

Adapted by Glenn Molinari from *Feelings Buried Alive Never Die*
by Karol K Truman

Feelings Buried Alive **Short Explanation (pages 1-4)**

See [Feelings Buried Alive Never Die Introduction, Examples and List](#) for the full 81 page document which also includes:

Fill In The Blank Script (pages 5 and 6)

Samples (pages 7 - 25)

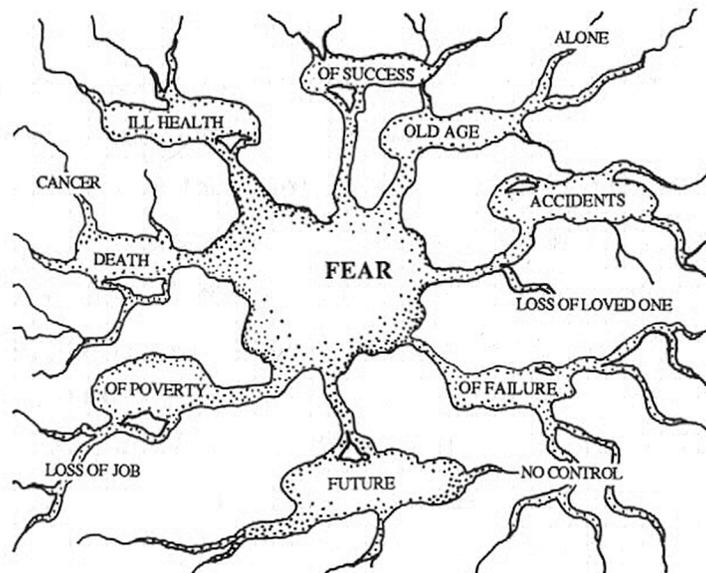
Negative Feelings/Thoughts With Corresponding Positive Feelings Pages 26-51)

And

Illnesses With Feelings That May Be Contributing To Or Even Causing Them (pages 52-81)

If you are sincere in your desire to overcome any hatred or other negative feeling you may be carrying around in your heart, but are having a difficult time accomplishing this, may I suggest that using the Script is one of the best avenues you could take to changing that negative energy inside you. Be specific in stating who or what you feel negative toward. You may even want to make a long list of them, then take each one through the Script one at a time, especially if the hate is old and deep-seeded. If you don't know why you are afraid, guilty, angry, etc it can help to just do the script for fear, guilt, anger, etc.

All Negative feelings and emotions including anger, hate and desperation can be summed up as fear.



FEAR is the dark room where all the negatives are developed.

As you process your feelings, you may find the change you had hoped for is not forthcoming. Oftentimes you are dealing with unresolved generational (ancestral) feelings and trauma, as well as your own and they can be many layers deep. You usually have no conscious awareness of what they are or from whence they came. Just keep digging by processing negative feelings and thoughts daily.

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Note the word *consciousness*. When a person is willing to be *conscious*, to recognize and OWN the negative *feelings* that have been buried alive: these feelings - these vibrations - can then be dramatically transformed by embracing positive opposite feelings. This, in turn, engenders a new and higher vibratory environment within. This new, healthier, higher vibratory environment initiates a restructuring and reordering that begins the clearing and healing process.

The body and soul have their own priority as to what needs processing next. Sometimes what YOU may consider a priority is not in agreement with the body. Consequently, you could experience "hit and miss" until you finally hit the mark and start realizing results. When dealing with major feelings (i.e. Fear) be aware of any associated issues and be willing to look at them also, as shown in the illustration.

By always worrying about others and trying to meet everyone else's needs or expectations, the child or adult shuts down their own feeling system to the point of not having any sense of who they or where they are going. They thrive on constant outside approval. In fact, they NEED it! But, when outside approval is not forthcoming, this compounds the disapproval of one's self. Ironically, in reality, it's this disapproval of Self that creates the lack of approval from others. Because it's impossible to make things *right* for everyone else, he/she then views him/her self as incapable, unimportant, as a worthless failure.

Sooner or later though, the erroneous programming with its resultant negative feelings which have been trapped inside since childhood or any other time----those feelings that are in the cell memory, at the core,---- finally come to the point where they have-to be recognized and acknowledged in order to correct or alter the behavior patterns. If this never happens, the person will be miserable emotionally, all his life.

When painful (negative) feelings and thoughts are getting stuffed deeper and deeper inside because there is no release, no outlet, no resolution for them, how long can a person continue stuffing and storing before the "container" is full and there is no room left to stuff anymore?

When the psyche is no longer able to endure further stuffing and non-resolution of the pain and the hurting, the personality of the hurting person is often driven to split-to literally become another personality, another identity. At this point they retreat into their own make-believe world which is totally apart from the real one- rather than suffering in their old painful world.

At this point-NOW-it is imperative that we be willing to leave *denial* behind, acknowledge our own *truth* and wipe the slate clean of negatives so we can go about clearing and healing our hurting Soul-rescuing, our True-Self.

When a thought and/or feeling is harbored (in whichever order), germination takes place and an energy is naturally released into the forces of creation. It can be suppressed for a while or come out as an emotion. Either way, it needs to be addressed.

There are two sides to the brain. The thinking/logical/conscious side and the feeling/subconscious side.

When the two sides of the brain are not in agreement it is called double minded. There is inner conflict or war, and that conflict will remain in place until agreement is reached -- until both sides of the brain come together (single minded).

