

Feel

The pocketbook of life

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We
are born to **feel** and
feel our way through
life....

The reason humanity
is not evolving faster
than AI is because of
not **feeling 24 hours a
day.**

We have given
precedence to
thinking over feeling.

This is the biggest
mistake of
humankind.

Since we do not
understand why that
is so... and we are
living in reverse....
this book is here to
guide us to **unlearn**
and **learn** the basics
of living... from which
we can then go and

play this life the way
we want to... and not
be a puppet in
desperation.

This book is about to
navigate us through
life in all and every
area of our
lives....without any
fillers to stretch the
knowledge...as this
knowledge is linked

to everything else... in
an invisible way.

Nonetheless more
knowledge might be
wanted by people
who practice these
basics of feeling. Life
is grand... and it can
overwhelm us if we
do not practice the
basics almost 24
hours a day. Which is

literally child's play,
but we have made
our 24 hours
complex.

We are all intelligent
enough to
understand concepts
but very few can
practice...

why is that so?

Just like life! the
message is simple...
We need constant
reminders to steer us
in the happy direction
of life in any given
moment.

Why is that so?

Because we have a
hell lot of addictions
of every kind.

Physical and
emotional and
mental. We like to get
set in our ways
because it gives us a
sense of stability...
but it doesn't help us.
And that sense of
stability is fleeting.

And then we go down
the rabbit hole of
material things.

Not that one has to
give up
materialism...but
materialism is empty
without the
happiness of our soul
in it. Without it, it
brings fleeting
pleasure and takes us
deeper and deeper
into abyss... to find

happiness...which is
not there.

So, we just follow the
established system
and make a joint pact
that this is life, and
that we are all in it
together and keep on
going in it (rabbit
hole) together.

We somehow have
the belief that if we

all (the whole world)
does it together that
it is the right way to
live and be happy.

Still people are
constantly trying to
be happy...taking
daily actions that will
make them happy.
But the reality is that
to be happy we need

to be happy before
we take the action...

The question is...

How much do we
want to be really
happy... what is the
intensity?

The airtime that is
needed to live a
happy life depends on
the intensity of our

intention to live a happy life. So, we need to concentrate on increasing the intensity of our desires.

How much do we want to evolve in each area of our lives?

Because how much we want to evolve...

impacts everything
we do.

How we do anything
is how we do
everything.

This does not mean
how the world thinks
we do... in what we
do... it means how
our heart thinks

(feels) we do...in what
we do!

The CREATOR

(someone created us)
created this world
and has laws in place
so we can prosper....

or not... (it's our
choice) it is evident
later in this book...

It is simply our call.

We just need to give
airtime...to some
basics like

What goes around
comes around.

This fact is not
explained well
anywhere... too much
unnecessary
information is given
on this matter which

confuse us. And it is called Karma...

It means if we **think, feel or do anything...**

has an equal reaction somewhere down the line!

The missing link (which usually is overlooked) here is **think** and **feel...**

Many do the **do** part better because it is the most visible part and the cosmetic part...

Some do the thinking part well too...

But the **feeling** part seems to be out of control of our life.

We underestimate
feel part the most...

And the feeling is the
most crucial part...

The most innermost
and the core...

If the core is clean
and steady so are the
other two... so is our
life!

Whereas if we are making so much effort by thinking (the right things) and then doing it.... we spend a lot of time, and we don't seem to control our lives well...

Thinking and doing takes a lot of energy and time...

It is not an efficient
way of doing things!
Period!

It all comes down to
feeling...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

Some people feel things more naturally than others some people clean their feelings naturally than others and some people are somewhere in the

middle. (There is a reason for that) The issue is that we do not know what to do with our feelings and that is why we create what we create.

Some create better than others only because they clean feelings better than others and vice versa.

It is all so
random....and so we
lose trust in life.

It is the feeling part...
that will give us the
satisfaction that we
are looking for.

