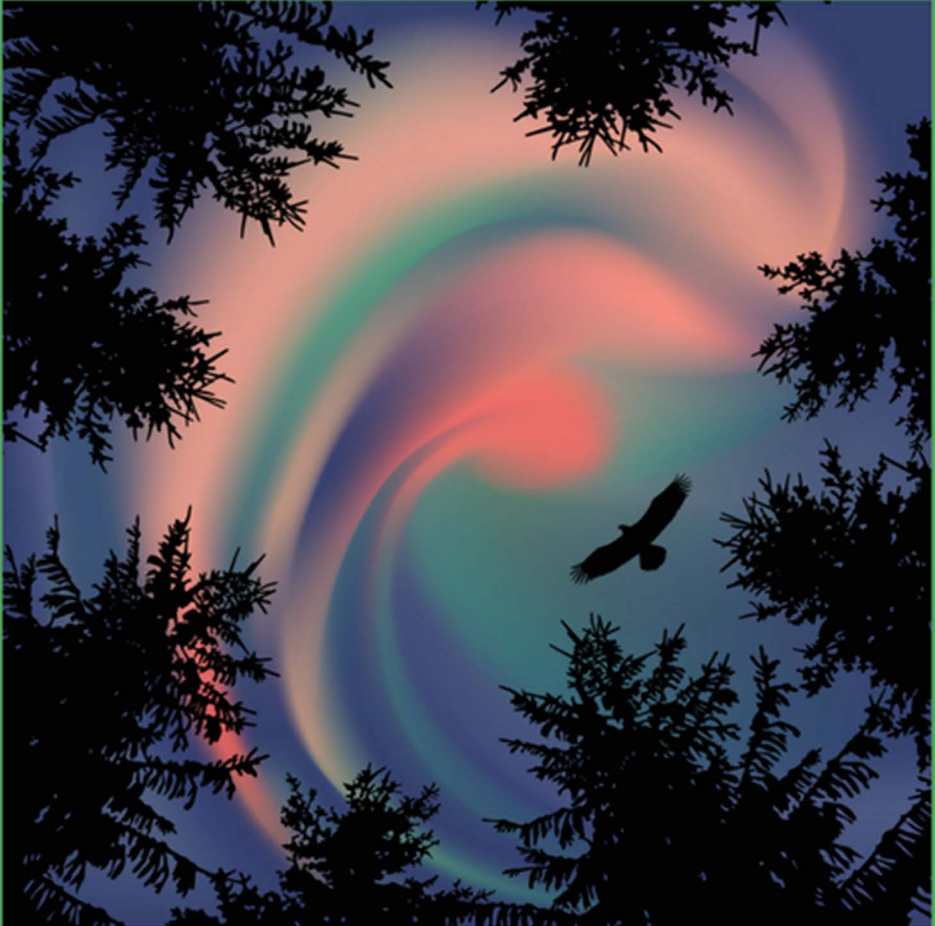


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My True Feelings

AN ESSENCE GLOSSARY BOOK



Mayra Porrata

My True Feelings

By Mayra Porrata

My True Feelings

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Dedication

Inspired by real-life events,
this book is dedicated to a friend and an eagle.

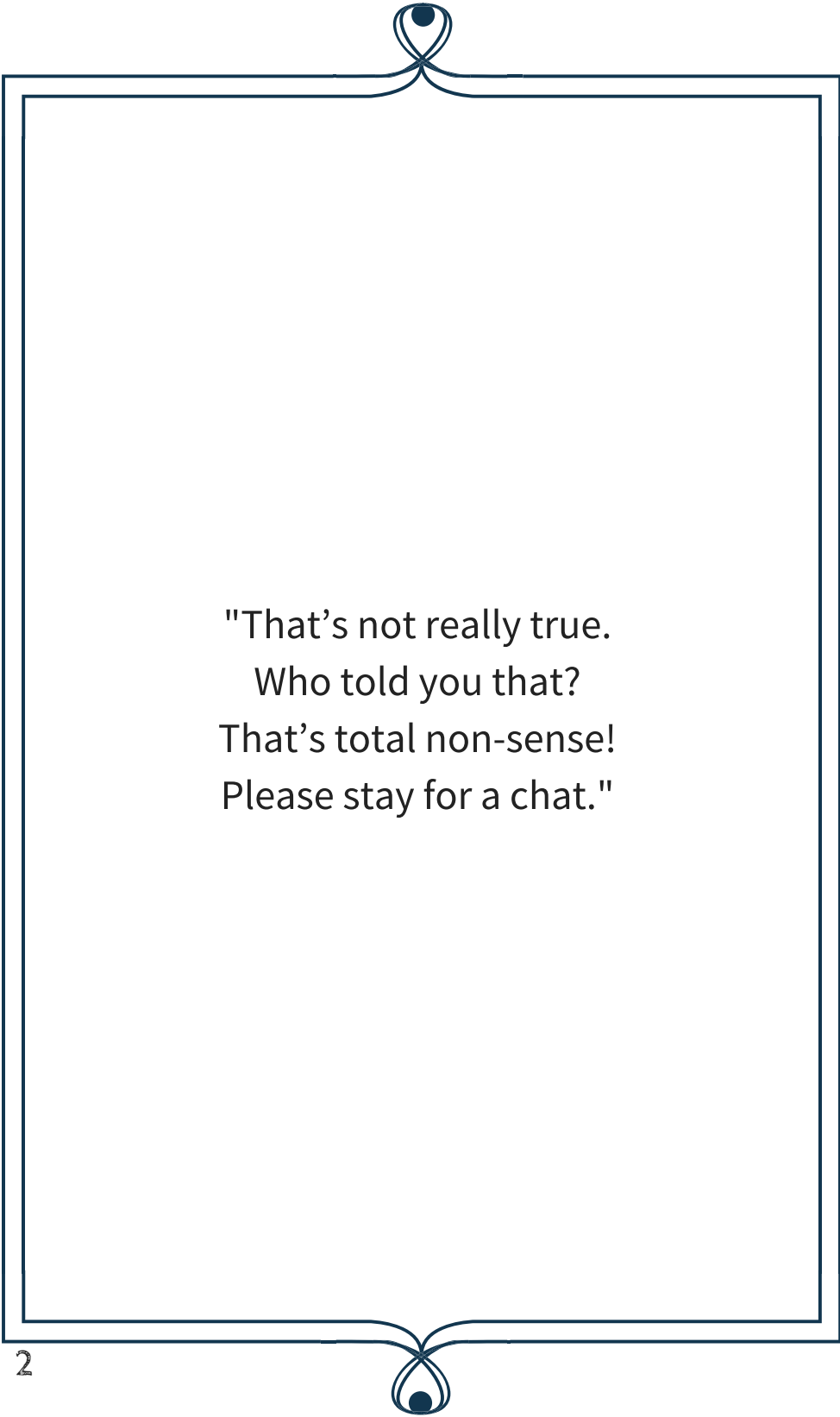


The feelings I feel,
the ones deep inside,
I don't talk about them,
I push them aside.