In order for us to experience in life what we THINK we desire, the THINKING and the FEELING have to be the same. If the FEELING is not the same as the THINKING, then we need to align the FEELING and THINKING so they are the same. After we align the THINKING and the FEELING so they are the same, we become single- minded. Until we accomplish this, we are double-minded and life works against us.

Do you recognize the importance, now, of being single-minded?

If we want to locate what we feel and think in regard to a particular belief, we can perform a muscle response test (kinesiology).

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As an example, we could ask a person who would like a greater income if he THINKS he desires an income of \$100,000 or more a year the test arm will hold strong. Now, let's ask that same person if he FEELS he desires an income of \$100,000 or more a year. Unless his thinking and feeling are the same, his arm will go weak on the muscle response test. Perhaps it goes weak because he FEELS he doesn't deserve \$100,000, or he can't be a good person if he earns \$100,000, or he does not have the capability of earning \$100,000 in a year. The point is, the thinking and feeling are not together. THE FEELINGS, WHICH ARE IN THE MIND-HEART, ALWAYS WIN. THE PRAYER OF THE HEART IS ALWAYS ANSWERED!!

Did you ever wonder why positive affirmations work for some people and not for others? For those who do not experience results, it's because the feeling and the thinking are not together. And for those who *do* experience results, it's usually because their feeling and thinking *are* together. When the feeling and thinking are not together it will usually take a long time, but if a person continues saying affirmations long enough, it *is* possible for the feeling and thinking to come together and effect a change. It's called, once again, becoming SINGLE-MINDED. Another way to describe this phenomena is that we become integrated-bringing together the thinking, conscious left brain, with the feeling, sub-conscious right brain, so that the two sides of the brain are no longer separate, but have become a whole, compatible unit. When we establish this unity, real power is created.

Answers often come immediately when we are single-minded in our requests. This explains why some people receive answers to prayer and others do not. The people who receive answers are single-minded. They not only THINK God will answer, they FEEL God will answer, which adds up to KNOWING. Everyone who asks with the heart receives answers. Being able to do this unlocks an unlimited force in our life! However, in order to bring this about it is essential that we be willing to own our negative feelings and thoughts without blaming or shaming ourselves or anyone else, and honestly look at the issues in our life. If we don't do this we are not being true to ourselves. We are laboring in self-deception or shame. And there is no place for self-deception or shame in this process.

Are you able to identify your feelings? Most feelings are registered on a subconscious level, so when you get in touch with your feelings, you are also in touch with your subconscious.

The conscious-mind only functions in the past and its illusion of the future, whereas;

The sub-conscious mind "functions in the NOW." Even though to most of us it is either invisible or not lovingly guided by our conscious mind, the subconscious mind is in reality the all-knowing and much more powerful mind that creates our reality.

It is essential that you mean what you say and say what you mean when you replace the negative with the positive, for the effectiveness of your processing will be in direct proportion to the sincerity and intent of your heart.

When we look at the negative feelings we "buried" and participate in processing ---- by using the Script to clear, resolve and heal those negative feelings ---- little by little we will be relieved of feelings/thoughts, emotions, attitudes, and beliefs that contribute to co-dependency, dysfunction and addictions. Remember feelings and thoughts/thought forms can be inherited/ancestral.

Anytime you are 'stressed out' notice the feeling(s) and address them. Pay attention to phobias. They are caused by old feelings and thoughts.

Glenn's note: I believe it is also possible that this clearing can lead to physical healing. Sometimes it does and sometimes it doesn't.

The feelings list is designed to assist you in replacing negative feelings/thoughts with positive feelings/thoughts while Scripting.

The main point to keep in mind is that we are striving to BE the human Being we intrinsically are. Nevertheless, it is necessary that we *choose* the characteristic we desire before we can *Be* (I AM) that

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characteristic.

In affirming something it is difficult for our psyche to jump to the I AM before it consciously *chooses* that characteristic. Then, the *feeling* is the bridge between the *choosing* and the I AM.

Thus, the suggestion:

I CHOOSE, I FEEL, I AM.

Glenn's note:

It is extremely important to keep the "I Choose", "I Feel" and I AM' statements positive. Do your best to avoid using words such as 'stop' or 'quit'.

The "I choose" statements are instructions for your conscious/thinking mind. In my case I am instructing Glenn.

The "I feel" statements are **instructions for your subconscious mind** (Unihipili in Hawaiian). The Unihipili is much like a young child. It tends to dislike change. It also dislikes work. It likes fun and excitement and needs to feel safe and loved. Do your best to give it something to look forward to and remember ,it, like a small child, looks at the short term.

Most often, when we make a change in our life, we focus on what we have to give up: We "lose" weight; we "give up" smoking, alcohol, or another drug, we "end" a relationship. But the moment we end one thing, we begin another: In losing weight, we gain lightness; in giving up smoking or other drugs, we enhance our health and vitality and form a new relationship with ourselves and with reality; in ending a relationship, we may open the space for a more fulfilling one. ***Choice involves giving up something we want for something we want more.*** Usually, a part of us wants to change, and another part doesn't. Change is not all good or all bad. Whether change feels easy or difficult depends upon where we put our focus and energy. Contemplating what we "have to give up" puts our subconscious into strong resistance. By focusing on the benefits we will gain the cooperation, energy and support of our subconscious if it finds these benefits appealing.

The "I am" statements are updating your higher self as to your intention.