Whether it is a good
feeling or a bad
feeling or just no
feeling (a feeling of

void) ... all kinds of
feelings will set us
up... for life.... No
matter what
happens...

Let us keep this
FEELING in our
pockets all the time...

In other words, carry
our hearts on our
sleeves.

Instead of trying to control what comes into our life...It is wiser to be ready for come what may... which then in turn will get the ball rolling to bring us situations that we will have fun with...

What goes around comes around... in

every sense of the
word...

In order of
importance... first and
foremost what we
feel comes
around...what we
think comes around...
and what we **do**
comes around...

Only we know it
does... no need and it
is impossible to prove
it to others. Because
others are not in that
equation...It is **OUR**
life!

Even if we are
married to something
or someone...it is
OUR life...

We are at the core of
our lives... others are
a reflection!

So, the person next to
us is just telling us
something about us!
And vice versa!

Most of us wish we
knew what to do
specifically in the
situation we are in...
at any given time....
because we think our
situation is unique.

We think we need a
complex set of
instructions to undo
the mess we are in.

The reality is that yes,
it is unique!

But the solution is
easier than we think.

It is our complex
thinking patterns that
make us think like
that. In fact, thinking
our way through it
will not give us the
satisfaction we are
looking for.

It is feeling through
this problem that will
take us there.

Feeling will bring the
clarity to our minds.

Feeling will break old
patterns and free us.

Feeling will make us
the person we want
to become.

Feeling will give us the idea of who we are and where we want to go.

Feeling will make us loving towards ourselves which in turn will make us loving towards others.

Feeling will make us
forgive others who
have harmed us.

Feeling will remind us
of the things we have
forgotten... that we
need to do... to
become an evolved
human.

Feeling is what we
need to come out of
depression.

Feeling will make us
create and expand in
energy and in the
material world.

Feeling is all we
need... to start
anything!

I cannot write enough
about feelings.

So, the question one
might ask is...

How do we do that?

Or one might say I am already feeling and not much is happening the way I want.

First and foremost, we need to just feel and give more **IMPORTANCE** to our feelings than

anything ails in our lives.

When a person says I exercise regularly but I don't see desirable results.

It is because either they are not doing it right or... not consistent enough...period!

We all know what it takes to live a healthy and fit life...but we don't do the things it takes to get there.

Why do we do that?

Why do we not do the things that will be good for us?

Why are we lazy? Or
sick? Or not in the
mood?

Or even...have **no**
knowledge of these
things?

It is all because we do
not **feel**
enough...period!

**The secrets lie in
those...FEELINGS.**

Imagine an egg...

The core of the egg is the feeling part...our soul.

The white part of the egg is the mind...that shrouds the yoke and takes over on all

sides...and the shell is the physical part that is visible to all.

If there is problem in the yolk it affects the whole egg.

Similarly, if we have defects in the core in our feelings our emotions... our mind and body is affected...

subsequently.

We can now
therefore understand
some basic laws
about feelings...and
how to feel and what
to feel.

We have good
feelings, bad feelings,
no feelings, blah
feelings, and all kinds
of feelings.

No matter what feelings we have... it needs to be FELT... to either release it from us if it disturbs us... or reinforce it if it helps us. Which happens automatically without thinking...

We are innately loving beings, but we

inherit the feelings
and emotions of our
parents and
ancestors while we
are in the womb.

There is nothing we
can do about it... (but
there is a reason...
which is not a clever
idea to probe at this
point)

We are born with this set of emotions and all kinds of feelings and complexities...

The question now is... because this set of emotions will rule us all our lives. How can we reset them to our advantage and clear the unwanted data?

It is done by
genuinely **FEELING**
our way through it.

It sounds simple and
it is...the matter is
that we have gotten
accustomed to
complex procedures
that are not working.

We can start
deliberately feeling.

It will take time and it
will be
uncomfortable...none
theless.... it will give
us what we are
looking for.

It depends on how
much airtime are we
giving to our
feelings... day after
day.

