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When you are ready to feel it, you can heal it. The question is- Are you ready? This entry was posted in Healing and tagged awareness , diseases , emotional body , emotional pain , emotions , express yourself , feel , feel it to heal it , feeling , Healing , heart , trauma on April 12, 2016 by neem005@msn.com .

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Other times, your body may be in shock so you don't feel anything at all--at first. But usually a broken bone means a deep, intense ache. And depending on the break, you may feel sharp pain, too.

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You can't really expand into love (in the way I have defined this term in my new book, Expanding into Love)*, if you are not willing to open up to the full range of your feelings. The goal is to allow yourself to feel all your feelings no matter what they are.

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