

My true feelings



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Mr. Owl: Mayra Porrata

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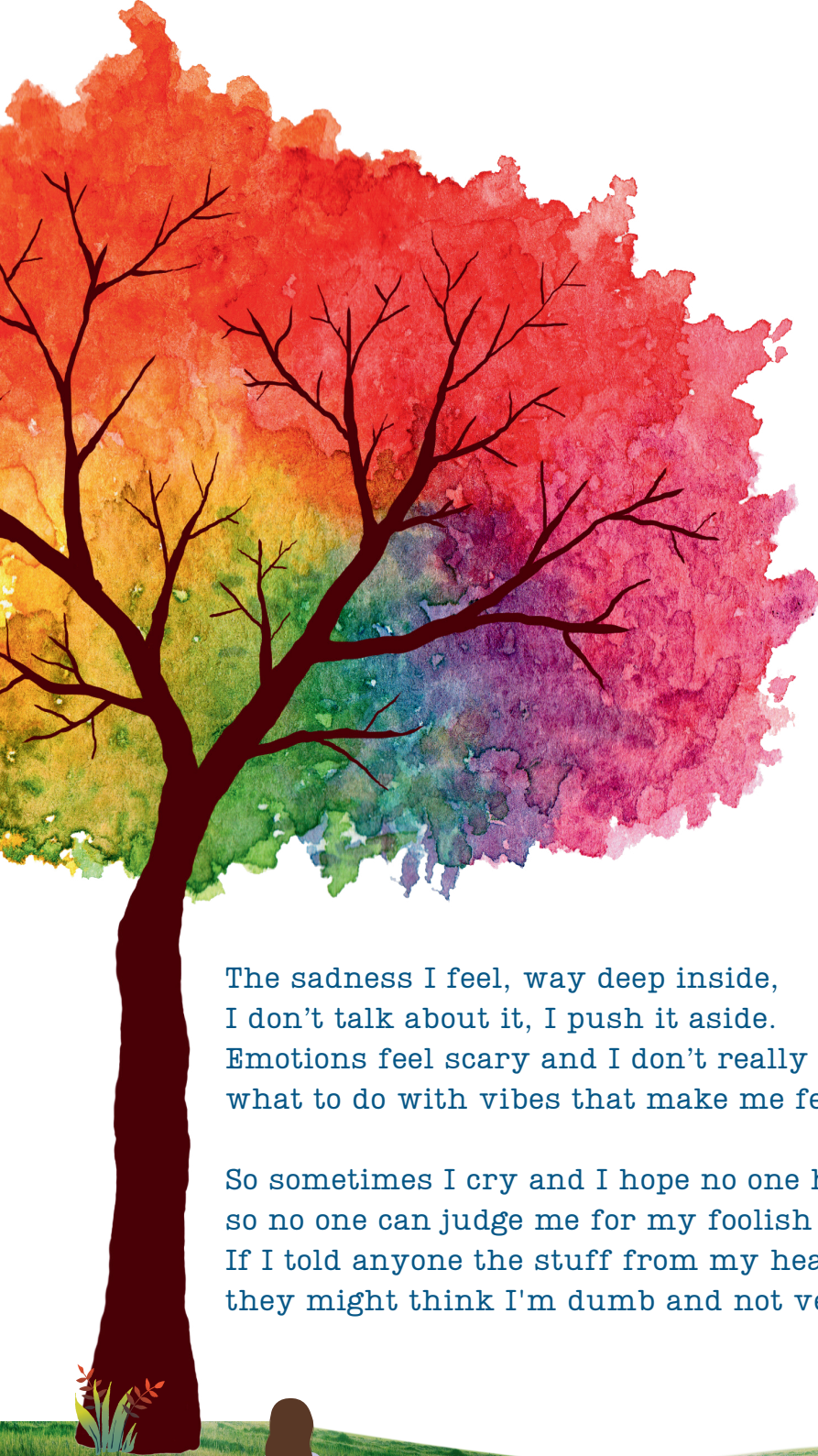
For my 13-year old self  
For my daughters





Someone asked me today “how do you feel?”  
and I said: I feel great! I feel happy! I feel  
joyful! I love life!

And they laughed and asked: “don’t you ever  
get mad or sad?”

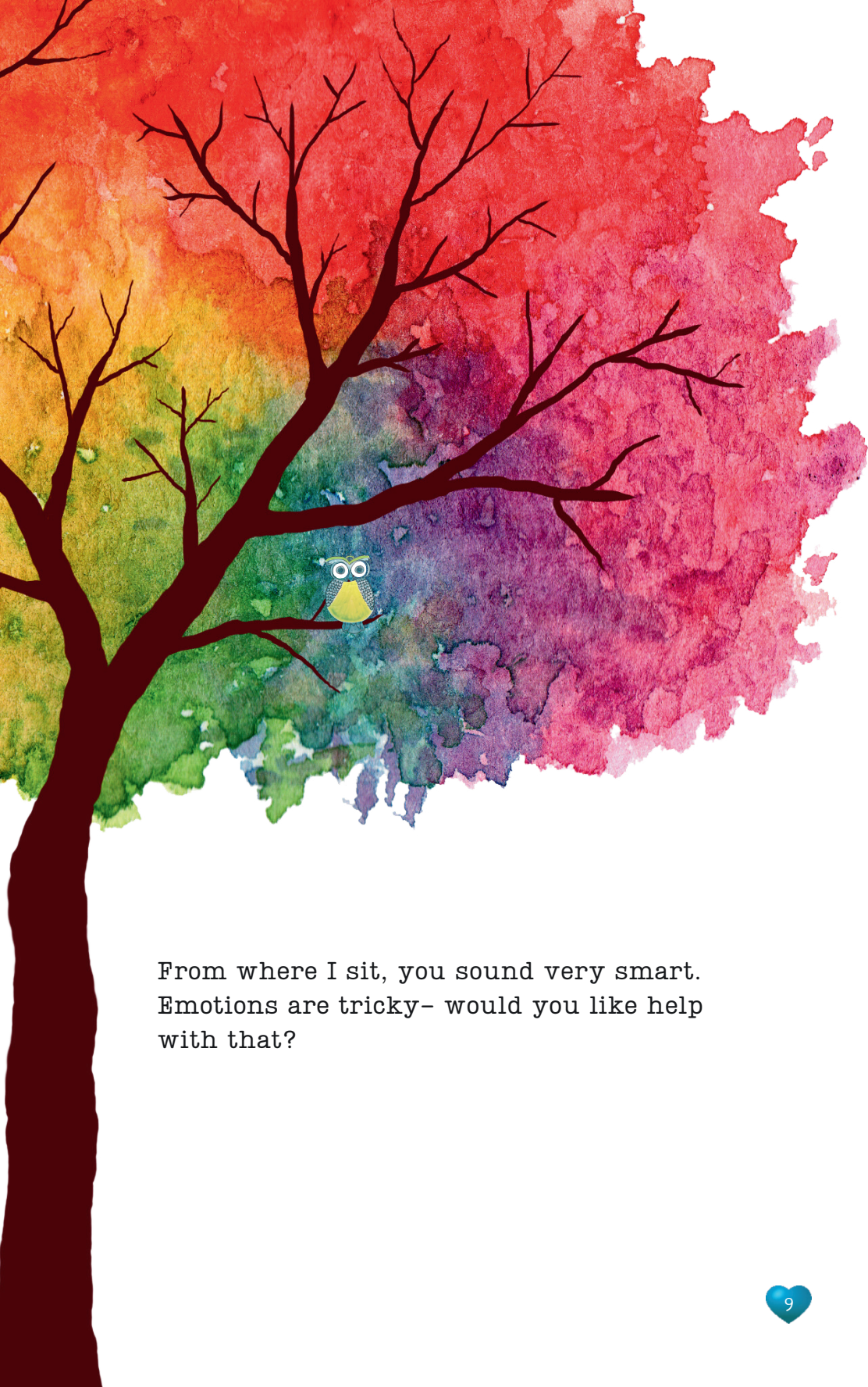


The sadness I feel, way deep inside,  
I don't talk about it, I push it aside.  
Emotions feel scary and I don't really know  
what to do with vibes that make me feel low.