Some practical tips
are...

To take some time off
from daily activities
just for feeling...on a
regular basis.

Secondly reading this
book on a regular
basis to reinforce why
are we doing this.

Initially we might see it as a waste of time as we are doing nothing...we might prefer meditation instead....

It is not the same thing.

Yes, we might feel more during meditation on or after it...but still we

are talking about rich
and raw feelings
here...everyday life
feelings all the time.

Meditation can be
used as a tool to feel.
But one must be able
to play with feelings
in every situation.

Even if we are still an
infant in this process,
we will already see

that we are becoming
a better version of
ourselves...

Just by increasing the
amount of time, we
deliberately feel.

We might want to run
away from some
feelings from time to
time...no
problem...come back
again later and feel

them, no matter how
many times we
try...no one is judging
or looking.

If we judge ourselves
(which we will) ...feel
our own judgement
towards ourselves
and stay, there...feel
it...stay there...stay
there....stay

there.....feel, feel,
feel....the sadness!

Staying there till we
feel sick of judging
ourselves... or others!

If we can't continue
feeling... be kind and
go back to it later.

This process is not
about being unkind to
ourselves but more

like accepting the
reality of our true
feelings.

Whatever they are...
pure acceptance of
that feeling is enough
for us to clean it out of
our system.

The same goes with all
our feelings,
emotions,

shortcomings and
insecurities.

Staying with the
feeling no matter how
sick we feel with it.

The reason we
couldn't process it
earlier is because of
our inadequate
reasoning. Now that
we know what we
know we can be

confident of facing
them one by one and
cleaning them. Even
though it might feel
like it might kill us or
make us crazy...

IT WON'T

... but not looking at it
in the eye and
festering it....it might.

We can go at our own
pace (initially) as we
have the direction to
our destination now.
We don't want to go
back now as we know
too much...

The more we do this
process the more
CAPACITY we will
develop to go

further.... and more
we will clean and stay
with these emotions
longer... the more
capacity we will
acquire to clean
further and clean
complex issues.

The more we clean it
the better ripple
effect it will have on
our life and any and

everything will be
touched by it.

Clean emotions
mean... clean and
crisp life. More
energy more
stamina more
enthusiasm and
more of all that we
were dreaming of

since we can
remember.

It all sounds too
simple... but it
works. The basics
of life is simple,
but if we miss the
basics, it sure gets
out of hand,
because we are
detaching ourself

from the core of
who we are....

And who we really
are? ...are our
feelings!

Whatever we do
in life it is best to
do it with the
innermost part of
ourselves involved
in it, and if the

innermost part is
unhealthy so will
the outer part
(result) be.

One cannot run
away from our
innermost
emotions for too
long... it will come
back sometime
and **bite us...**

It is simple to understand...it is not complex to get the basics right...when we get the basics right, we will know what to do next in our lives.

Most of us are living complicated lives because we

missed the basics.
It is time now to
reset it, before AI
controls our life.

Step by step...

another word that
we don't like because
we are disconnected
from our core of who
we really are...

Of course, it must
be cleaned little
by little because
we are too far out
from ourselves in
this moment...if
we really will be
who we are
now...fast...we will
be too
overwhelmed and

will not be able to tolerate the pressure it will impart. At the same time being overwhelmed is a sign that one is expanding and cleaning... It's up to us how far we want to be

overwhelmed in
any given moment
and progress.

Our minds will not
allow it...

our addictions will
overrule it and our
existence will
negate it.

Consistency is the
way to go...

Deliberate
creation is the
way to go...

Giving airtime is
the way to go...

Not talking about
it... is the way to
go...

Everything we do
is a distraction
except feeling it....

Everything we do
is a distraction
except feeling it....

Everything we do
is a distraction
except feeling it....

Everything we do
is a distraction
except feeling it....

Everything we do
is a distraction
except feeling it....

Everything we do
is a distraction
except feeling it....

Including talking
about it....too
much...

