

Article 53: What Are Sensations ...Anyway?

What are sensations? They are your self-chosen reactions to individuals, events, and circumstances ...and your way of measuring and understanding your inner/outer environment, as it makes personal sense, by maintaining your self-chosen dynamic equilibrium, ...also known as homeostasis. For instance, if someone presses on your arm, you don't feel that person's hand, you sense the amount of pressure you must exert to maintain a balanced inner-environment; ...in truth, you feel yourself. In the same way, if you feel that matters, circumstances, individuals, or endeavors are pressing in on you, you are actually feeling your own reactions and resistance, ...not the individuals or events.

You never feel, for instance, happy or sad or depressed or imposed upon, you merely have a sensation and then because of your beliefs, attitudes, inner/outer environment, presumed observations, and judgments, you decide, or attempt to decide, what that sensation is, ...and you send signals to your body (which is also sensing) to react accordingly. In this way, you alone choose your sensations. And if you object to this statement by declaring that when you are cold, you don't have to decide what that is, *you're just cold*, ...we will remind you that "feeling cold" varies considerably from one person to another, and it varies from excitement to fear, ...so even feeling cold depends upon you, ...and continuing and intensifying this feeling blocks out other sensations.

No matter what you feel or sense, your feelings and sensations depend upon your beliefs and memory. In fact, all feelings and sensations are determined **before** the present event or circumstance ever occurs. When feeling happy, mad, glad, or sad, ...or even cold, you merely sense or have sensations, as determined by the resistance required to maintain inner/outer equilibrium, then you search through memories of previous experiences to determine what the sensation is. If, by comparison, your closest memory to your present sensation is one of sadness, you will declare the sensation to be sad ...and you will respond accordingly. If your closest memory-sensation is one of anxiety, frustration, excitement, or disappointment, you will label the sensation accordingly ...and respond in those ways. And if your closest memory-sensation is one of being cold, you will label the sensation accordingly ...and respond to the cold; ...and even if your reaction seems automatic, it is a conscious response based on prior memories and reactions.

In all of this, you can see that by determining a sensation in these ways and reacting accordingly, you are determining, from memory, your feelings, sensations, and reactions even *before* the present event or sensing has occurred, and you are living those old sensations again in the

present. You are living and responding to the past, ...is that fair to the present event, circumstance, or individual? And you are judging the past, ...not the present. Yet you probably believe that your feelings and sensations are always true ...and to be trusted, ...don't you? Don't be too certain.

You have what it takes to change your feelings and sensations ...and live the self and life you truly desire, ...or you can, of course, continue projecting your old experiences, feelings, and sensations on to the present, continue living your lifeseff "as usual", and continue judging without knowing the truth of what you are judging. Be patient and self-understanding, ...begin sensing and feeling clearly and truthfully, for genuine, awareful inner/outer sensing is vital, but it takes time, effort, and desire to build this sensing. Are you willing to create the feelings and sensations today which you desire and are willing to live in the future ...and forever? ...or will you continue living the past?

Are you willing to live your purposes, relationships, and entire life with inspired sensations and feelings, sense without judging and feel truly and honestly. Are you willing to learn and progress beyond your old sensations and feelings? Meet whatever is before you with a real sense that true understanding, achievement, sensations, and feelings are at hand. Open yourself to new sensations and feelings, to true sensations and feelings. Examine your present sensations and feelings. Fill your sensations with understanding and your feelings with inspiration. Direct your sensations and feelings to greater truth and understanding, ...take the next vital step of self-awareness. In what other ways are you keeping yourself from feeling the truth of yourself and your environment ...and those around you?

Your sensations and feelings today are the foundation of your self and life tomorrow ...and endless tomorrows after that, so choose wisely. Your feelings can be much more than the sum of your previous experiences and reactions. You are worthy of finer feelings, ...so choose them and live them. Sense clearly and feel wisely, ...stop focusing on old, disruptive or undesirable feelings. Believe wholly and feel wholeheartedly, ...or are you afraid to believe and feel wholeheartedly?

Discover and use greater and finer inner-resources. Take this step toward abundant, enriching feelings; ...let them be clear, unclouded, and unrestrained. Do not hesitate to sense anew ...and move into a world of extraordinary feelings and wonder. Peace in your experiences and in your world begins with peace in your sensations and feelings; ...and though you declare your willingness to be fair-minded, it seems that you have not been

fair-feelinged. Give your sensations and feelings the space and freedom they need to change and grow.

You sense only as you believe, ...do your beliefs fully support the self and life of happiness and wellbeing you desire? Are you truly sensing others ...or only yourself? Are you open to differences and finer sensations? Are you willing to let others grow beyond your feelings and judgments? Since your feelings about others are feelings of previous experiences and responses, ...wouldn't it be wise, exciting, and inspiring to get acquainted with all of the strangers in your life? There is no greater love you can offer than to let all others be as they are, not as your feelings, previous experiences, and judgments color them to be.

In what ways do your previous experiences and responses limit your sensations and feelings today? ...your self and life today? You can make an important difference in your life and world, for you have the right and privilege to select the sensations and feelings you want ...and the experiences you desire and will have.

Be receptive, not selective and restrictive.