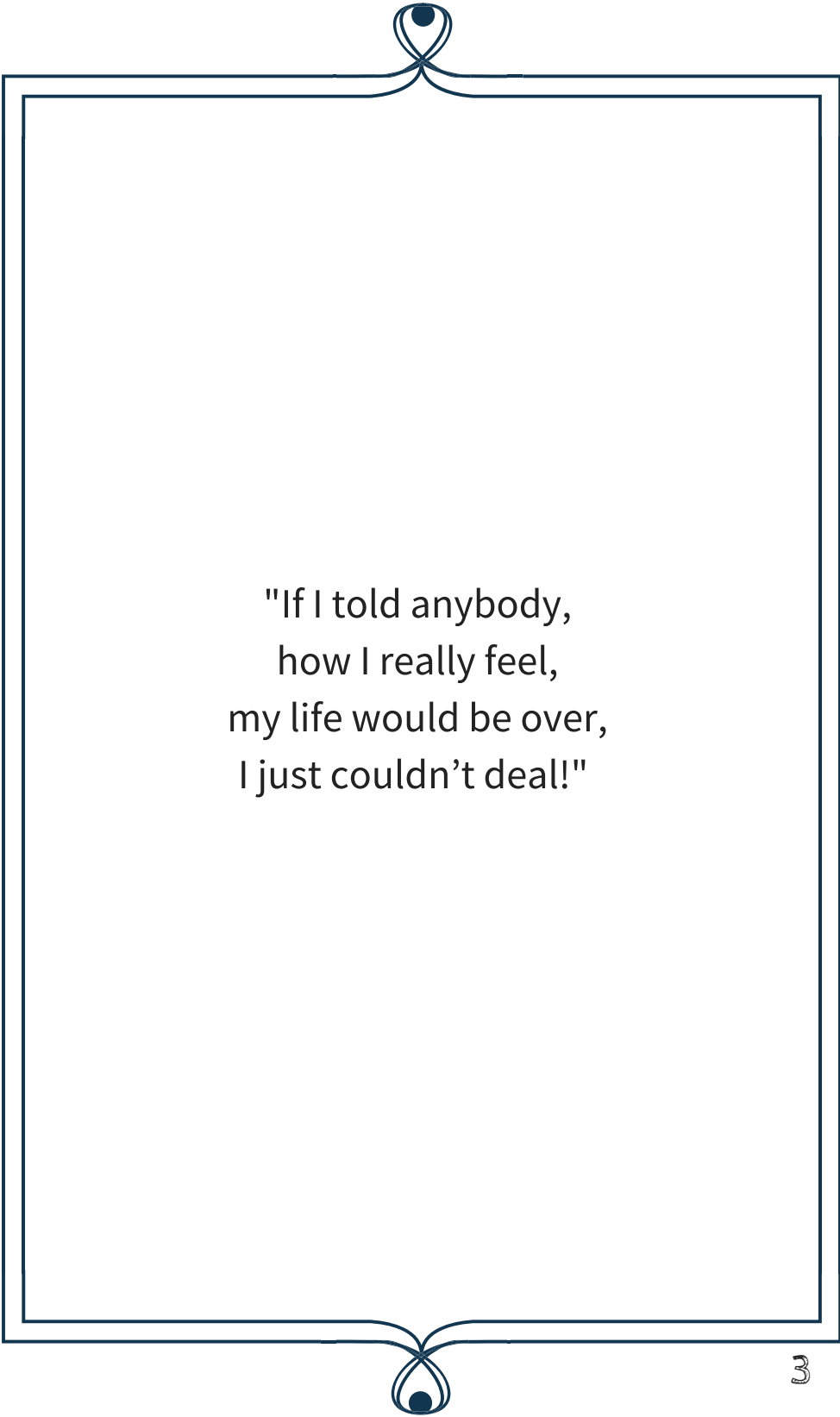
Emotions feel scary,
and I don't really know
what to do with feelings,
that make me feel low.

So sometimes I cry,
and I hope no one hears,
so one can judge me,
for my foolish tears.

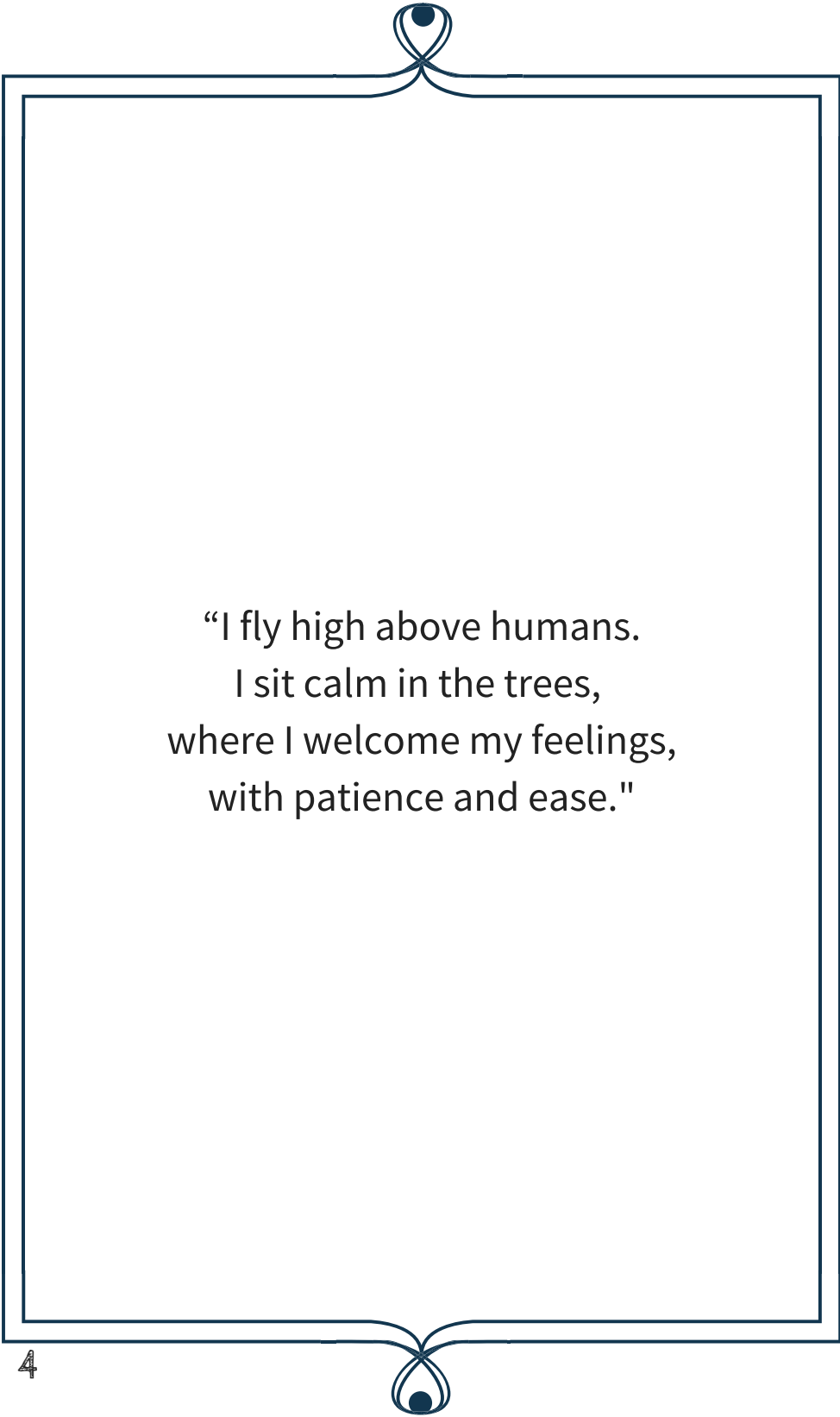
If I told anyone
the stuff from my heart,
they might think I'm weak,
and not very smart.




"That's not really true.
Who told you that?
That's total non-sense!
Please stay for a chat."



"If I told anybody,
how I really feel,
my life would be over,
I just couldn't deal!"




“I fly high above humans.
I sit calm in the trees,
where I welcome my feelings,
with patience and ease.”



