



## **What have You been Choosing to Feel Lately?**

by Ann McGill - Potentialist

A deep sadness permeates every pore of my being. It's as if each cell has its own tears to shed. "Why am I so sad?" I wonder. Intuitively I know it has nothing to do with yesterday's triggering event. Today's sadness feels like a very old sadness, one that evidently still needs release.

I take myself for a ride in the car, something I like to do when I'm feeling down or blue. Before the first song of my favorite tape is done, I find myself feeling happy again. It is then I remember, "I am That! I AM this feeling of Joy. This is how life is when one is tuned in to True Self." I am Joy. Life is Joy. Joy is.

The next thing I know, I am feeling deep, searing sadness all over again. "How did that happen?" I wonder to myself. Which leads to the observation, **"A part of me believes that if I have a particular feeling, I'm supposed to pursue it, feel it fully, act on it. As if I have no control over what I think and experience."** An enlighteningly useful self revelation. The self-examination continues, "This is crazy. This is madness! Why oh why am I choosing to experience this unwanted, upsetting, de-energizing feeling when but a moment ago I was in bliss?"

Before my thinking, ego mind can chase the question further ... about why I choose to pursue whatever negative feeling I am having ... I consciously decide to allow the feeling of joy to return. It is just as strong and pervasive as before. It entirely fills my consciousness. It becomes my at-the-moment experience.

"Ahh," I remember. "I don't have to figure anything out. **All I have to do is to let myself be. Let the feelings come and go and flow and just observe, not get caught up in believing and pursuing.**" And the rest of the drive I remain in a relaxed and peaceful state while being quite aware that a part of me is still very upset. Deeply grieving about something, but no longer does it matter about what.

I had remembered that **feelings are choice**, and I had exercised **my right to feel as good as possible**. Not by running away from something that needs to be experienced, but by allowing it to continue for as long as and to whatever degree it needs to, while keeping the focus of my attention on the joy that is always simultaneously present.

Does this make sense? Do you know it's possible to experience two different, presumably diametrically opposed feelings at the same time? Love and pain. Anger and laughter. Once upon a time this was startling news to me.

By remembering joy is always present, my constant companion, if I'll but tune in, my sadness and grieving unwound themselves and soon disappeared into the ethers from whence they came.

**What kinds of feelings have you been choosing to experience lately?**

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