We can debate
about it to
understand but
that time is not

counted in the
process of
cleaning (feeling)
our emotions...
cleaning (feeling)
our
world...cleaning
(feeling) our
life...cleaning
(feeling) our
energy.

We are already
addicted to
gaining
knowledge, but
the message of
this book is...put it
down and feel.

If any questions
arise...feel more
and we will come
across the

answers from thin
air.

If we are
genuinely seeking
answers.

We cannot fake
things
here...because we
are facing our own
life here...we want
to know the
truth...and the

truth will set us
free.... while we
practice it!

We will try to fake
feelings (thinking
it is real) because
we have the habit
of faking...but the
solution is to
continue feeling
and we will see

the fake from the
real.

There are some
physical things we
can do that will
make feeling
easier... because
all things are
connected.

This is in
accordance with
priority....

The first one is....

ENEMA...

Yes, you heard it
right...enema or
home colon
cleansing
regularly...

Doing enema with
plain warm clean
tap water every
day...three times

consequently.

When it's done at least three times (emptying the bowels as soon as it is necessary) it cleans better than keeping the water in for some time as it is done in the traditional way.

What enema does
is that in time
little by little
cleans our colon
which affects our
mind in a negative
way and doesn't
let us relax.

If we do enema,
we **feel** things
better and it will
jump start the

feeling process in
a surprising and
relaxing way.

Though the whole
point is not to
relax but to face
our fears...

nonetheless it will
remove one
obstacle out of
our way by
removing the

feces and bacteria
that affect the
brain negatively.
The things I am
writing here are
things that will
help feeling
easier, it doesn't
matter the
scientific
validation. They
are all harmless

daily activities
that we can do in
the comfort of our
own home which
will help us
evolve. The more
we feel and
release negative
emotions the
more we will see
the importance of
doing the enema

and the more it
will help us to feel
more...and hence
feel free...

One can do other
things to clean the
colon, but this is
the easiest way, in
privacy...

Since it is to be
done every day or
as regular as we

can till, we know
how much more...
instinctively.

We can continue
if we want...if we
feel we want to.
Once we get used
to a clean internal
environment...
we can decide
how clean we

want to live. The
decision is ours.

All depends on us,
our life and what
we want with a
clean heart, clean
body and a clean
mind.

As all things in our
life is connected,
we need to tackle
it from all sides

more so initially,
until it becomes
automated.

We will see that
we enjoy the
material better if
we let the spiritual
(cleanliness) into
the material.

And we cannot
bring the spiritual
into the material

without feeling.
And we cannot
feel as much... if it
is not done
deliberately with
some deliberate
actions.

This might all
seem too simplistic in
a world of
complex and
expensive seminars

for all kinds of
experiences...

And that is why it
is worth a try...

Since feeling more
and more is our
objective... taking
some deliberate
actions to go into
that direction is
worth it...initially...

later it will carry us
along the way if
we have felt long
enough and that
feeling will evolve
into... eating raw
fruits and
vegetables nuts
and seeds as our
sustenance. As
these things will
continue to keep

the body clean.
Like begets like.

One can start
slowly and but
surely increase
down the line if
the feeling to
consume raw
plant-based food
increases **which it**
will if one has
released some

unwanted
feelings.

Many force eating
this way and start
things before their
feelings adjust to
the change... and
it eventually dies
down. Always
feelings first...
keeping in mind
where we are

going with our
feelings and what
is our objective
and what are the
steps that will
take us there.

We are not trying
to negate the
thinking process
but just steering it
in the direction of

our cleaner heart
and body.

Which includes all
the things we can
see, touch, attract
and get involved
in... be it physical
or mental.

Our relationships
get better... of all
kinds.

Our physical body
gets younger---
just because of
clean emotions
which will involve
us to eat clean
food and think
cleaner thoughts.

All thoughts stem
from how we feel
and have felt all
our lives.

