I Forgot How to Feel: Where Love Becomes a Sacred Priesthood

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Heart Chakra • Melchizedek • The 18-ChakraVerse Soundtrack

By Iris J Chapman

You can remember how to feel while learning to choose what receives your devotion.

A free companion ebook to the song “I Forgot How to Feel”

Welcome: Before You Begin

This ebook walks alongside one song: **“I Forgot How to Feel.”** Listen to it first, then read one chapter at a time.

Listen on YouTube: I Forgot How to Feel — The 18-ChakraVerse Soundtrack

Each chapter closes with a short reflection question. Keep a journal nearby. You do not need to finish in one sitting, and you do not need to have the right answer. Begin with what you can honestly observe.

Inside, you will explore:

- Why survival can quietly take the place of feeling
- How the Heart Chakra carries a priestly office, represented by **Melchizedek**
- How bread and wine picture the structure and flow a feeling life needs
- How to tell the difference between feeling something and committing to it
- A simple practice for bringing one feeling to the altar

Chapter 1: When Functioning Takes the Place of Feeling

You can keep moving, meet your responsibilities, and smile when someone asks how you are—yet struggle to remember the last time you felt fully alive. Somewhere along the way, getting through the day may have taken up all the room that once belonged to laughter, curiosity, and dreams.

“I Forgot How to Feel” gives that experience a voice:

> *I knew how to function I knew how to survive But somewhere in the silence I forgot how to feel alive.*

The song begins with walls built from things left unsaid. Its surreal landscape carries those feelings into view: deserts where tears were withheld, a weight inside the chest, and a river that continues flowing even when its movement has been forgotten.

Those walls may have served a purpose. Perhaps you needed privacy, distance, or time. Perhaps you learned to keep your feelings quiet because expressing them carried a cost. But protection deserves examination when it begins keeping out the experiences you want to welcome.

What happens when the same wall that holds back sorrow also holds back joy?

Within the constitutional framework of **The 18-ChakraVerse**, this question brings us to the Heart Chakra and its priestly office, represented by **Melchizedek**. As feeling returns, the Heart helps us examine what we will love, sustain, and give a place within our lives.

Reflect: Which wall in your life once protected you, and what might it be keeping out now?

Chapter 2: The River Returns to the Heart

The song's river offers an image of continuing life:

> *Forgot that there's a river still running through me.*

In this framework, the Sacral Chakra helps us explore feeling, pleasure, creativity, and flow. The Heart brings another responsibility into that experience: discerning the value of what moves us.

A feeling can tell us that something matters. It may reveal grief, longing, affection, fear, or delight. Yet experiencing a feeling and choosing a commitment are different acts.

You may miss someone and still recognize that the relationship needs boundaries. You may feel afraid and still choose to speak honestly. You may love deeply and decide that a particular arrangement cannot continue.

Remembering how to feel does not require surrendering your judgment.

The Heart makes room for emotional experience while asking what deserves lasting devotion.

Reflect: Where have you felt something strongly while still knowing it needed a boundary?

Chapter 3: Melchizedek, the Priest Within the Heart

Within The 18-ChakraVerse, three offices help illuminate the governance of the Inner Kingdom:

Center	Office	Its work
Solar Plexus	The King	Authority, decision, and action
Heart	The Priest	Discernment, consecration, and devotion
Throat	The Prophet	Receiving and expressing truth

The King can decide to pursue something. The Prophet can give it language. The Priest examines whether it is worthy of the commitment being offered.

This becomes especially meaningful when we are emerging from numbness. The first experience that makes us feel alive can seem deserving of everything. Attention, excitement, attraction, or a new opportunity may awaken something we feared we had lost.

The Heart invites us to pause long enough to ask:

What am I being moved by—and what am I being asked to give?

In this interpretation, Melchizedek represents the priestly office that examines a covenant before it receives a governing place within Adam's life. Adam, corporate humanity, male and female, must learn to feel without making every feeling sovereign.

The sanctuary needs both openness and discernment.

Reflect: What recently awakened something in you, and what is it asking you to give?

Chapter 4: After the Battle, Nourishment

In Genesis 14, Melchizedek meets Abram after his return from battle, bringing bread, wine, and a blessing.

For this reflection, that encounter offers a powerful image: someone who has been fighting is met with nourishment.

The song's opening belongs to that exhausted place. The speaker has kept moving, survived, and carried feelings like a weight inside the chest. Now the river becomes audible again. There is a time to consider what survival has required—and what sustaining life will require next.

Within the Inner Kingdom, we can read Melchizedek's arrival as an invitation to examine what we carry home from our battles. A habit developed under pressure may need reconsideration. A defensive response may have become automatic. An old promise may still command devotion even though the circumstances have changed.

The Heart asks: **What belongs in the life I am cultivating now?**

Bread and Wine: Structure and Flow

In this constitutional reading, bread represents sustaining structure, while wine represents the living movement of covenant. Together, they suggest something the returning river needs: a life capable of receiving and sustaining it.

Emotional openness becomes easier to practice when there is room for honesty, rest, creativity, and boundaries. We need places where we can express ourselves without having to perform a particular mood. The song recognizes this:

> *I don't have to force it I don't have to pretend.*

You do not have to manufacture happiness to prove you are reconnecting. You can begin by acknowledging what is present.

Perhaps today there is sadness. Perhaps there is relief. Perhaps you notice a little curiosity, or enjoy a song after weeks of feeling unmoved. These moments can be received without demanding that they become something larger.

Reflect: What did you carry home from your last battle that may no longer belong in your life?