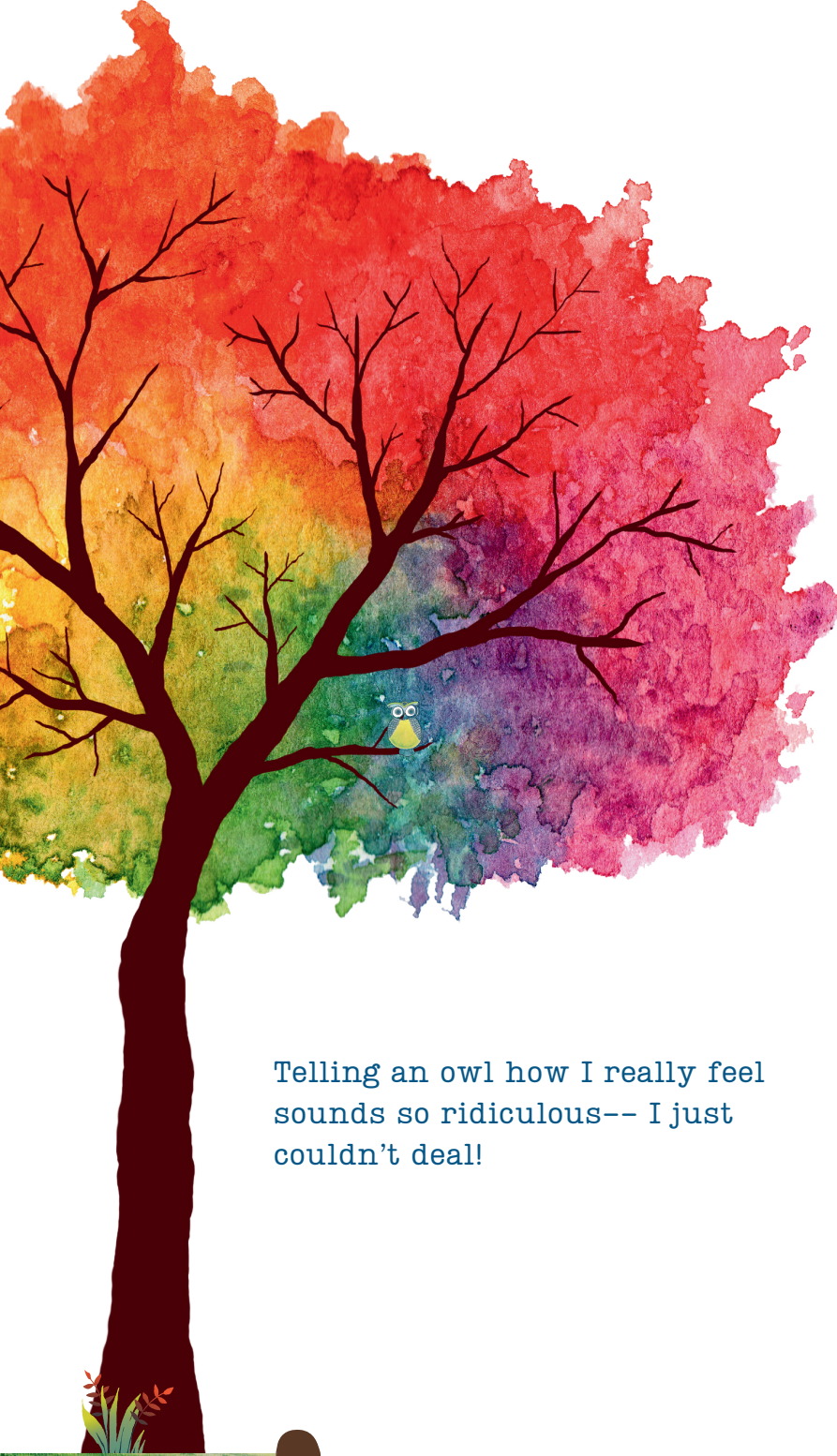
So sometimes I cry and I hope no one hears,  
so no one can judge me for my foolish fears.  
If I told anyone the stuff from my heart,  
they might think I'm dumb and not very smart.







From where I sit, you sound very smart.  
Emotions are tricky- would you like help  
with that?



Telling an owl how I really feel  
sounds so ridiculous-- I just  
couldn't deal!







Dear child, let me say this:

I fly high above currents. I sit calm in the trees.  
I welcome emotions with patience and ease.

And let me add this:

Your feelings are there for you to discover,  
what's true for you, not for another.

They're little clues that help each of us navigate,  
towards kindness and compassion and away from hate.