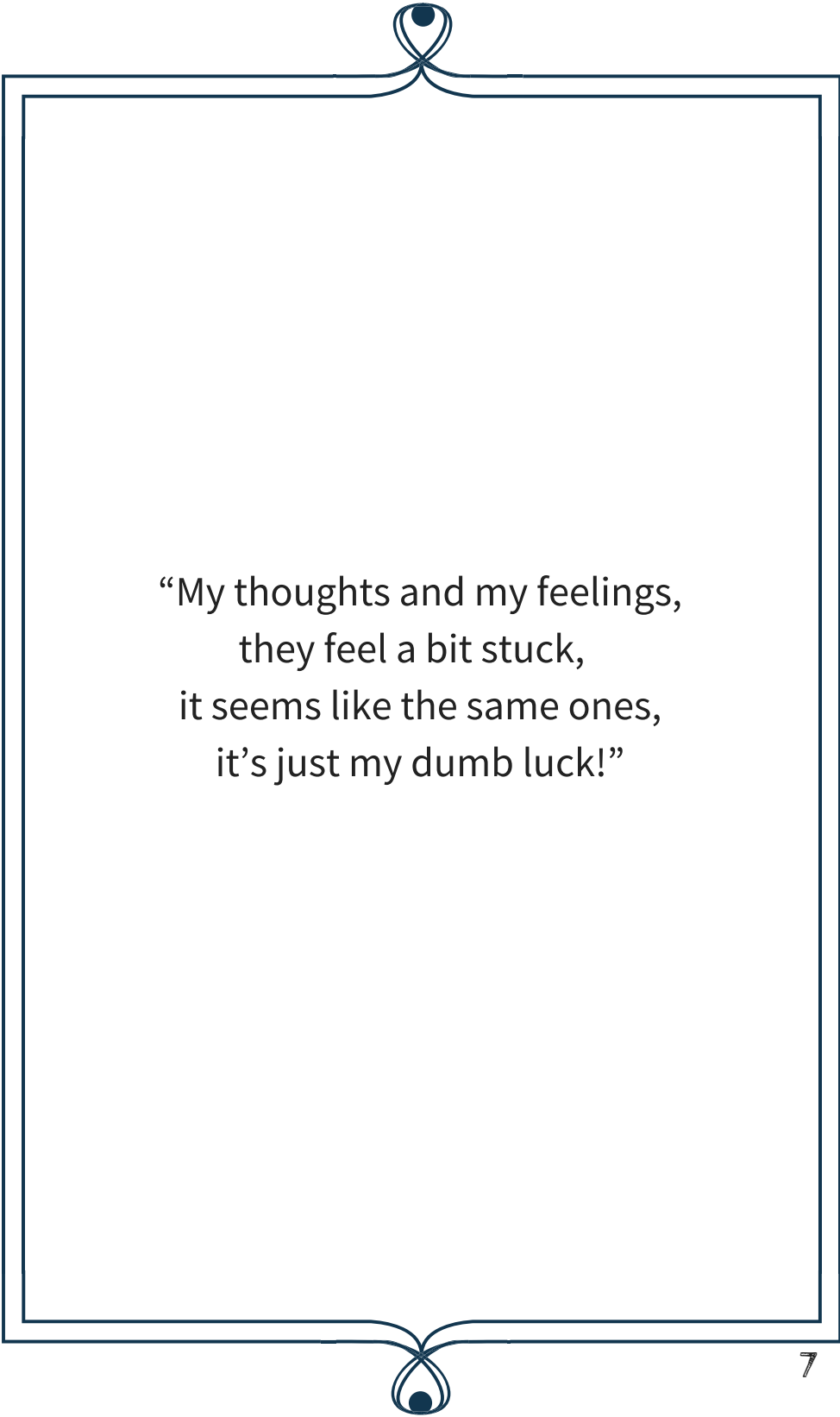
"If I welcomed my feelings,
my brain might explode,
and I'd feel even worse,
that's too much of a load!

Plus the thoughts in my head,
they all feel so real,
how can they be different,
from the way I feel?"




"To be a wise human,
one who sees with the heart,
you have to pay attention,
that is where you start.

Your thoughts aren't for always,
you can let them come and go,
same with your feelings,
it's all part of a flow."



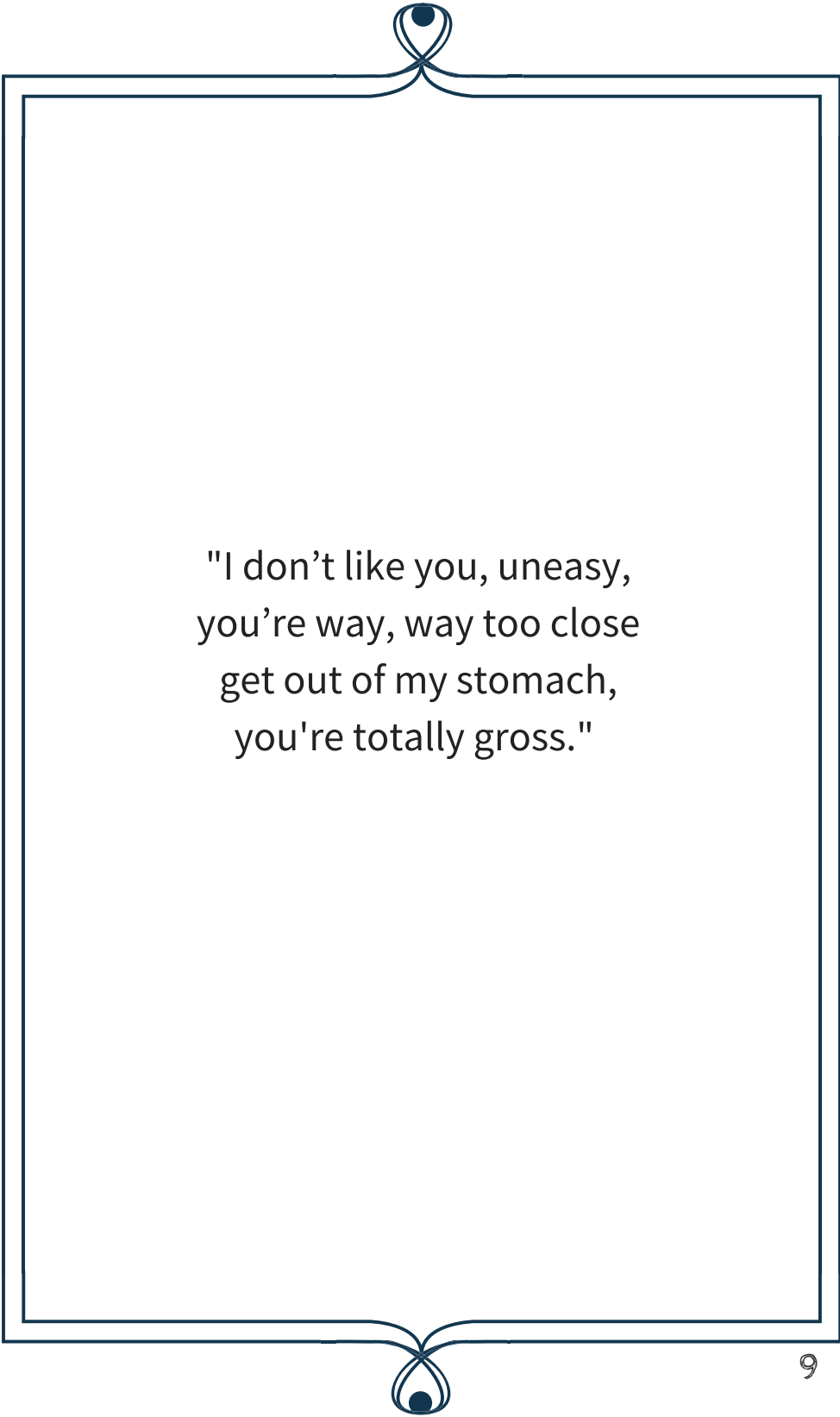
“My thoughts and my feelings,
they feel a bit stuck,
it seems like the same ones,
it’s just my dumb luck!”




"The smart that I speak of
is not found in a book,
but in seeing things deeply,
beyond how they look.

The fact that you're here,
and talking to a bird,
shows me you're wanting
for your feelings to be heard.

Tell me what you feel,
and I'll tell you what I hear,
and we'll talk about each feeling,
until you feel clear."




"I don't like you, uneasy,
you're way, way too close
get out of my stomach,
you're totally gross."




"When uneasy arrives
and you feel awful dread,
it's telling you something,
is stuck in your head.

Take a deep, easy breath,
and blow gently out,
and do this each time
you feel fear and doubt."



"I'm so worried again,
I don't even know why!
How do I stop this feeling?
I just want to hide!