Chapter 5: Righteousness and Peace — Examining the Smile

Hebrews connects Melchizedek with the titles King of Righteousness and King of Peace. Within this Heart Chakra interpretation, those titles invite us to examine the relationship between honest alignment and the peace we seek.

The song opens with a smile over numbness. That image raises a difficult question:

How much of what I call peace depends on concealing my experience?

A quiet room may still contain resentment. An agreeable answer may conceal a boundary that needed to be spoken. A relationship may look harmonious because one person continually absorbs the discomfort.

The Heart's priestly work brings those arrangements into view.

Sometimes peace requires an honest conversation. Sometimes it requires a different commitment, a clear limit, or time to understand what we feel before responding.

Feeling anger does not require cruelty. Feeling sorrow does not make us incapable. Feeling love does not settle every question about access and trust.

Adam's responsibility lies in the response he cultivates.

Reflect: Where in your life is peace being kept by something left unsaid?

Chapter 6: What Receives Your Devotion?

The original Heart question—*"What is this worth?"*—deepens through Melchizedek's office:

"Is it worthy to be placed upon the altar?"

The altar represents what we repeatedly sustain with attention, time, care, and action. We can place many things there: a relationship, a creative calling, an ambition, an old grievance, or the need to appear untroubled.

The song describes walls built from things unsaid. One way to examine those walls is to ask what maintaining them costs. How much energy goes into hiding disappointment? How many decisions are shaped by avoiding an uncomfortable conversation? What joy remains postponed until everyone else is satisfied?

The Heart can approach these questions with mercy. Recognizing a pattern does not require condemning the person who developed it. It gives us something concrete to evaluate.

Feeling Is Not a Command

> *Every feeling has a language.*

Listening to that language takes practice. A feeling may be connected to the present moment, a remembered experience, an unmet need, or an expectation that deserves reconsideration. We do not have to understand it immediately. Nor does every feeling require immediate action.

Within The 18-ChakraVerse, the mature Adam can observe what moves within him and choose the attribute he will put on through his conduct. He can feel anger and practice self-control. He can feel disappointment and speak honestly. He can feel affection and preserve a necessary boundary.

The Heart's priesthood helps bring feeling into conscious relationship with action.

Reflect: What is currently on your altar, and what does keeping it there cost you?

Practice: Bring One Feeling to the Altar

Listen to **"I Forgot How to Feel."** Choose one lyric that stays with you, then take a few quiet minutes to reflect.

1. **Name what you notice.** Begin with: "Today, I feel…" If you feel numb or uncertain, write that.
2. **Notice your usual response.** Do you hide it, explain it away, act quickly, or make room to understand it?
3. **Examine your devotion.** What relationship, expectation, or habit is receiving your energy?
4. **Consider its fruit.** What does that commitment produce in your everyday life?
5. **Choose one conscious response.** You might speak honestly, rest, create, set a boundary, or allow yourself a moment of enjoyment.

You do not need to resolve your entire emotional history in one sitting. Begin with what you can honestly observe.

Journal Page

The lyric that stayed with me:

Today, I feel:

My usual response to this feeling is:

What is receiving my devotion right now:

The fruit it is producing in my life:

The one conscious response I choose today:

Seven-Day Check-In

Return to the song once a day this week and tick each day you pause to name what you feel.

- [ ] Day 1
- [ ] Day 2
- [ ] Day 3
- [ ] Day 4
- [ ] Day 5
- [ ] Day 6
- [ ] Day 7

Chapter 7: What Are You Manifesting Through These Patterns?

Our emotional habits participate in what we build. They influence what we say, what we avoid, what we sustain, and how we respond to others.

This gives us a practical connection to **The Book of Manifestation: You Are Already Manifesting. Is It Good?**

We can examine the fruit of our recurring responses. Does keeping everything inside help us preserve something valuable, or has it begun to erode connection? Does giving express love freely, or has it become a way of purchasing acceptance? What would a more conscious response require?

Circumstances are not all within Adam's control. His response remains a place of responsibility and development.

Remembering the River

By the final chorus, the song has moved toward recognition:

> *I forgot how to feel But I remember who I am.*

The river's return does not mean that life will never become heavy again. It offers a picture of renewed participation: feeling, listening, choosing, and making room for life to move.

Within the Heart, Melchizedek's office helps that openness become sustained devotion. We learn to welcome feeling, examine our commitments, give with discernment, and practice love through conscious conduct.

Listen again. Notice what reaches you this time.

Reflect: What helps you reconnect with your own rhythm when life feels heavy?

Continue the Journey

Take the Free Quiz: Which Center Governs You?

Discover how the Solar Plexus and the Heart influence your decisions. Twenty statements, about four minutes, and your result shows whether the King, the Priest, both, or neither is sitting on your throne.

Take the quiz: chakraandenergyhealing.com/quiz

Read Book One: The Book of Manifestation

The Book of Manifestation: You Are Already Manifesting. Is It Good? continues the work begun here: evaluating what you are building—and what you choose to sustain. Available on Amazon in Kindle and paperback.

Get the book: The Book of Manifestation on Amazon

Keep Listening

Every song on The 18-ChakraVerse Soundtrack is paired with a reflection like this one.

Listen again: I Forgot How to Feel on YouTube

About the Author

Alchemist Iris Chapman is a Reiki Master, intuitive energy guide, spiritual writer, and sacred sound creator. She is the creator of **The 18-ChakraVerse**, a framework of chakra systems, fractal personas, archetypes, and embodiment for moving from unconscious to conscious self-construction.

irisjchapman.com

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