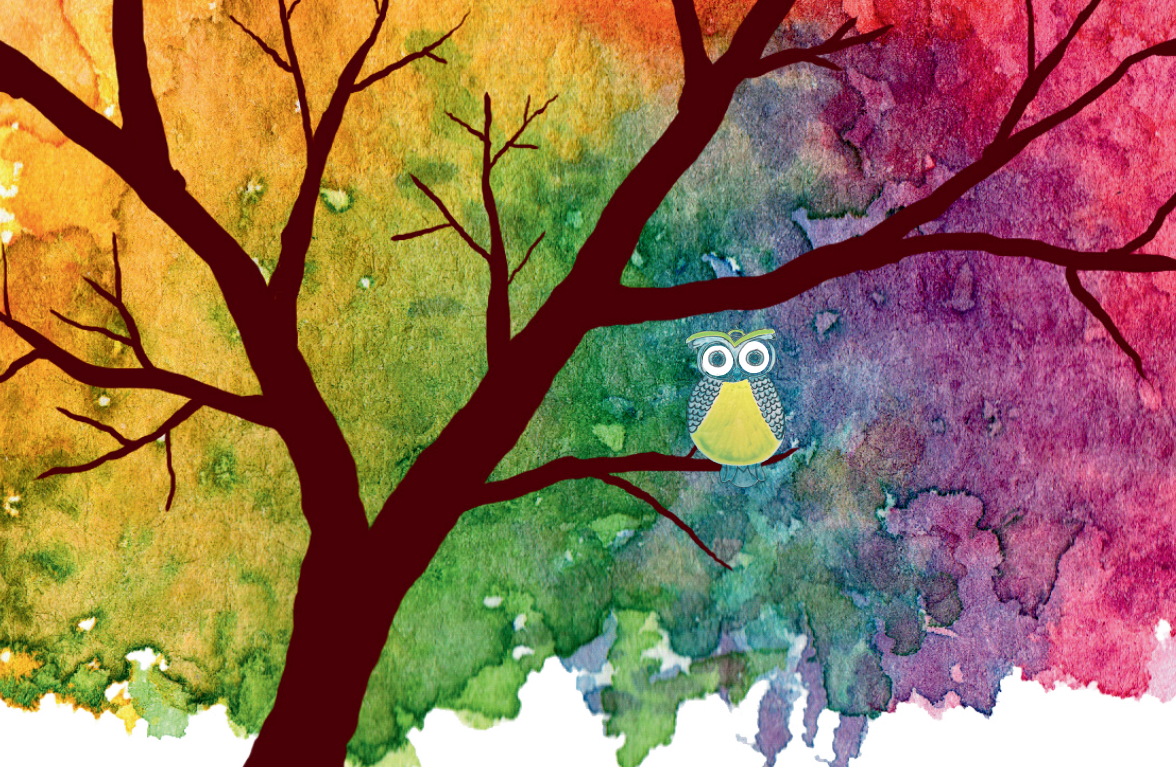


If I welcomed my feelings my brain  
might implode and I'd feel even worse—  
that's too much of a load!

All I know for sure is what I think is  
true. Can you shed light on feelings  
from a different view?



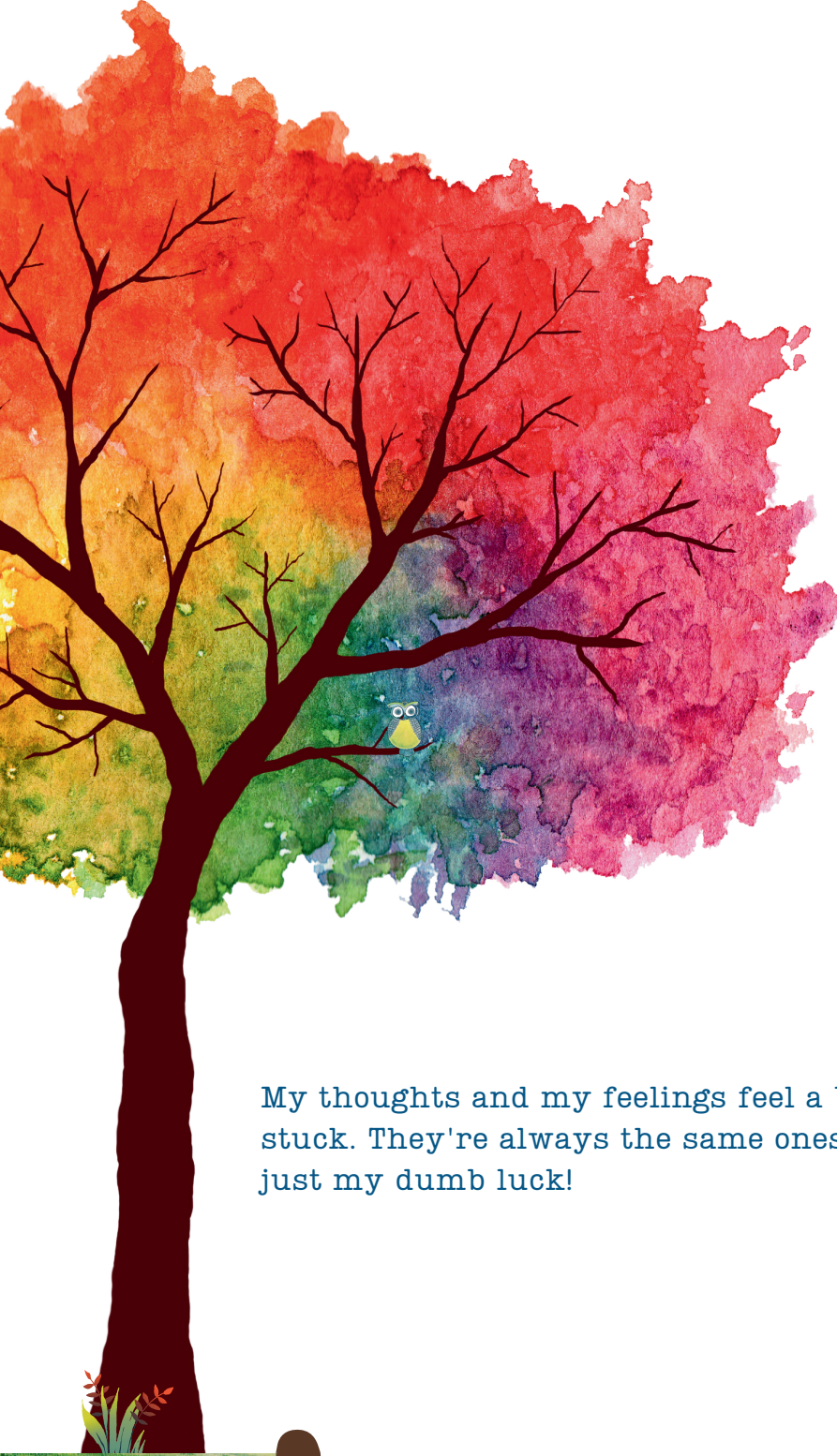




To be a wise human -- one who sees with the heart,  
you have to notice “you”, that's where you start.

Your body feels everything--  
that's what the body does!  
But there's another part of you,  
that simply just knows.

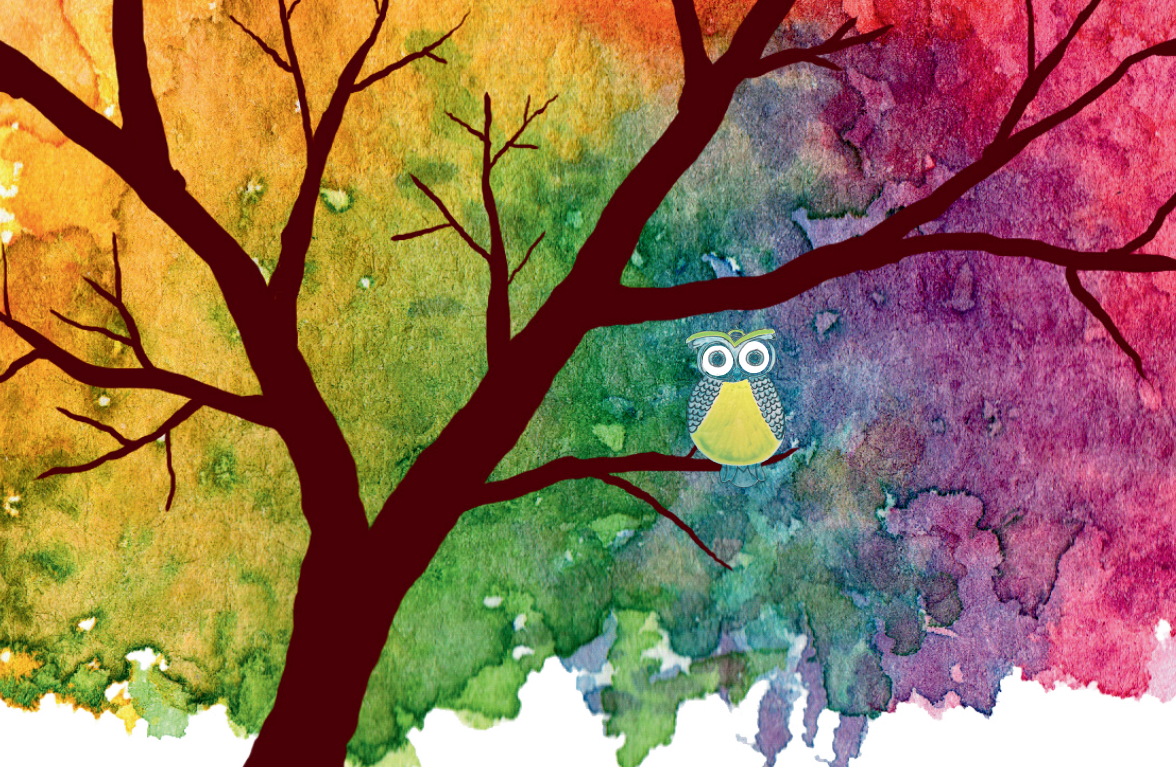
Your emotions are messengers-- they bring wisdom  
to you. They're a better way of knowing--they guide  
our way through!