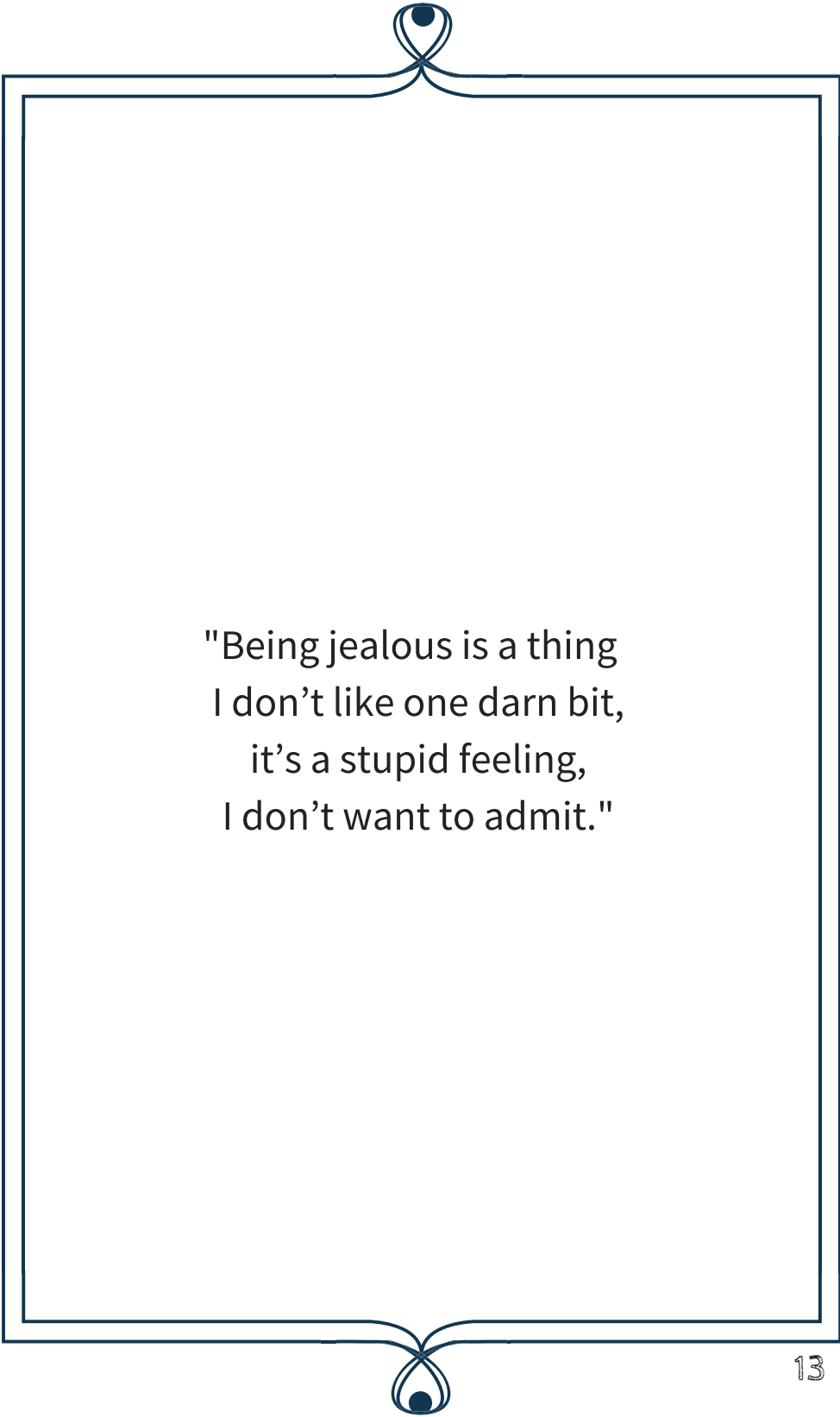
Gonna pretend I don't notice,
that I'm louder than you,
but truth is I'm scared;
I don't know what to do!"




"Worry is important
for you to make clear
the things you can't change,
and the things you can steer.

Being brave is the thing,
you must always try,
anytime you worry,
any time you cry.

Whatever frightens you,
is for you to know,
what lessons are helpful,
for your soul to grow. "

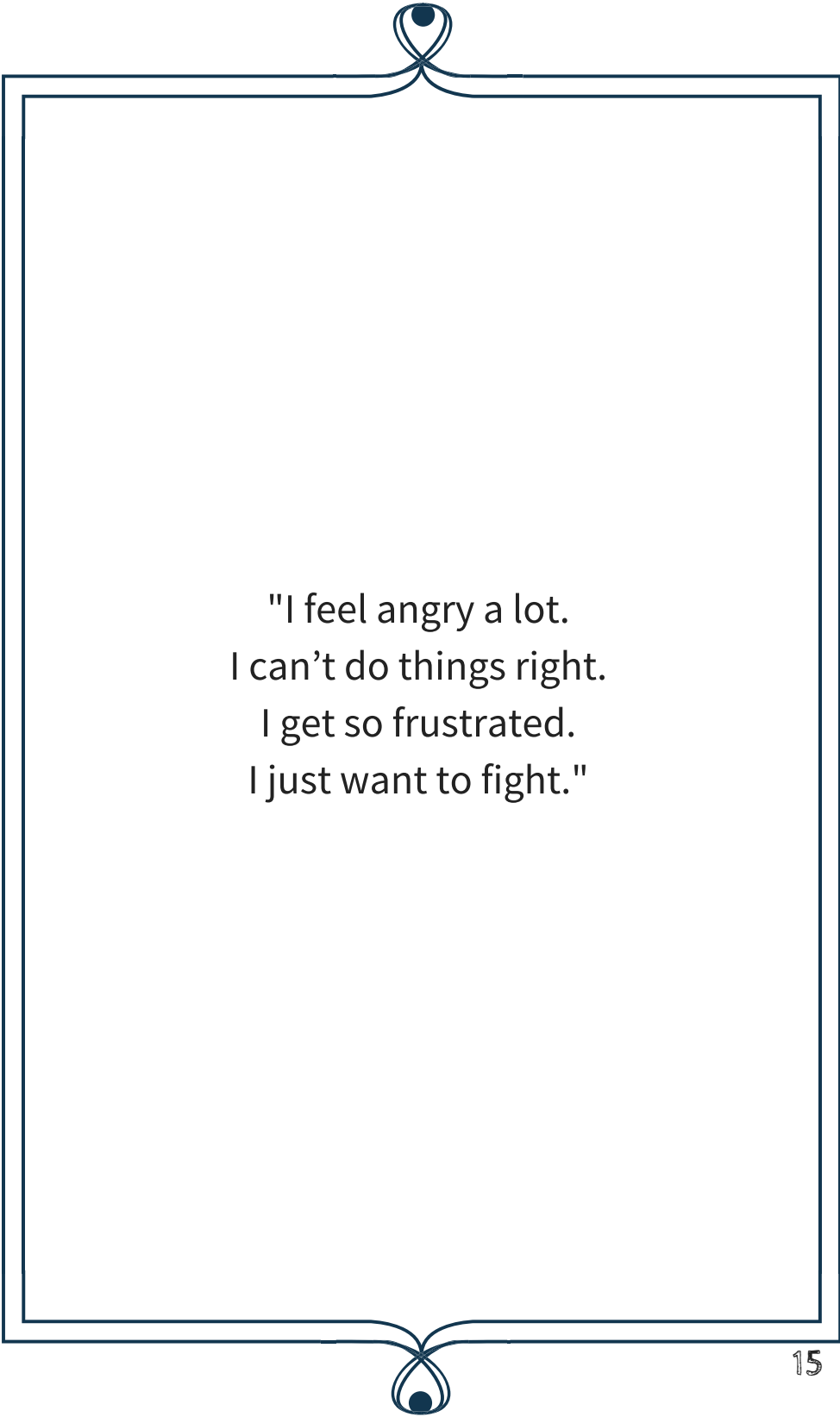


"Being jealous is a thing
I don't like one darn bit,
it's a stupid feeling,
I don't want to admit."




"When you see a friend
who has something cool,
share in their excitement,
and remember this rule;

One way to attract
the same kind of cool
is to feel grateful,
not act like a fool."



"I feel angry a lot.
I can't do things right.
I get so frustrated.
I just want to fight."

