

The Feelings Wheel

At The Art of Resonance, we believe that healing begins with naming what we feel. Whether you're navigating a moment of overwhelm, guiding others through emotional processing, or simply seeking clarity within, the Feelings Wheel is a gentle yet powerful tool to support your journey.

Originally created to help individuals expand their emotional vocabulary, this wheel offers a visual map of core emotions and their nuanced layers. It invites us to pause, reflect, and reconnect with ourselves, with Allah, and with the sacred language of the heart.

Why it matters

Many of us were never taught how to name our emotions, let alone honor them. The Feelings Wheel helps bridge that gap. It is especially useful in healing work, journaling, Qur'an memorization anchoring, and spiritual mentorship, allowing us to meet our emotions with compassion rather than judgment.

How to use it

- Begin with a quiet breath and a sincere intention to listen inwardly
- Use the wheel to identify your core emotion, then trace outward to explore its subtleties
- Let this awareness guide your do'aa, your journaling, or your healing practice

This resource is offered freely, with love and resonance. You can explore it here:
<https://feelingswheel.com/>

May it be a means of deepening your emotional fluency and spiritual connection, inshaAllah.