My thoughts and my feelings feel a bit stuck. They're always the same ones- it's just my dumb luck!







The wise that I speak of is not found in a book,  
but in seeing things deeply, beyond how they look.

The fact that you're here, talking to me  
tells me you're seeking to learn how to see.

If you tell me what you notice, I'll tell you what I  
hear-- and we'll talk about each feeling until you are  
clear.

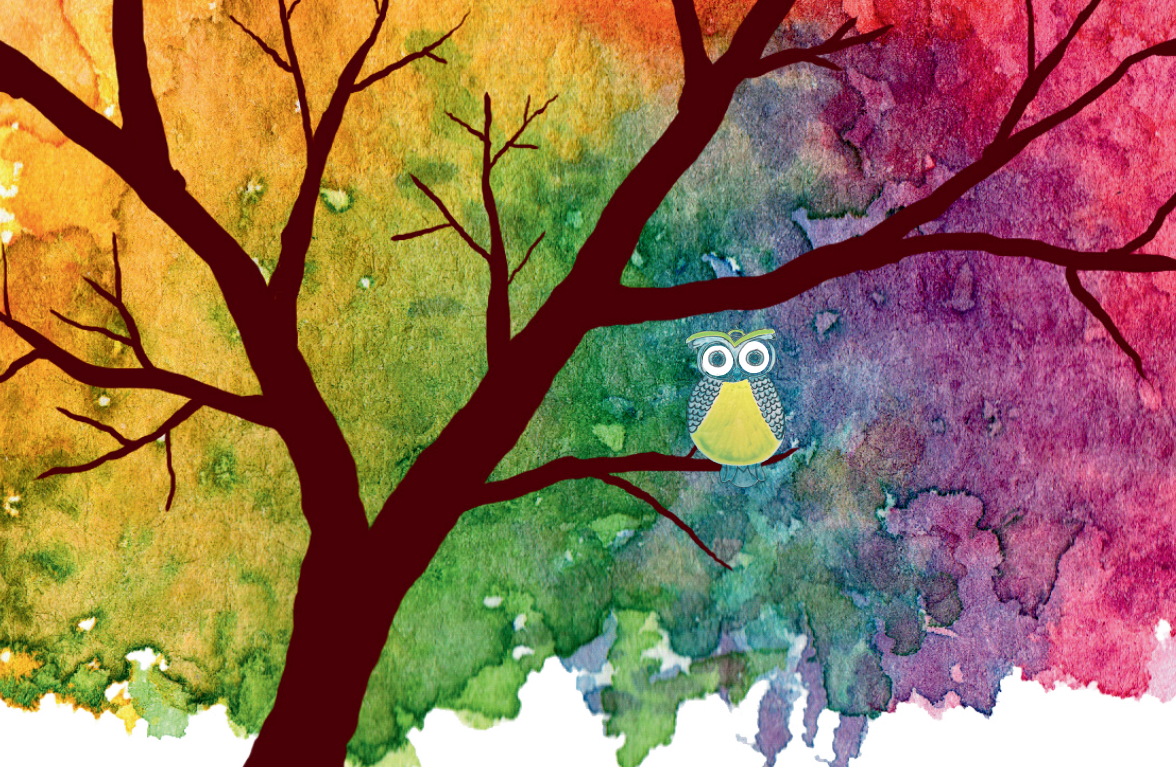


Ok, Mr. Owl-- where do I begin...

I don't like anxiety -- it's not very fun.  
When that feeling grips me I just want to  
run!