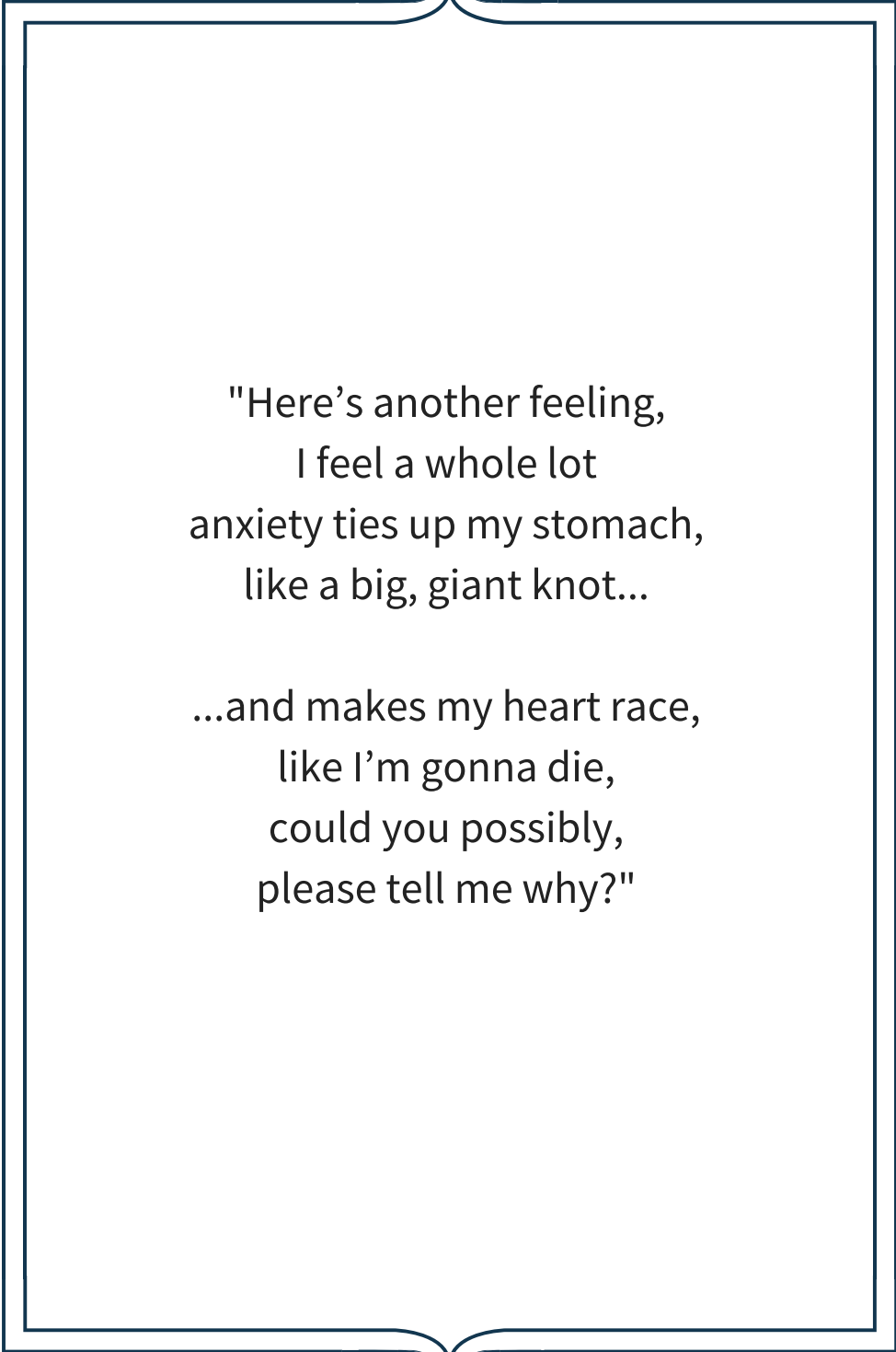



"Anger is normal
and one way to know
what needs your attention,
but you gotta act slow.

What you do when you're angry
can make all the difference;
you can act from your soul,
or you can act from ignorance.


Fighting makes more fighting,
and more fighting will follow,
if you want this to stop,
your pride you must swallow.

Then, the feeling that comes
when you act from your soul,
is the calm of true power
that's the ultimate goal! "



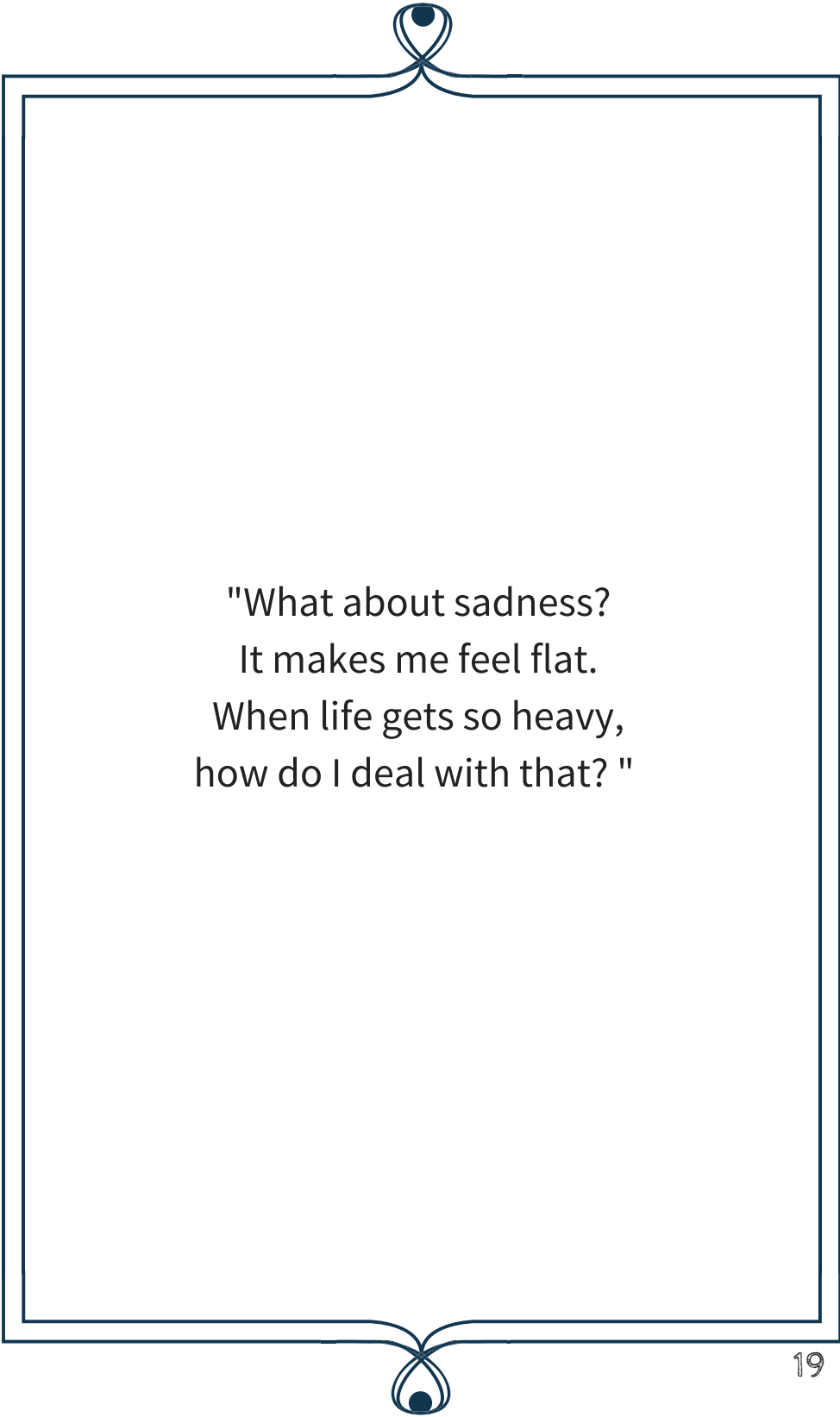
"Here's another feeling,
I feel a whole lot
anxiety ties up my stomach,
like a big, giant knot...

...and makes my heart race,
like I'm gonna die,
could you possibly,
please tell me why?"




"Anxiety is something
that most people feel.
Remember to stay calm,
not unravel and reel.

Only you can know
if it's really a big deal,
so talk it out with someone,
that is how you'll heal."



