

ME AND MY UNIVERSE: **A SPIRITUAL ENCYCLOPEDIA**

By Dr. Sandra Adler

BOOK 6 - MY FEELINGS

**My feeling part is what is the Real Me
That's the part I take to eternity.**

**My purpose in life is to be the Real Me.
Being loyal to myself I'll always be free.**

**My true feelings are love and happiness.
I was born with these. And more, but not less.**

**Joy and giving are other feelings true.
They are a part of me, a part of you.**

**My feelings are kindness, respect and love
Being nice to others and never a shove.**

**Following my feelings makes my life easy –
Flowing like a river and is so breezy.**

**Now I want to feel one – one with all things -
With all that comes near me - all that life brings.**

**Self-respect is being one with all things.
Feels so good to be me that my heart sings.**

**All my feelings inside are the Real Me
Feeling love for animals and a tree.**

**I hurt none when to my feelings I'm true
I'm kind to myself and I'm kind to you.**

**I love all animals: cats, birds and dogs
And guinea pigs, ferrets, mice, snakes and hogs!**

**I have all my answers right inside me.
I am still and listen; and they guide me.**

**Inner guidance is what directs my life
When I follow it I never have strife.**

**When I get a strong feeling in my gut
It's time for me to get out of my rut.**

**I know that strong feeling is from my friends
The ones that I don't see till my life ends.**

**I call them my helpers, my angels, my lights.
Who are with me all days and with me at nights.**

**It's my best interest they have in their heart
And what they suggest is what I will start.**

**I will not argue about it. In fact
When I feel it I will think, then I act.**

**When I follow that feeling I am right;
I feel pleased with myself in bed at night.**

**I give thanks to myself for being so smart
Because all that day I followed my heart.**

**Our feeling is where religion comes from
To feel a part of things – like close to Mom.**

**Religion says I will go back to God.
People who believe that don't think it's odd.**

**Religion calls my intellect my head
And it calls my feeling my heart instead.**

**We made religion to feel we belonged –
To feel 'one with God' is for what we longed.**

**There are hundreds of religions out there
For people to join and who want to share.**

**There's Christian, Jewish, Moslem and Hindu;
Buddhist and others to just name a few.**

**There's one thing in common that they all love
It's Allah or God in heaven above.**

**Religion tells her, I've heard from my gram,
The expression of God is what I am.**

**All of us here are part of the Divine.
Accepting that fact makes me feel fine.**

**My body has many names that are real.
The Bible calls it: bowl, pitcher and wheel.**

**I am nice to everyone - even me
Without religion I can still be free.**

**I need to respect everyone out there
Religious or not I really do care.**

**It's who I am inside that really counts
Being the Real Me I have lots of bounce.**

**Religion helps some know what to believe
The truth we'll know when this planet we leave.**

**While we're here let's try to all get along
That way we will start each day with a song.**

**There'll be no more wars where people will die
We will hear laughter instead of a cry.**

**We'll help each other and work as a team
No hunger or sadness – just like a dream.**

**In my feelings I respect what you say
Not trying to change you – your way is your way.**

**Life would be boring in this earthly game
It's not; 'cause we're different. No one's the same.**

**Learn from each other – sister and brother.
Accept our uniqueness from each other.**

**Not having a religion is okay
I can follow my feelings every day.**

**All religions want people to be good
And if we all tried as hard as we could**

**Loving each other. What would it be worth?
We would be living in heaven on earth.**

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