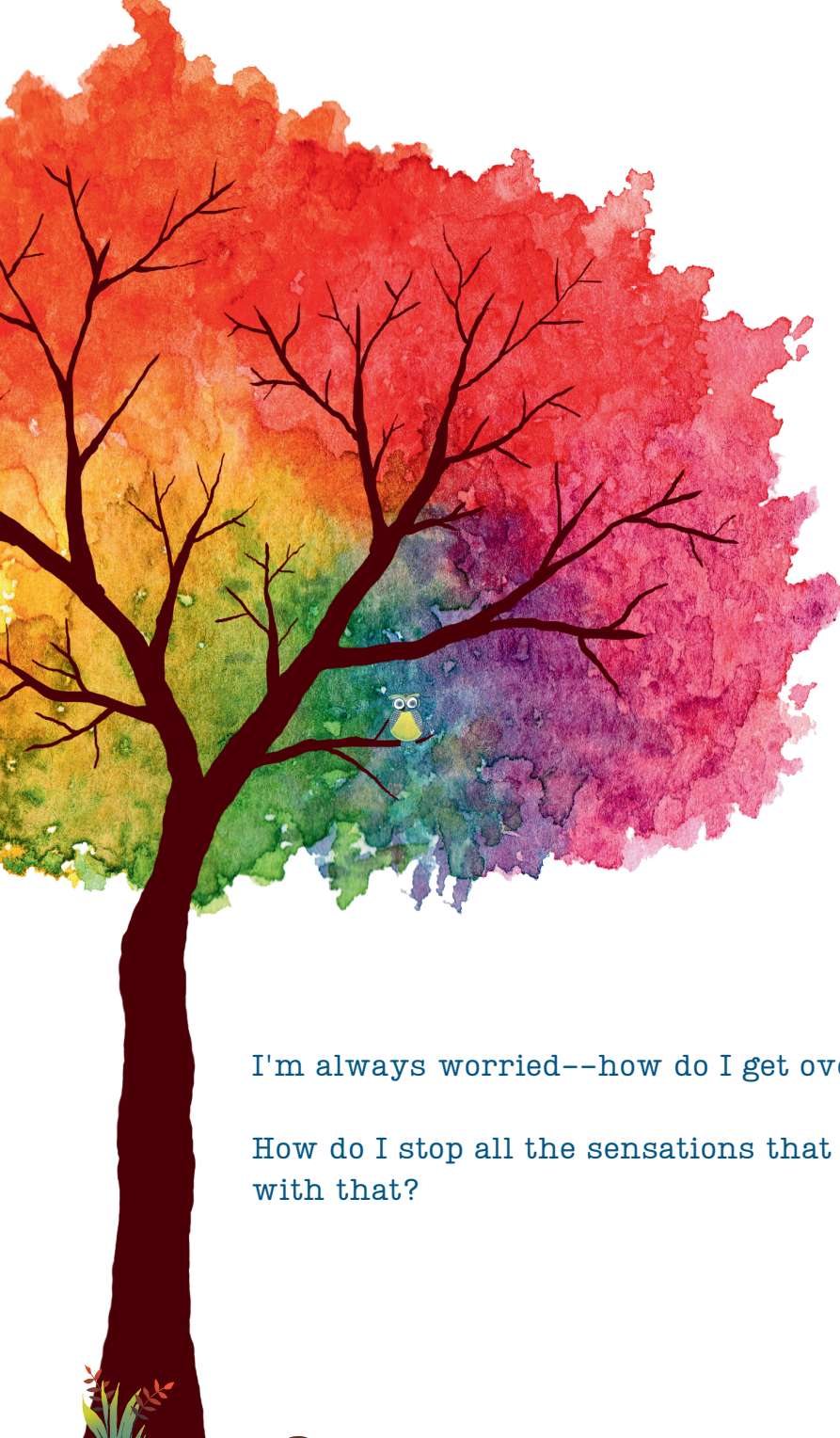


When anxiety arrives and you feel awful dread,  
it's telling you something is stuck in your head.

Take a deep, slow breath and blow gently out,  
and do this each time you're uneasy or in doubt.

Anxiety tells us we've gotten ahead and  
are busy re-playing scary stories from our head.

Anxiety is a teacher, but she sure is stern—  
her job is to alert us to be present and learn.

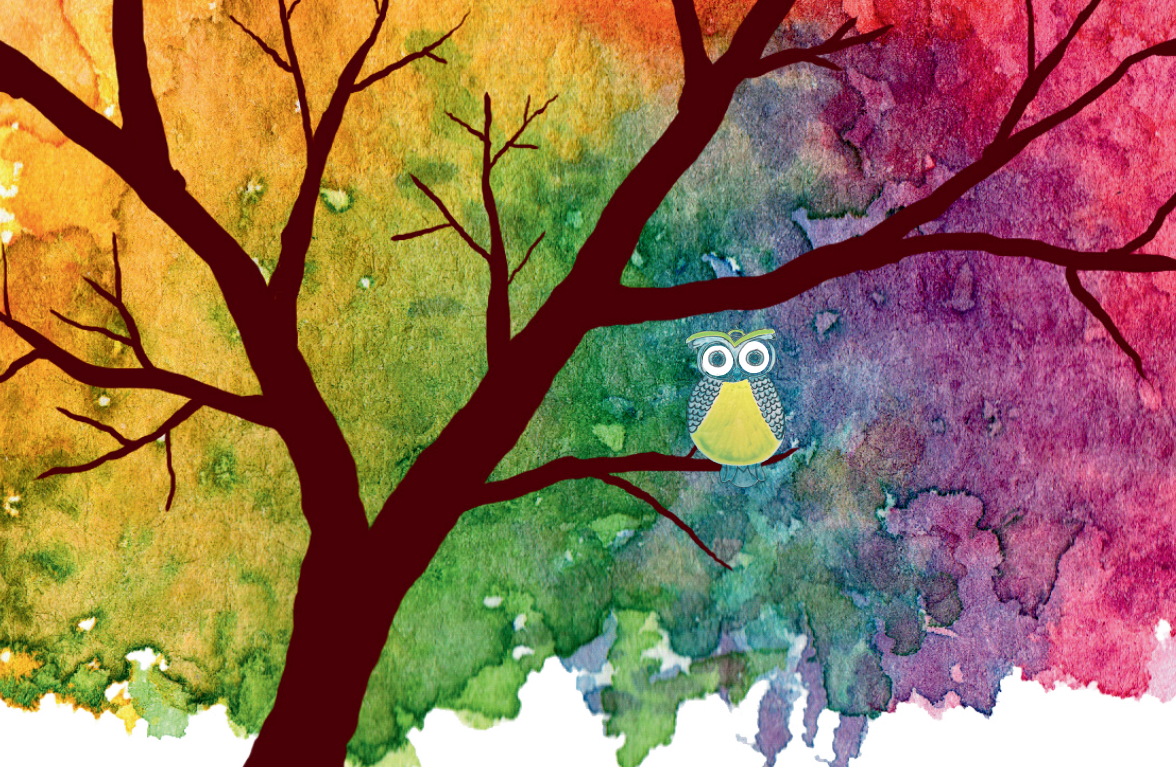


I'm always worried--how do I get over it fast?

How do I stop all the sensations that come with that?







Worry is a like a carousel -- of timelines and stories  
that make us unwell.

If you decide to jump off and stop going around,  
you'll notice a guilt beneath your own ground.

What is guilt you ask?  
Something unforgiven we must reappraise,  
and allow Divine wisdom to fully grace.

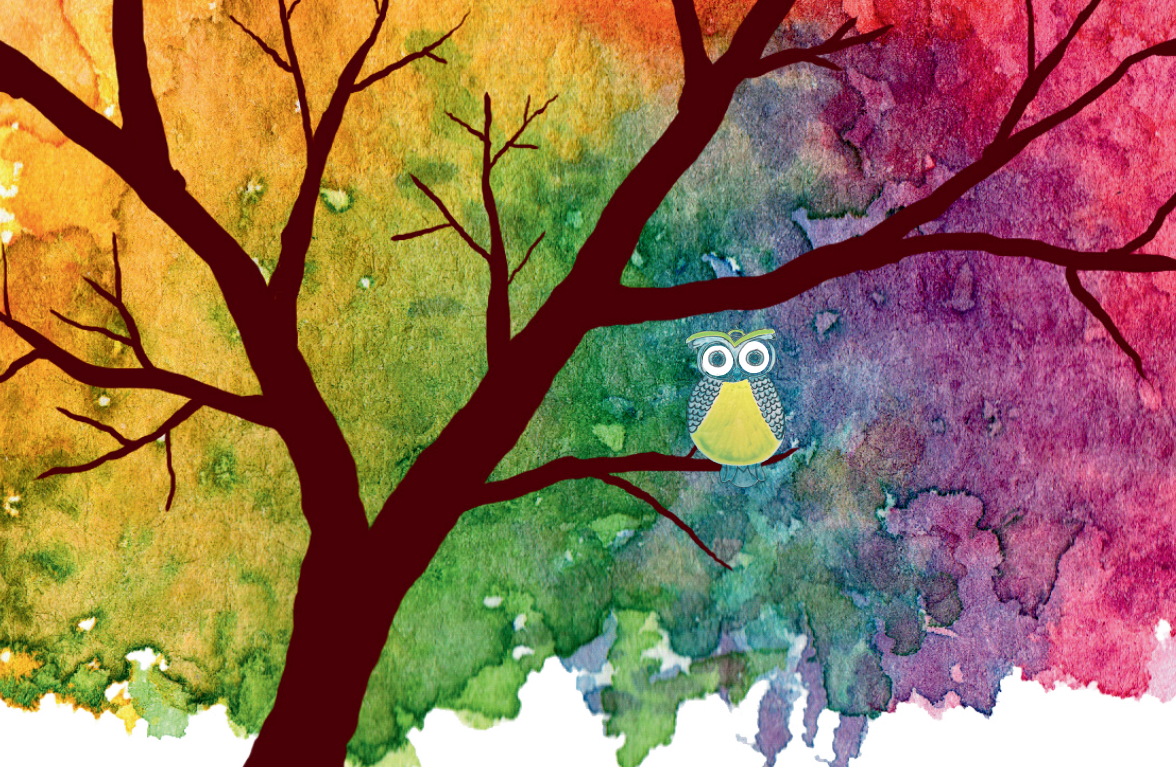
Sometimes your worry is like a good friend-- and  
sometimes it's nonsense you need to transcend!



