

Natural Healing Express Weekly

Column Volume 30 Tid Bits from Feelings Buried Alive Never Die

We have completed the weight loss series and are on to a few new topics. This week I will share some thoughts regarding our emotions and how I believe they can transpose into disharmonies in the body. In layman's terms, this means how your emotions affect what is physically going on with you.

There is enough information regarding this topic to do an entire series, which will be considered depending on what you, the readers, want to see so let me know. Call or email.

One of the best references regarding this topic comes from a knowledgeable Christian lady named Karol S Truman. Karol has written a book called Feelings Buried Alive Never Die. Karol is not a doctor, yet she was divinely inspired to write this incredible reference. This book is one of two I recommend at Natural Healing Express.

I should probably tell you now part of my educational background stems from the psychological standpoint, so I was naturally curious about the emotionally element and how it related to physicality when I picked up the book.

I never put it down. I read it cover to cover. And for most of the time since, I have kept at least one copy with me at the office or house. Reason being, it always seems to help someone. Whenever someone brings up this or that ailment and I have a little extra time, I reference their complaint and ask about the underlying emotions they have been feeling. I haven't seen it miss.

It's fairly simple. Show a disharmony, grab the book and look up the underlying emotion behind it. Radical? Perhaps, but think this through for a second. Wouldn't everyone you know who is going through some type of health crisis really like to "get to the bottom of it"? Or more so, for those folks having already suffered through surgeries, radiation, etc., like nothing more than to NEVER repeat it? Well, then we need to look outside the proverbial box for possible causes.

Let me give you "the gist of it" as Homer Simpson would say. We all experience emotions at some level every day and for very different reasons. We're humans and stuff happens. That's just life, right? Well, depending on our Bio-Individuality (of course), and our Emotional Intelligence as we deal with our emotions, we "process" them. Some are held in, some are released. Releasing is good, if done in a healthy way. Those go away and "metabolize" back into the universe.

Of the ones that are held in, maybe some of us save a good cry for later or work it out in some physical way such as a run, yoga, dancing, etc., as soon as reasonable possible. Also a good way to "metabolize" these emotions back into the universe. Whatever helps us to release and not manifest is essentially good. As long as your method is lawful, reasonable, non-abusive, non-endangering, blah, blah, blah.

So, let's talk about the emotions that do MANIFEST. These are the whole premise of which Karol's art is based; the emotions that we don't work out or release. These are the ones that seem to eat at us for an

extended period of time. Maybe the situation has long passed, but our reaction to it is being held and held and held, so essentially it manifests somewhere in the body.

Now we are getting to the meat of her theory, Feelings Buried Alive NEVER Die. If you do not allow the emotion to process, it is essentially “buried alive” and stored somewhere in your body. Or, quite simply, it does not metabolize. If I were to humbly add to this title, my working title might be Feelings Buried Alive Never Die, but You Might. Not to create some big scare tactic or be dramatic but to somewhat humorously add to the seriousness of the topic at hand. Much of what really causes the ever increasing health issues in our society today is related to our inability to release our emotions.

Are you getting me here? There are a million examples of situations that cause folks to manifest their emotions. There are many other reasons why these feelings may never process. So let’s indulge this theory for a second and parallel a disharmony with emotions that are seemingly buried alive.

We are jumping right in, so here’s a biggie. Stomach Cancer, whose probable underlying emotions according to Karol S Truman are feelings of condemnation and hatred, feelings of malice, feelings of wanting to get even and feelings of unforgiveness. Make sense?

Here’s another. Gout, whose probable underlying emotions are feelings of judging people harshly, feelings of impatience, feelings of anger held inside, rejecting others or the world around you and wanting to dominate.

In Karol’s book, almost every disharmony imaginable is paired with underlying feelings. This is done for education and empowerment. So when you are looking to heal yourself, in my professional opinion, attempting to do so without recognizing all aspects is like trying to paint a masterpiece without a primary color. Let me hear from you all on this topic. It’s sensitive, but if there is interest, I will do a series.

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