

# Feelings and Health

Feeling remorseful and making amends as quickly as possible, when doing wrong.

Feeling grateful every day for all the good in our life.

Feeling honorable in all our endeavors and relationships.

Feeling loyal to those whom we are involved with, including ourselves.

Feeling honest and truthful, no matter the consequences.

Feeling perseverant, even under the most trying circumstances.

Feeling compassionate and not judgmental towards those who have fallen.

Feeling discernment, not exposing information to those who are not trustworthy.

Feeling excited about new experiences and change.

Feeling cautious and guarded with those who could deceive or harm us.

Feeling accepting of life on life's terms, not attached to the outcome.

Feeling empathetic for those less fortunate or suffering.

Feeling disciplined at all times, not scattered or unruly.

Feeling inspired to expand our wisdom and become enlightened.

Feeling sincere in keeping our word, and if not possible, explaining why it could not be kept.

Feeling nurturing of our soul, as well as our body.

Feeling reconciled over differences.

Feeling forgiving in its rightful and appropriate time.

Feeling passionate about the belief in miracles.

Feeling connected to a higher power or our own.

Feeling generous where there is an injustice or imbalance.

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Feeling resolute about our higher self, more than our lower self.

Feeling strong and courageous, when facing challenges and problems.

Feeling open to facing fears and shortcomings in order to grow.

Feeling founded in integrity, thereby, keeping it solid.

Feeling optimistic about better days and opportunities to come.

Feeling realistic about events, people, and situations in our life.

Feeling committed to random acts of kindness.

Feeling devoted to rituals that feed our soul and spirit.

Feeling inquisitive about the unseen and universal mysteries.

Feeling careful and cautious of negative thought forms.

Feeling mindful amidst confusion and chaos.

Feeling aware of others' jealousies, as well as our own.

Feeling enthusiastic about learning and developing.

Feeling intuitive concerning deception or manipulation.

Feeling invested in the need to be of service.

Feeling pure with intentions.

Feeling wise based on our inner knowing.

Feeling guided by diligence and mindfulness.

Feeling gentle and loving whenever possible, wherever possible, and with whomever possible.