What about resentment? Feeling jealous is something I don't like to admit--- a stupid emotion I'd rather just quit.

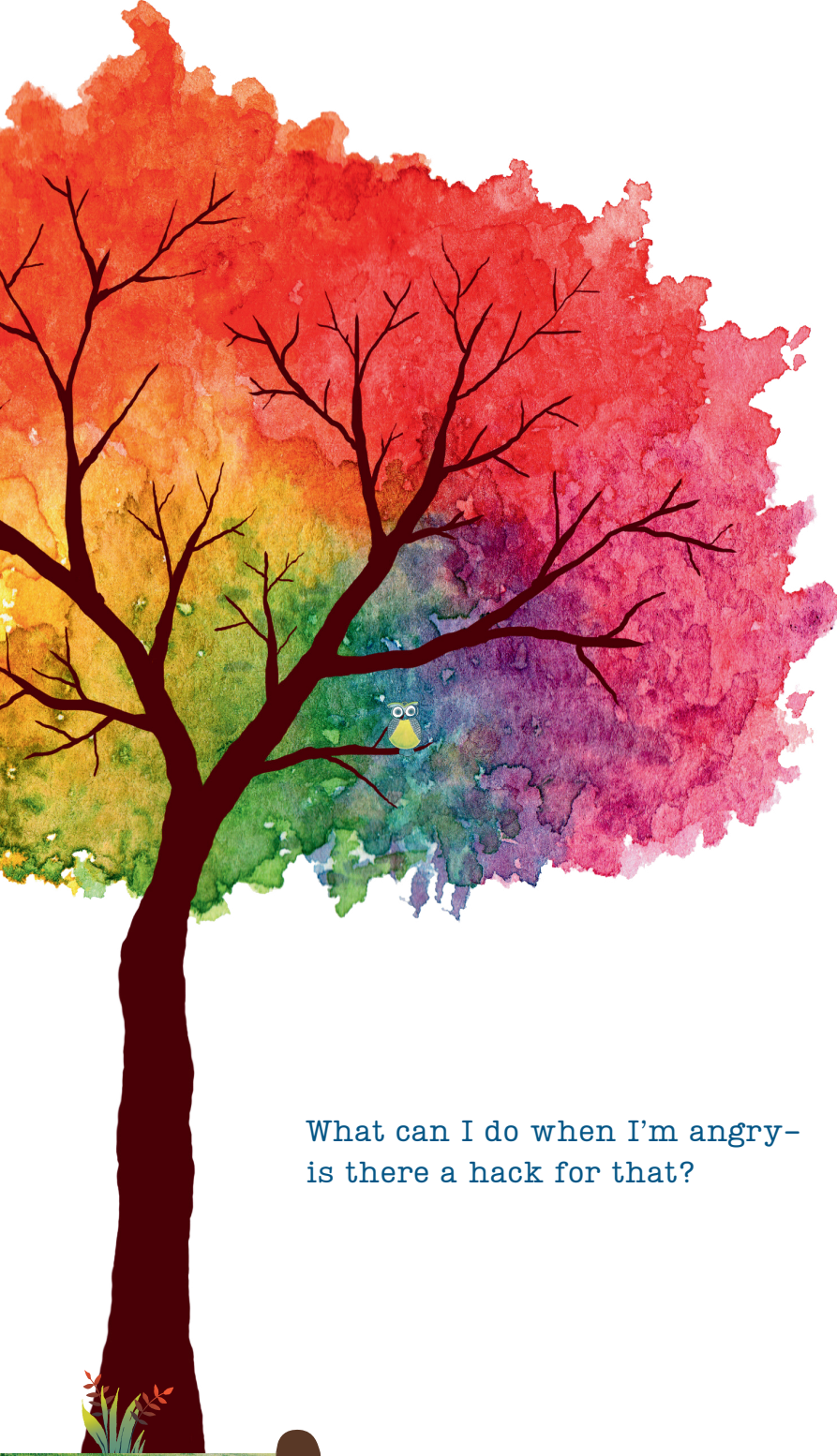






Feeling resentful for what others have  
is like looking at life through a lens of lack.

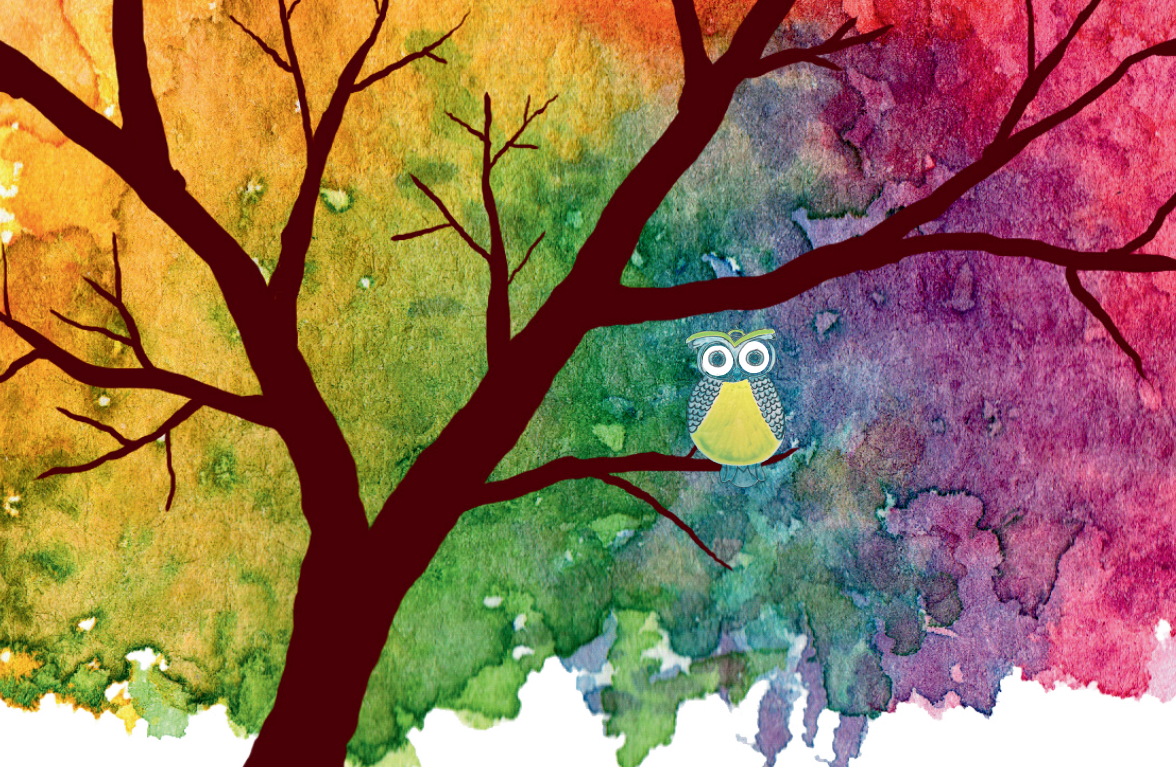
Ask yourself this question next time you feel  
that: what part of me feels unworthy? – It's a  
proven jealousy hack!



