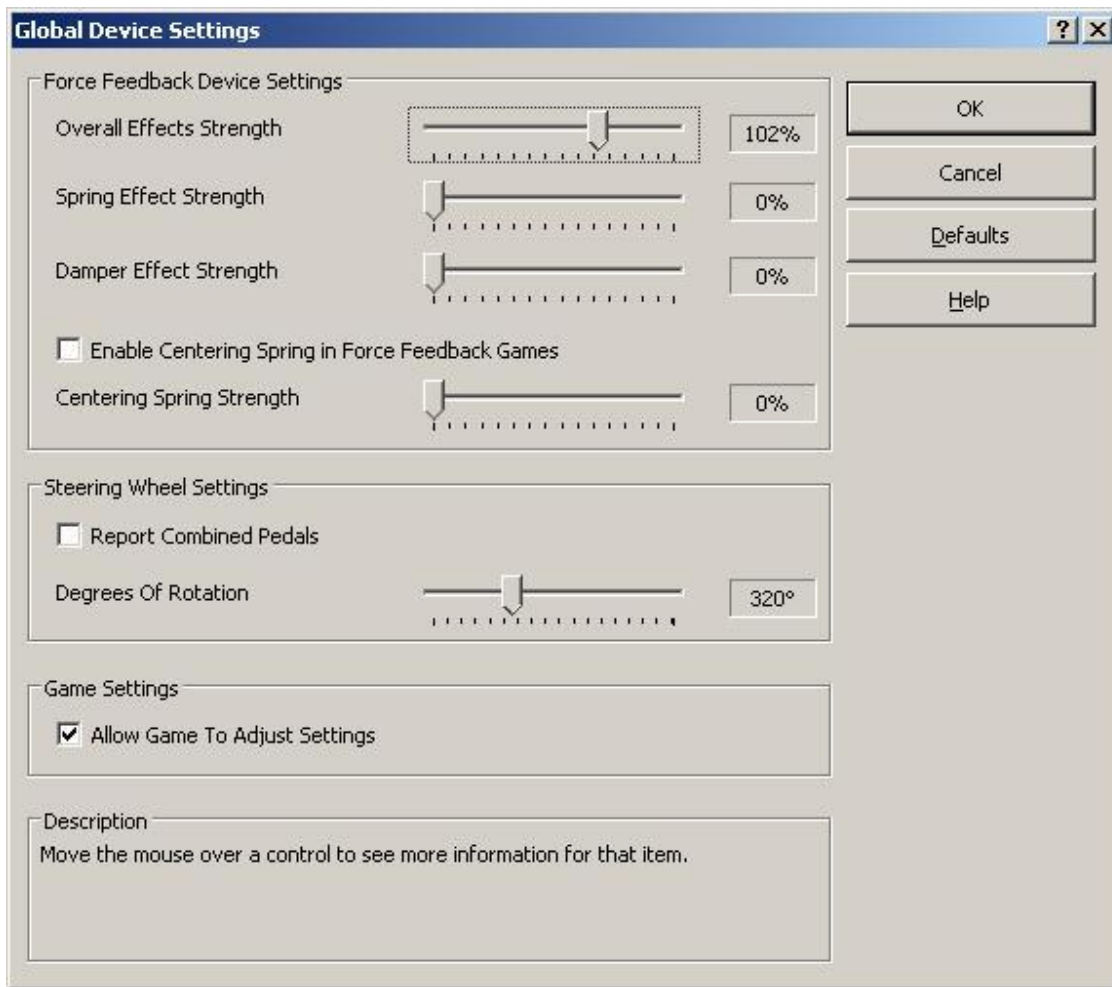These are my RealFeel Settings and instructions for using the on-board adjustments

I first adjusted the G27 control panel as shown below. The MOMO may have the same settings

Next, I edited the real feel settings and made the following the defaults. My ini files was located in:
c:\program files\rfactor\RealFeelPlugin.ini

[General]
RealFeelIsOn=True
ConsoleEnabled=False
ConsoleRepeatDelay=0.100000
SpeechEnabled=True
KeyRepeatDelay=0.100000
SteerForceInputMax=11500.000000
MinSpeed=10.000000
LogEnabled=False
DefaultMaxForceAtSteeringRack=1500.000000
DefaultSteeringDamper=2500.000000
DefaultSmoothingLevel=4

[F1 2006]
MaxForceAtSteeringRack=-4000.000000
SteeringDamper=11500.000000
FFBMixerRealFeelPercent=100.000000
SmoothingLevel=1

And finally, you can use the following sheet to make adjustments from within the car