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Feelings and Feelings

Fr. Randy Roche

Loyola Marymount University

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Feelings and Feelings

The law firm of Feelings and Feelings is completely pro bono, charging no fees whatever. Neither are there any expenses for equipment, facilities, or personnel. All the negotiations take place in the minds and hearts, the thoughts and imaginations of those who seek what is rightfully theirs when they resort to Feelings and Feelings.

Most of us acknowledge that we have feelings of pleasure when we eat good food, observe a beautiful sunset, or engage in a meaningful conversation. We might sometimes say that we "felt good" about certain choices we made. We use the word "feelings" to describe some of our emotions, such as affection and anger, pain and pleasure; we use the same word when we are referring to experiences of peace and disturbance, joy and sorrow, wholeness and guilt. Feelings? We have them, in great variety, and of widely varying significance.

If we want to make reasonable decisions and deliberately steer our way through life, we do well to take note of the feelings that accompany our thoughts. The less we attend to them, name them appropriately, and deal with them, the stronger their influence upon us. Those who believe that their values reside in their minds, and that thinking is the same as choosing, are often quite surprised to find themselves acting as if they had no values at all. Our best decisions depend as much upon the data we gain from our feelings as from our thoughts.

What are the real influences on much of our behavior? Do we eat exactly and only what we think is necessary in order to sustain life? Or does appetite affect our choices? Most of us have to admit the sometimes subtle and other times strong attraction we can have for food and drink if are to take any realistic control of what and how much we consume. We are influenced by more complex movements within our minds and hearts than thoughts alone. Do people fall in love as a result of reasoning? Our most significant friendships are not predictable consequences of having mutual interests. Trust, care, affection, and much of what we most value in life can only develop if we attend to, and reflect upon, the interior senses that we call "feelings."

God does not reveal himself to us only or even primarily by means of our thoughts, or else the smartest among us would be the kindest and most dependable. Rather, we experience movements of peacefulness connected with thoughts and then determinations to put love into

actions for others; sensations of disturbance at thoughts and inclinations towards using others for selfish gain. We have feelings that, when we notice them, reveal attractions and repulsions that we can take into consideration in making decisions that accurately reflect our values. If we ignore the data of our interior senses, we can easily be manipulated to act in ways that will bring us shame.

In seeking just relationships between us and all other elements of God's good creation, one of our best resources is the excellent law firm that is found not in the phone book or on the web, but within our human experience: Feelings and Feelings.