What can I do when I'm angry—  
is there a hack for that?







There's no hack for anger, it's a powerful tension—it's there to show you something needs loving attention.

Anger is not an emotion everyone heeds. But it's a nudge to ask yourself "what do I truly need?"

Our anger points us inward, to what matters to us—if you pause before reacting, that's a definite plus!

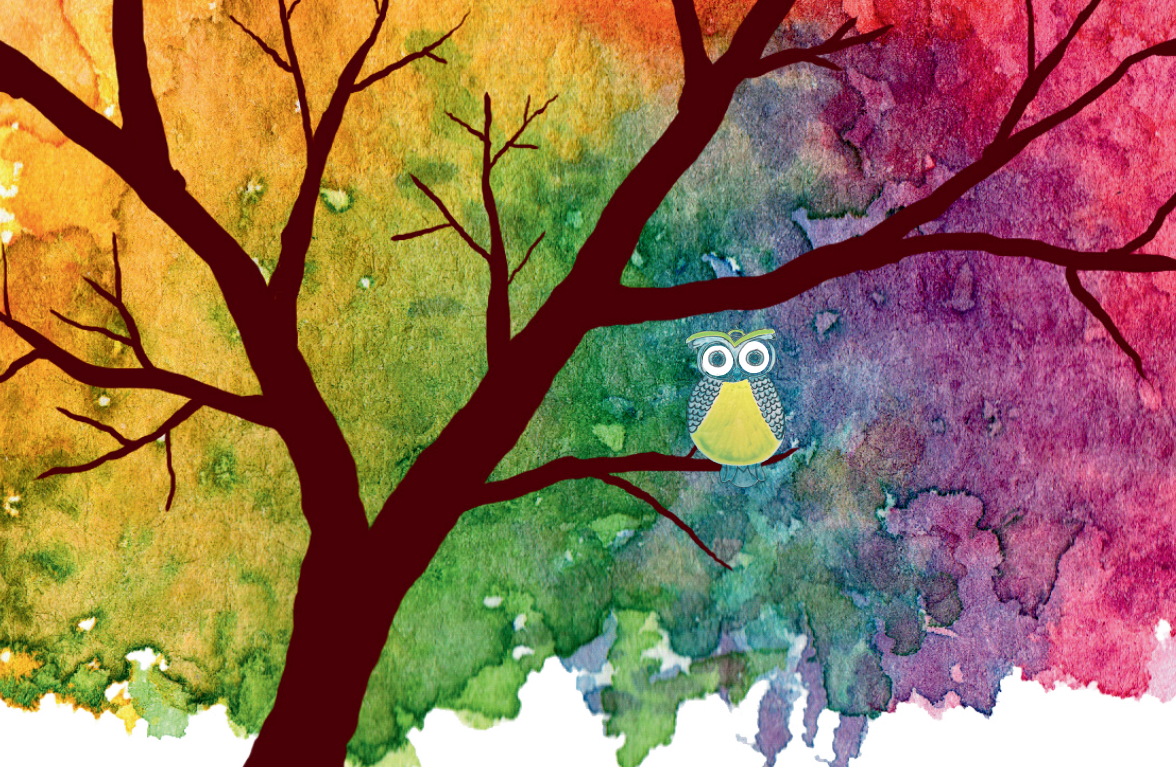
If you use anger wisely, you'll easily traverse.  
If you overreact, you'll make matters worse.



Here's another one I've never explored;  
what can I do when I'm bored?







Boredom is a sign-- a nudge from your heart,  
that's simply asking for you to align.

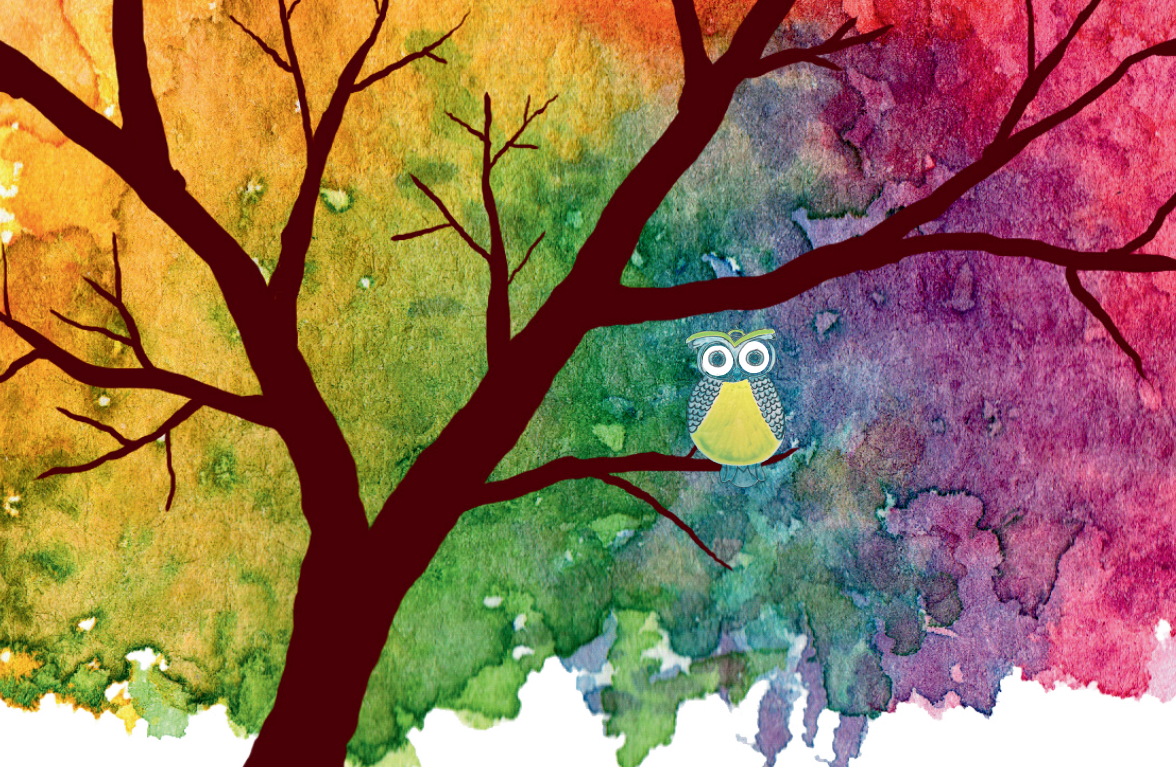
Boredom is an invitation to do what you love --  
to be playful and creative-- it's a sign from above!



What about sadness? It makes me feel flat.  
When life gets so heavy, what can I do with  
that?







We're not always ready for what life may bring,  
but rest assured Divine timing is a thing.

Sadness is a sign that you really do care,  
and you understand that life is not fair.

When you're feeling weary and you just want to  
cry, ask your sadness to please tell you why.



Mr. Owl you're so wise, I appreciate your  
suggestion--you've been so kind, but I have  
one more question.