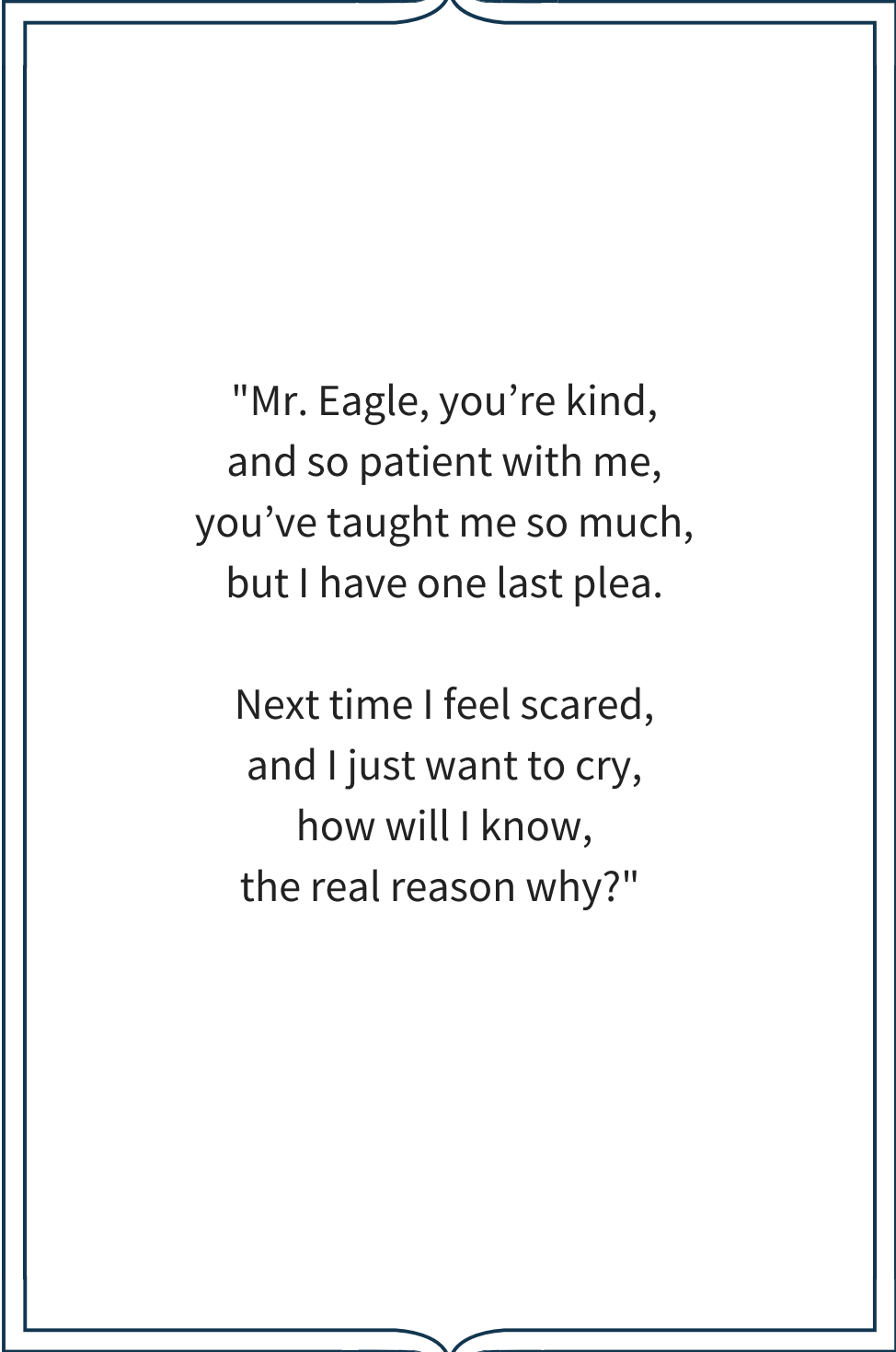

"What about sadness?
It makes me feel flat.
When life gets so heavy,
how do I deal with that? "



"Sadness is a sign
that you really care,
and you understand
that life is not fair.


We can't always know
the reason for things
nor are we ever ready,
for what our life brings.

When your heart breaks wide-open
and you just want to hide,
it means you are human,
allow sadness to guide."



"Mr. Eagle, you're kind,
and so patient with me,
you've taught me so much,
but I have one last plea.


Next time I feel scared,
and I just want to cry,
how will I know,
the real reason why?"



"My dear, sweet friend,
that's a great question you ask
one that tells me for certain,
you're up to this task.

Your feelings are a way
to make you aware,
of what you need most,
and to show that you care.

Anytime you feel scared,
place your hand on your heart,
and tell yourself "*I love you*",
that's just the start."



"Loving yourself is a practice
and practice you must do,
anytime feelings take over,
and you don't have a clue.

Saying to yourself "*I love you*",
is part of your growth,
I know it sounds silly,
but make this your oath.

Saying to yourself "*I love you*"
is a kind of prayer,
that says a big "thank you"
to the world we all share."




The End



Reflecting on *your* feelings

You can use the pages that follow,
to draw, write, or doodle about each
of these feelings:

Uneasy
Worried
Jealous
Guilty
Angry
Anxious
Stuck
Dumb
Sad
Scared



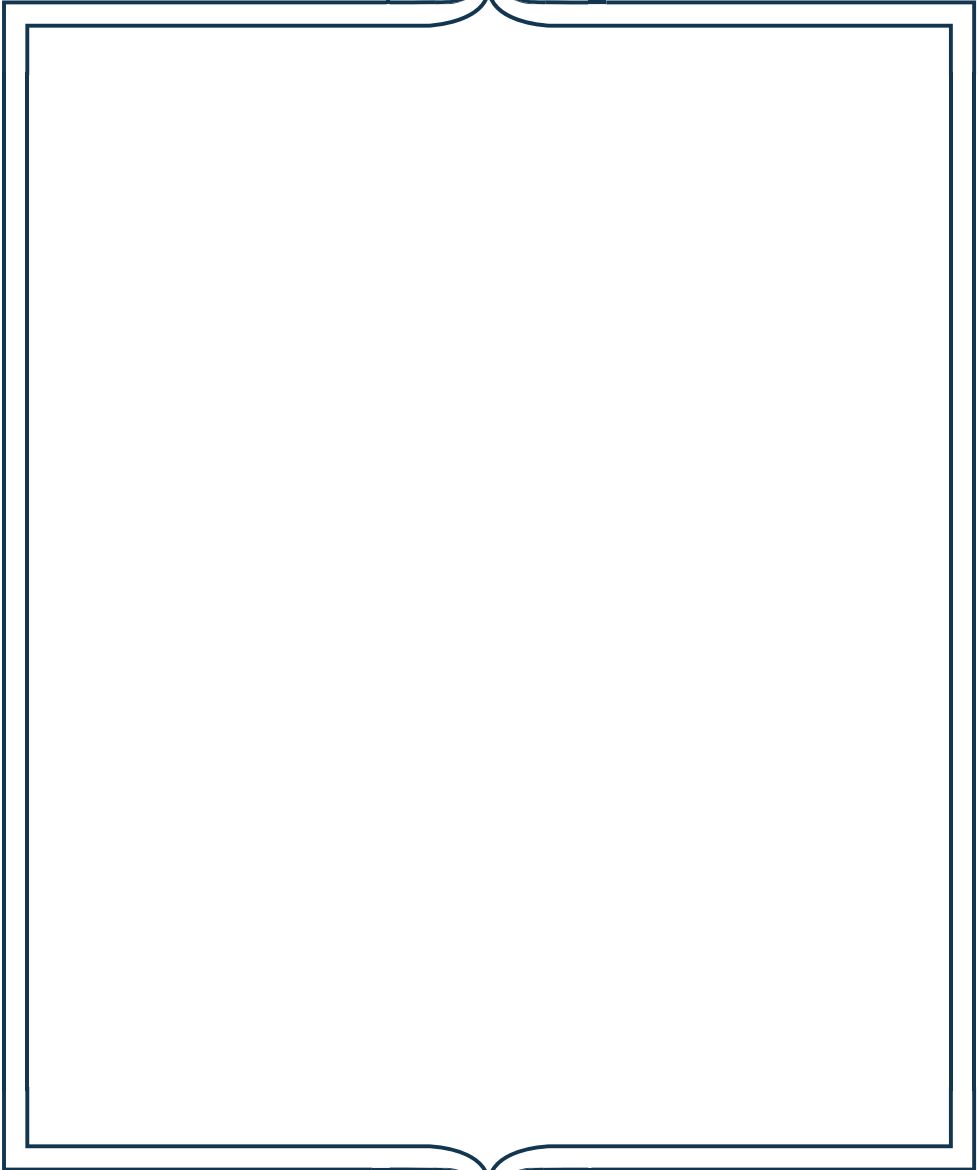
How does  look or feel to you?

