical picture, in 3-D, of what you are thinking.
- The body is fluid enough to mirror any mental event.
- Nothing can move without moving the whole.

- Dr. Deepak Chopra