Next time I'm afraid and I just want to hide,  
how could fear be my guide?



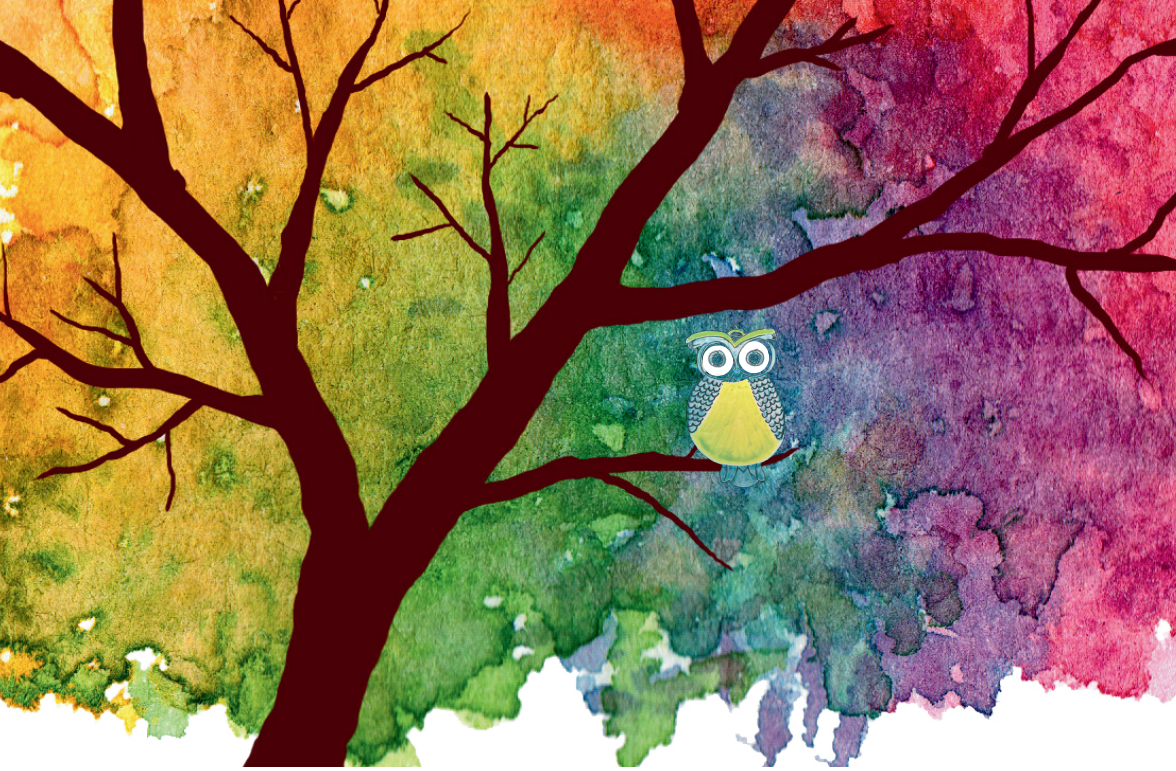


My dear sweet friend, that's a great question you ask-- one that affirms you're up to this task.

Your feelings are a way to make you aware, of what your heart needs and you must declare.

The purpose of fear is to replicate itself-- what tempers its power is grounding yourself.

Anytime you feel frightened place your hand on your heart and tell yourself "I'm here", that's just the start.



Then, with your hand on your chest, tell yourself "I love you"-- that's what comes next. Repeat this a few times and slow down your breath.

Saying "I love you" is an assertion that awakens your senses and dissolves separation. You can use this technique no matter the situation.

Love over fear is what we all must learn.  
When you feel scared, that means it's your turn.





# About emotions



Whatever you feel is true and real for YOU because you are the one experiencing it. No one can tell you how or what you feel--or should feel.

Our unique wiring and world-view informs how each of us experience, process, and leverage emotional information. For all of us, but especially for neurodiverse individuals, emotions can be challenging to decipher. Autistic individuals, in particular, have unique experiences perceiving and processing emotions including sensory overload, emotional intensity, and alexithymia. Valuing these perspectives can contribute to a more intelligent and compassionate society.

In a way, emotions are like software-- always running in the background. An integral aspect of our human physiology-- emotions are electrical and/or chemical messengers that influence functions like mood, sleep, respiration, digestion, and overall energy. Emotions also shape our social and interpersonal relationships. Helping us recognize the most beneficial partnerships and friendships-- ones that truly nurture our wholeness.

Understanding our emotions and emotional data is a life-long practice--one that enables us to live with greater awareness, ease and love.





Here are 2 simple steps for working with your emotions:

- INFORMATION: Use the emotion and its energy for YOU.
  - notice your feeling/emotion
  - name it (if you can), draw it, describe it
  - recall the last time you felt/experienced 'it'
  - notice the pattern-- when and how it occurs
- ACTIVATION: Ask yourself -- what is the wisest action I can take given this information?
  - Is the information telling me I need to take internal action? (explore further through journaling, nature, counseling, or healing modality)
  - Is the information telling me I need to take external action? (speak bravely or remove myself from the situation or person)

PRO-TIP: Journaling is a proven way to help us understand how we feel.

PRO-TIP: If you're struggling through an emotion or recurring feeling ask for guidance through your dreams. Jot down immediately upon waking, otherwise you'll forget.



## The healing emotions

These difficult emotions "the challengers" generally direct us to turn inward-- to connect with our hearts and the wisdom within. When we don't, we're likely to generate incoherent or painful outputs. Our greatest growth as human beings comes from accepting, understanding, and integrating their wisdom.

fear- ground/center your attention, focus on your breath  
[unify]

anger - acknowledge your unmet need(s) [humility]

resentment/guilt- prune what no longer serves [forgive]

boredom - honor your creativity [passion]

worry - trust yourself, trust God/Source [surrender]

despair - understand your why [purpose]

jealousy - look inside yourself for power [worthiness]

apathy - observe the unfolding of your life [faith]





## The creating/creative emotions

The creating emotions carry a different kind of vibration--- they feel good, calming, and bring a sense of order and coherence to our minds and body. These emotions generally comprise the emotional software that directs us to create and co-create with others-- from our higher Self and for our highest good.

love - create the good and beautiful  
joy - honor your creative spark  
gratitude - feel the divine grace  
passion - feel your desires  
excitement - observe the flow of your life  
enthusiasm - feel your purpose  
satisfaction - feel your peace  
hope - trust yourself/higher Self

# Towards inner-peace, emotional sovereignty and wellbeing

Our feelings and emotions carry information, insights, and energy for our health and well-being. They invite us into awareness of ourselves, our needs, and often into action.

The adage “no one can make you feel anything without your consent” is relevant throughout our lives. As a free-thinking being, you're in charge of your thoughts and feelings. Being aware of what lifts or drags you down is a life-long practice.

PRO-TIP: Equanimity arises the moment we realize that we're not our thoughts or emotions, but the one observing them!

When others trigger certain emotions in us that's because we're aligned or in agreement with the energy-- otherwise we wouldn't become activated. Just noticing this in yourself is one of the greatest life skills you can work with and hone. Remember, outer peace comes from the inside-- from your own inner peace.

May your feelings (all of them!) support the knowing that you're already whole, benevolent, and loved. May peace be with you.











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