Uneasy



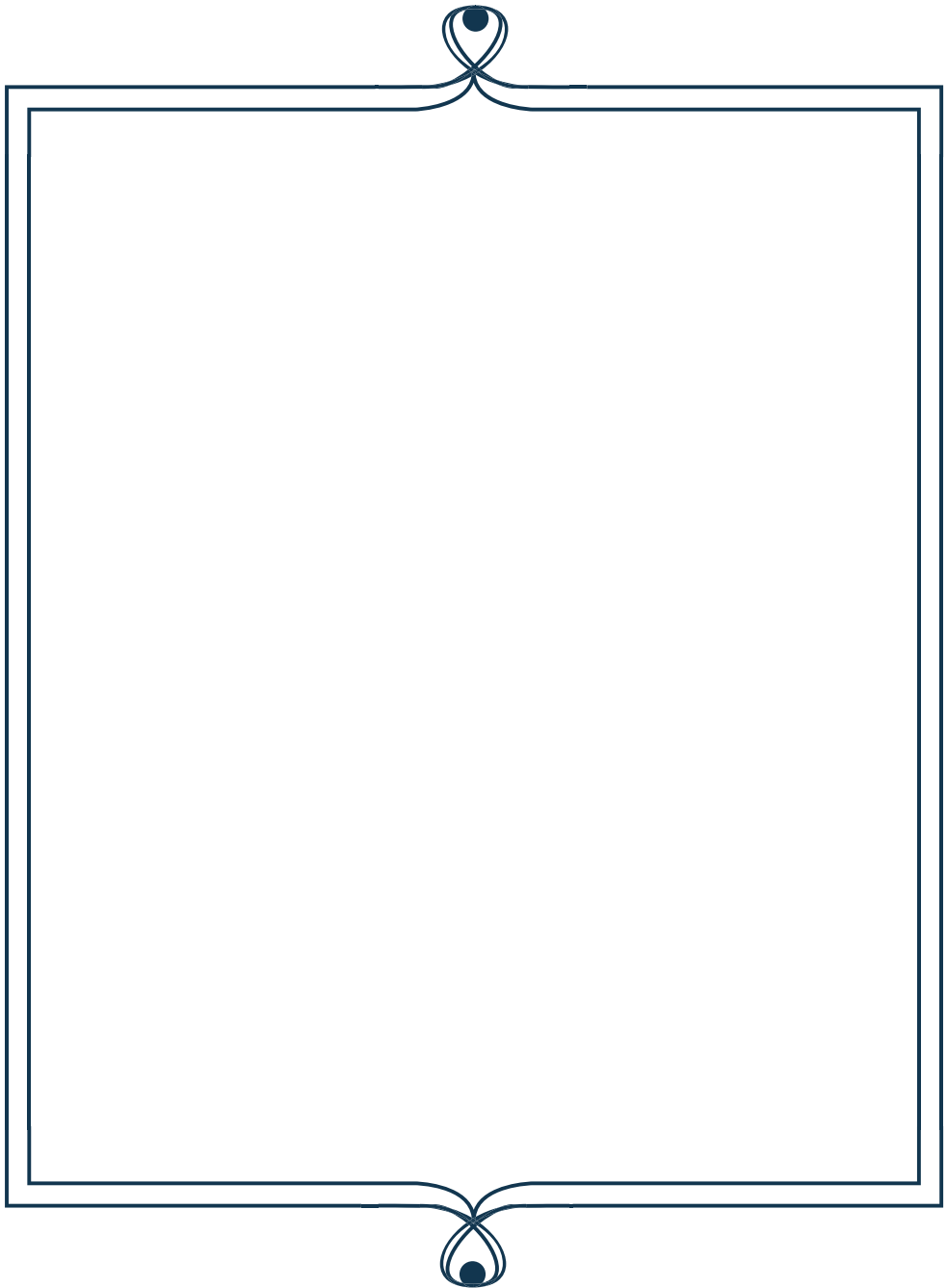
How does  look or feel to you?

Worried

A large, empty rectangular box with a double-line border, intended for drawing or writing.

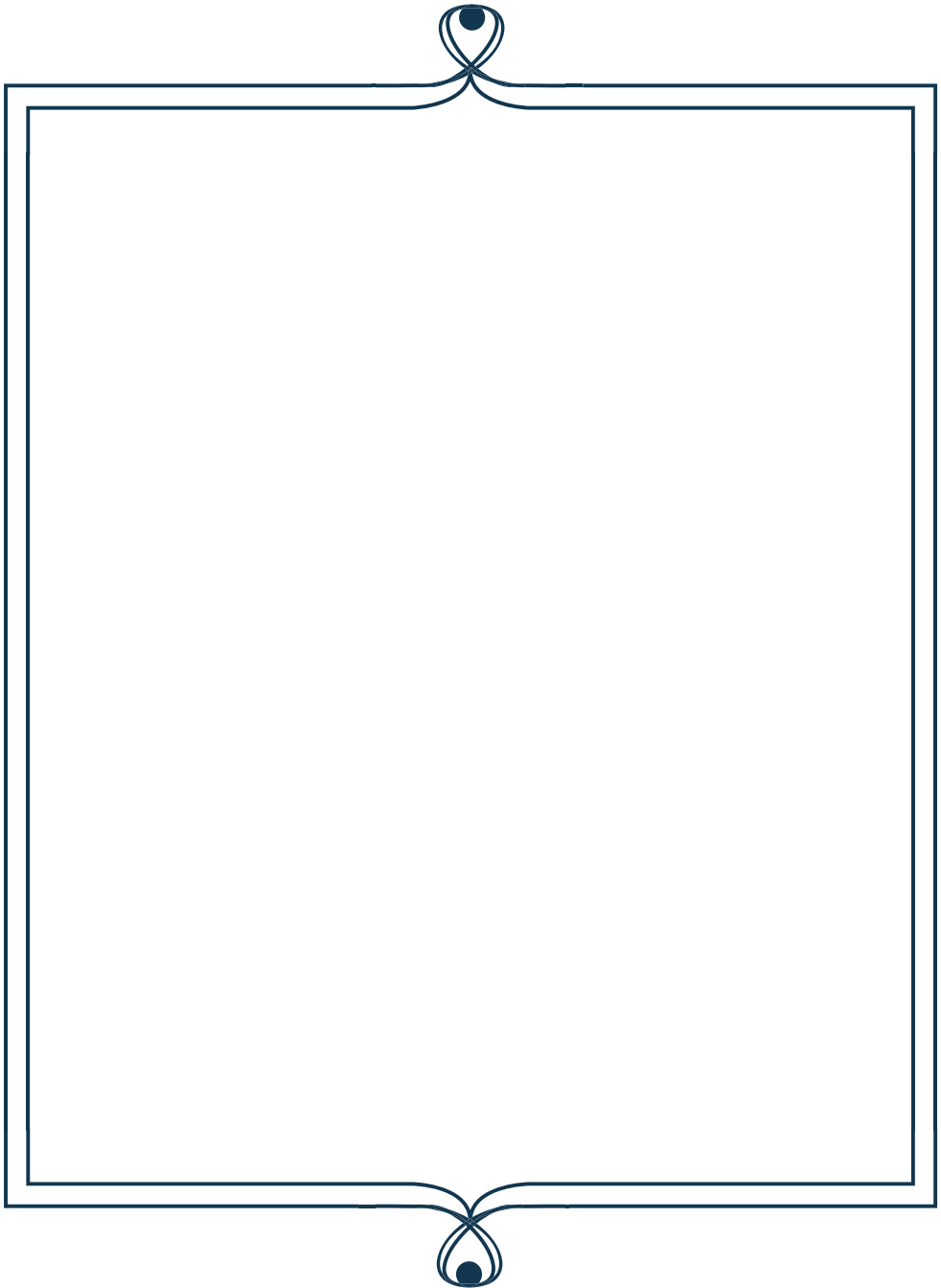
How does  look or feel to you?

Jealous



How does  look or feel to you?