The mind is a hard nut to crack... only because one has transferred unnecessary power to it. And we know that the real power lies in the heart... the feelings.... So, we need to steer it in the right direction.

The mind will be more relaxed if we let our feelings dominate. And when the mind is freed, it relaxes and works much better. In time it's much happier than when we made it work all the time.

It's like eating
when we have
been very hungry.
The mind enjoys
existing in this
way and performs
much better. It
only gets better as
time passes and
we feel more
emotions. **Initially
the mind will**

want to take
aggressive actions
to stop it as that
is what it was
assigned to do by
us...but slowly
and steadily it will
start to relax
when there are
not so excessive
bad feelings to
cope with.

As artificial intelligence is approaching... It is the right time we evolve on all levels. Remove the fears we have about it. Fear is a feeling that needs to be removed as much as we can. There is no need to

*fear but if fear is
ingrained in our soul
(which it is), we
would feel fear no
matter what I say.
Only we can remove it
by facing it in
solitude. It is not
complex... If you
reread this book.*

*As fear reduces...love
dominates
automatically.*

*Because love is our
innate nature. We do
not need to work
hard to love but we
need to work hard to
feel whatever is inside
us to let the love out.*

*Little by little but
consistently.... that is
why this book is in a
pocketbook format.
We need reminders....
daily!*

FINALLY...the
steps in order of
priority are...

1. FEELING

MORE... (even if we think we are feeling a lot and we are very sensitive) ... just feeling (without taking any action OR substances) cleans the heart (emotions)
Acceptance of

the feeling is the
KEY. Even if it
feels like failure
(and it will) only
because the
mind is
defensive, and
we are going
against it here.

Don't worry

(and if we worry,
we can feel the

emotion of
worry till it exits
our system) it is
not the mind
that has to
decide what
must be done...it
is the existence
of our feelings
without any
obstruction that
will clear the

way for us.
Nonetheless the
mind will
interfere... so
just observing
and to continue
feeling as and
when we can,
and keeping in
mind to do it 24
hours a day...
Just let the

feeling exist in
whatever shape
or form it erupts
in solitude.

Solitude is our
friend here as in
the presence of
another person
our mind will
interfere
strongly, and it
will make the

process harder...
almost
impossible. It is
not realistic to
practice solitude
24 hours a day
but if we can do
that as and
when time
permits (a more
of which will be
attracted

eventually). We will be able to sense that we can do both at the same time. That's the place we want to be...

2. ENEMA... or any kind of easy colon cleansing

on a regular
basis.

This will help us
feel more as it
will clear the dirt
stuck inside us
that is affecting
our minds daily.
If we start doing
this daily, we
will know when
and how much

more, we want to do this process. Our intuition will get stronger by feeling things regularly.

3. RAW PLANT BASED FOODS...

Everything
affects
everything... this
step is the last
to change
because food is
deeply tied to
our emotions...

If our emotions
are affected,
because of what
we eat. Then it is

adding fuel to
the fire...

But if we make it
a priority to feel
emotions no
matter what we
eat...eventually
our instincts
(emotions) will
guide us
according to the
environment

that has been
created inside us
by feeling and
cleaning.

After KNOWING
all this...in order
of priority

FEEL,CLEAN,EAT!

And we can
watch our world
change for the

better in front of our
eyes...daily!

*A personal note
from the writer.*

I am drafting this
little book which
can sum up an
encyclopedia.
Life...Happy life
is as simple as
this...

nonetheless it is
very intricate
and fun
individually if
one understands
and does these
basics.

I am tempted to
write more and
more words to
prolong the

explanation as
are most books.

At the same
time, I see no
point in it.

If one doesn't
get this
simplicity, then
they are not
ready to evolve
yet.

And if one is
ready to evolve
and then feel
the fearlessness
(the real kind)
then they will
have a string of
questions and
curiosity that
will take them
on a never-
ending journey

of happiness and
fearlessness.

One can find me
here.

I am here to
clarify your (and
my) thoughts...

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