Guilty



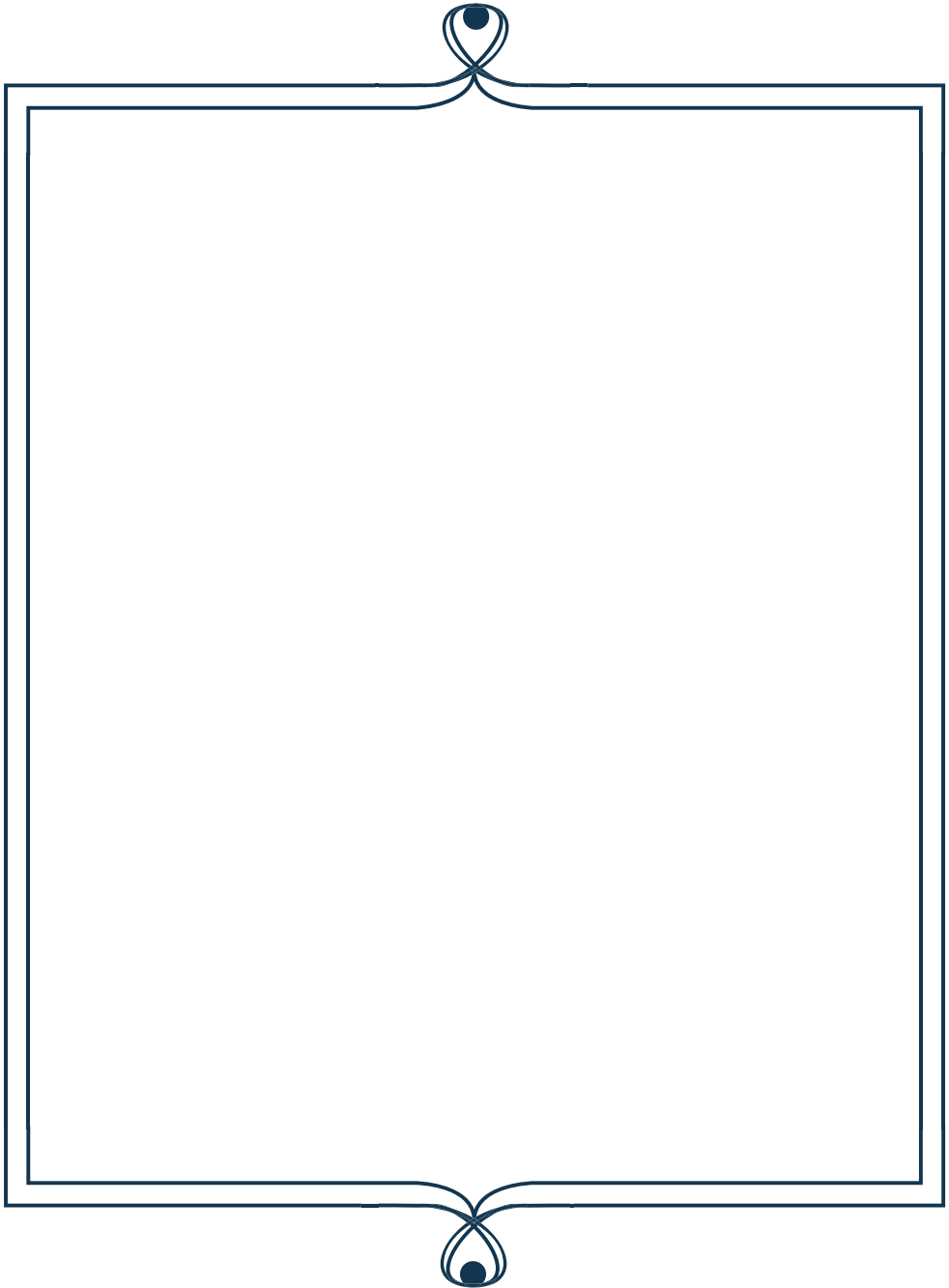
How does  look or feel to you?

Angry



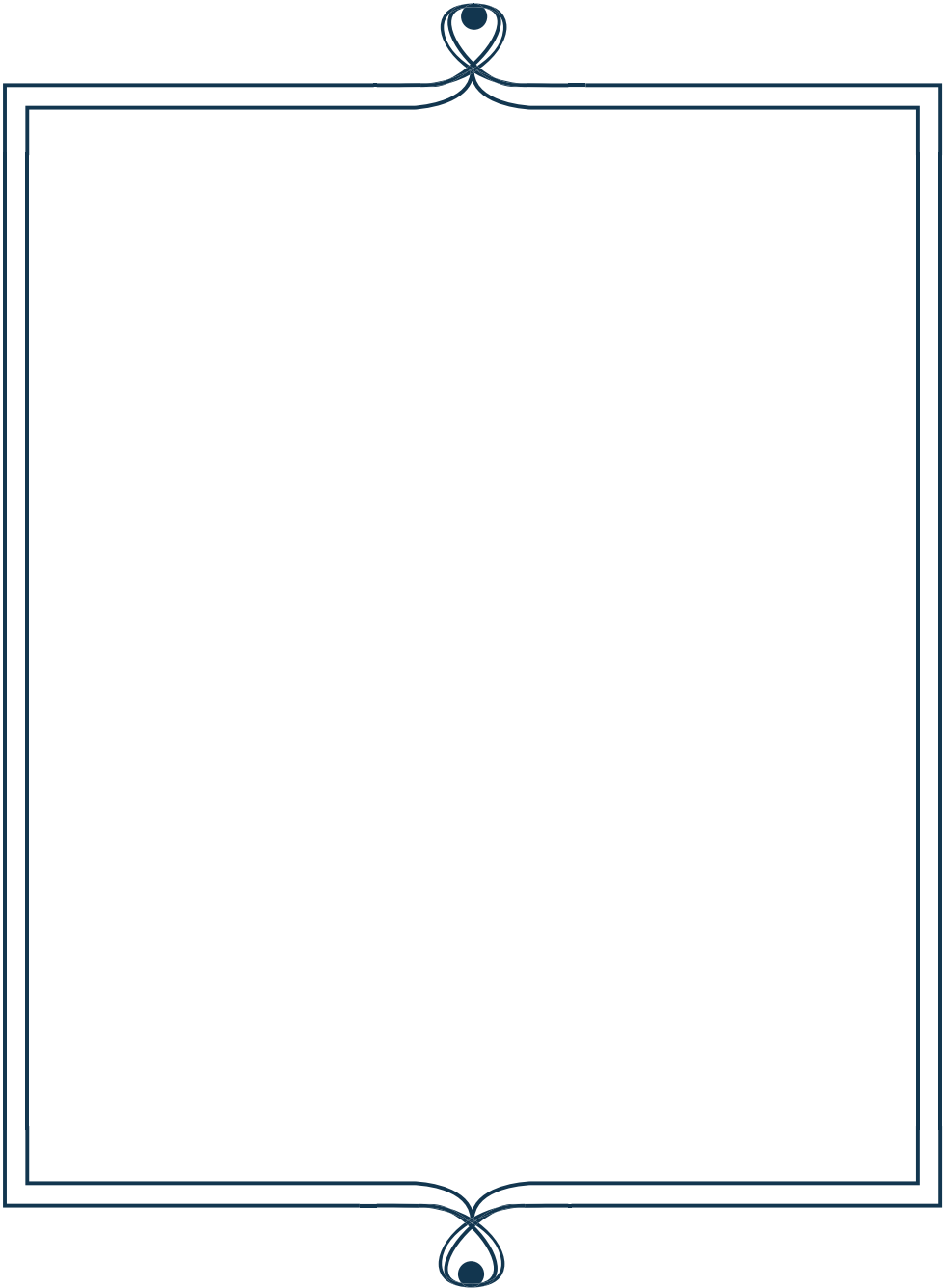
How does  look or feel to you?

Anxious



How does  look or feel to you?

Stuck



How does  look or feel to you?

Dumb



How does  look or feel to you?

Sad



How does  look or feel to you?

Scared



How to deal with feelings: Growing your "superpowers"

All human beings are feeling and sensing creatures. In other words, we *all* have feelings, but sometimes, they don't feel very good.

Because we can't turn our feelings *off*, we all need to learn and practice better ways to deal with them (and the feelings of others, too!).

My good friend, Dr. Kristie and I, put together a list of "superpowers", which are ways that kids (and grown-ups) can deal with people, situations, and their own feelings, in healthy ways.




PROMOTING SOCIAL-EMOTIONAL INTELLIGENCE ACROSS THE LIFESPAN

Adaptability
Advocacy
Appreciation
Attention
Bravery
Charity
Civility
Compassion
Creativity
Curiosity
Discernment

Empathy
Engagement
Fairness
Forgiveness
Gratitude
Honesty
Hope
Humor
Kindness
Love

Love of Learning
Patience
Persistence
Reliance
Resilience
Responsibility
Self-Regulation
Teamwork
Tolerance
Trust
Zest




The words on the graphic are *ways of being* that we can all learn and practice. They are *attributes* that help make us calmer, clearer, cooperative, creative, and more peaceful.

In the poem-story, **My True Feelings**, the following attributes or *superpowers* are highlighted:

Adaptability
Attention
Bravery
Creativity
Curiosity
Discernment
Empathy
Gratitude
Self-regulation
Love

If you want to learn more about these *superpowers*, you can download the full list, with descriptions, at:
essenceglossary.com.





Thank you for reading this book and
for helping to make our world more peaceful
and loving, by understanding
your true feelings.

To learn more, or to find more books
like this, visit:

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MAYRAPORRATA.COM

To be a wise human,
one who sees with the heart,
you have to pay attention,
that is where you start.

